

SMALL stroke BIG problem (Moving beyond NIHSS)



UNIVERSITY
of
GLASGOW



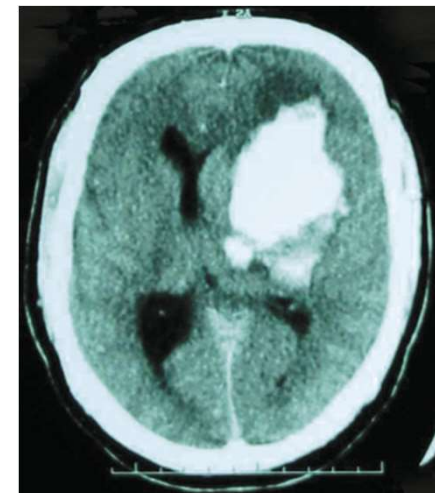
Terry Quinn

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Question

Question

- What is he going to talk about ?
- Is this going to be relevant ?
- Will he keep to time ?

Jim's story

- 69 year old man
- COPD, osteoarthritis, diabetes
- Right hemisphere stroke
- Visual inattention, mild left hemiparesis
- NIH 3

Question

- Is this minor stroke ?
- Would you give tPA ?
- What do you expect the outcome to be at 3/12 ?

NIHSS

- | | | |
|--------------------------|------------------------|---------|
| • LoC | • 0-7 | (3,2,2) |
| • Gaze | • 0-2 | |
| • Fields | • 0-3 | |
| • Facial paresis | • 0-3 | |
| • Arm & leg paresis | • 0-4 (arm, leg, R, L) | |
| • Limb ataxia | • 0-2 | |
| • Sensory | • 0-2 | |
| • Speech | • 0-5 | (3,2) |
| • Extinction/inattention | • 0-2 | |

NIHSS

- Very severe
 - Severe
 - Moderate Severe
 - Mild
- NIHSS ?
-
- Return home
 - Need for rehab'
 - Need for care-home

NIHSS

- Very severe
 - Severe
 - Moderate Severe
 - Mild
- NIHSS >25
-
- Return home
 - Need for rehab'
 - Need for care-home

NIHSS

- Very severe
 - Severe
 - Moderate Severe
 - Mild
- NIHSS >25
 - NIHSS 15-24
-
- Return home
 - Need for rehab'
 - Need for care-home

NIHSS

- Very severe
 - Severe
 - Moderate Severe
 - Mild
- NIHSS >25
 - NIHSS 15-24
 - NIHSS 5-14
-
- Return home
 - Need for rehab'
 - Need for care-home

NIHSS

- Very severe
- Severe
- Moderate Severe
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- NIHSS >25
- NIHSS 15-24
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- NIHSS <5
- Return home
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NIHSS

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- NIHSS >25
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 - NIHSS <5
-
- Return home
 - Need for rehab'
 - Need for care-home
- NIHSS <5

NIHSS

- Very severe
- Severe
- Moderate Severe
- Mild
- NIHSS >25
- NIHSS 15-24
- NIHSS 5-14
- NIHSS <5
- Return home
- NIHSS <5
- Need for rehab'
- NIHSS 6-13
- Need for care-home

NIHSS

- Very severe
 - Severe
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 - NIHSS >13

NIHSS

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 - Severe
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- NIHSS >25
 - NIHSS 15-24
 - NIHSS 5-14
 - NIHSS <5
-
- NIHSS <5
 - NIHSS 6-13
 - NIHSS >13

Effect of Alteplase vs Aspirin on Functional Outcome for Patients With Acute Ischemic Stroke and Minor Nondisabling Neurologic Deficits

The PRISMS Randomized Clinical Trial

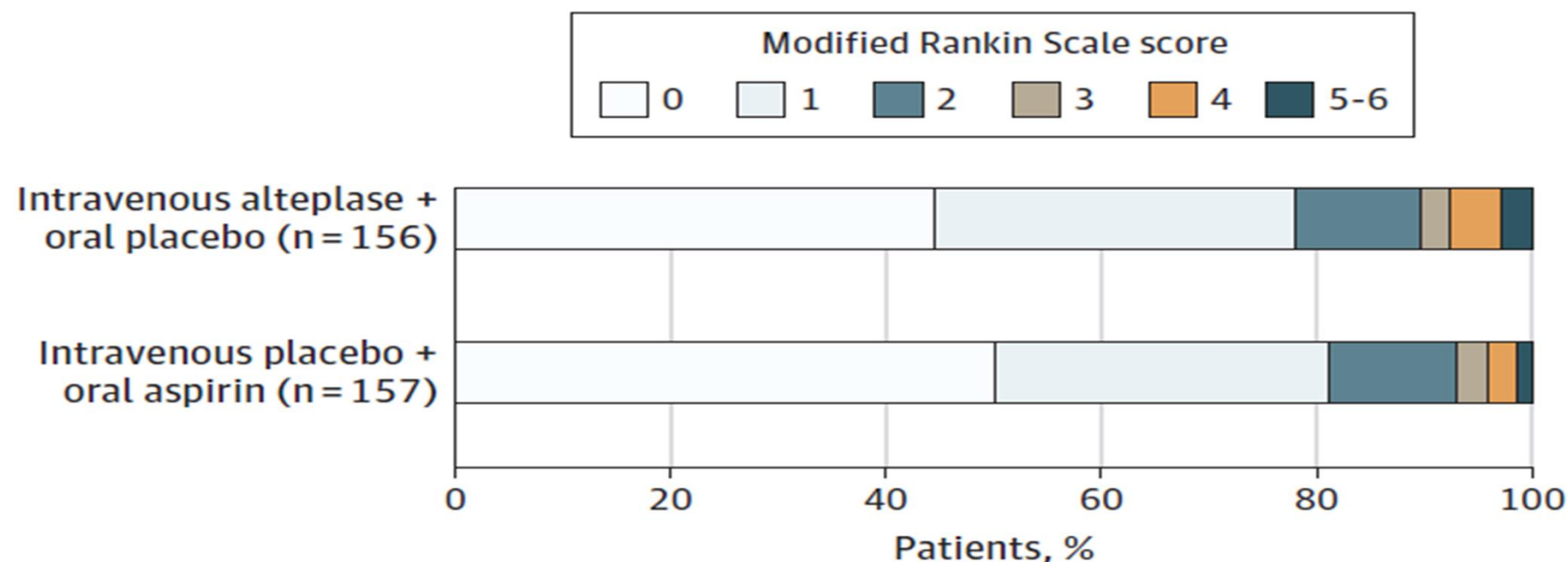
Pooja Khatri, MD, MSc; Dawn O. Kleindorfer, MD; Thomas Devlin, MD; Robert N. Sawyer Jr, MD; Matthew Starr, MD; Jennifer Mejilla, DO; Joseph Broderick, MD; Anjan Chatterjee, MD; Edward C. Jauch, MD, MS; Steven R. Levine, MD; Jose G. Romano, MD; Jeffrey L. Saver, MD; Achala Vagal, MD, MS; Barbara Purdon, PhD; Jenny Devenport, PhD; Andrey Pavlov, PhD; Sharon D. Yeatts, PhD; for the PRISMS Investigators

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Figure 2. Modified Rankin Scale Score Distributions at 90 Days by Treatment Group



Jim's story

- 69 year old man
- COPD, osteoarthritis, diabetes
- Still plays piano professionally
- Right hemisphere stroke
- Visual inattention, mild left hemiparesis
- NIH 3
- Evidence based therapy
- 3/12 follow up:

Jim's story

- 69 year old man
- COPD, osteoarthritis, diabetes
- Still plays piano professionally
- Right hemisphere stroke
- Visual inattention, mild left hemiparesis
- NIH 3
- Evidence based therapy
- 3/12 follow up: modified Rankin 3 (poor outcome)



NIH Public Access

Author Manuscript

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Published in final edited form as:

Ann Emerg Med. 2011 January ; 57(1): 42–45. doi:10.1016/j.annemergmed.2010.06.564.

Zero on the NIHSS Does NOT Equal the Absence of Stroke

Shery
Panda

¹The S

²Depa

³Depa

⁴Depa

TX

Hindawi Publishing Corporation
Stroke Research and Treatment
Volume 2014, Article ID 462681, 6 pages
<http://dx.doi.org/10.1155/2014/462681>



Clinical Study

Stroke Survivors Scoring Zero on the NIH Stroke Scale Score Still Exhibit Significant Motor Impairment and Functional Limitation

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Suite 406, Columbus, OH 4

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National Institutes of Health Stroke Scale Zero Strokes

Immeasurable but Not Innocent

Elissavet Eskioglou, Mitra Huchmandzadeh Millotte, Michael Amig
Patrik Michel ✉

Question

- Is this a problem with NIHSS ?
- Is this a problem with our outcomes ?
- Is this not related to the stroke ?

Question

- Is this a problem with NIHSS ?
- Is this a problem with our outcomes ?
- Is this not related to the stroke ?

Lots of assessment scales

Quinn TJ. et al

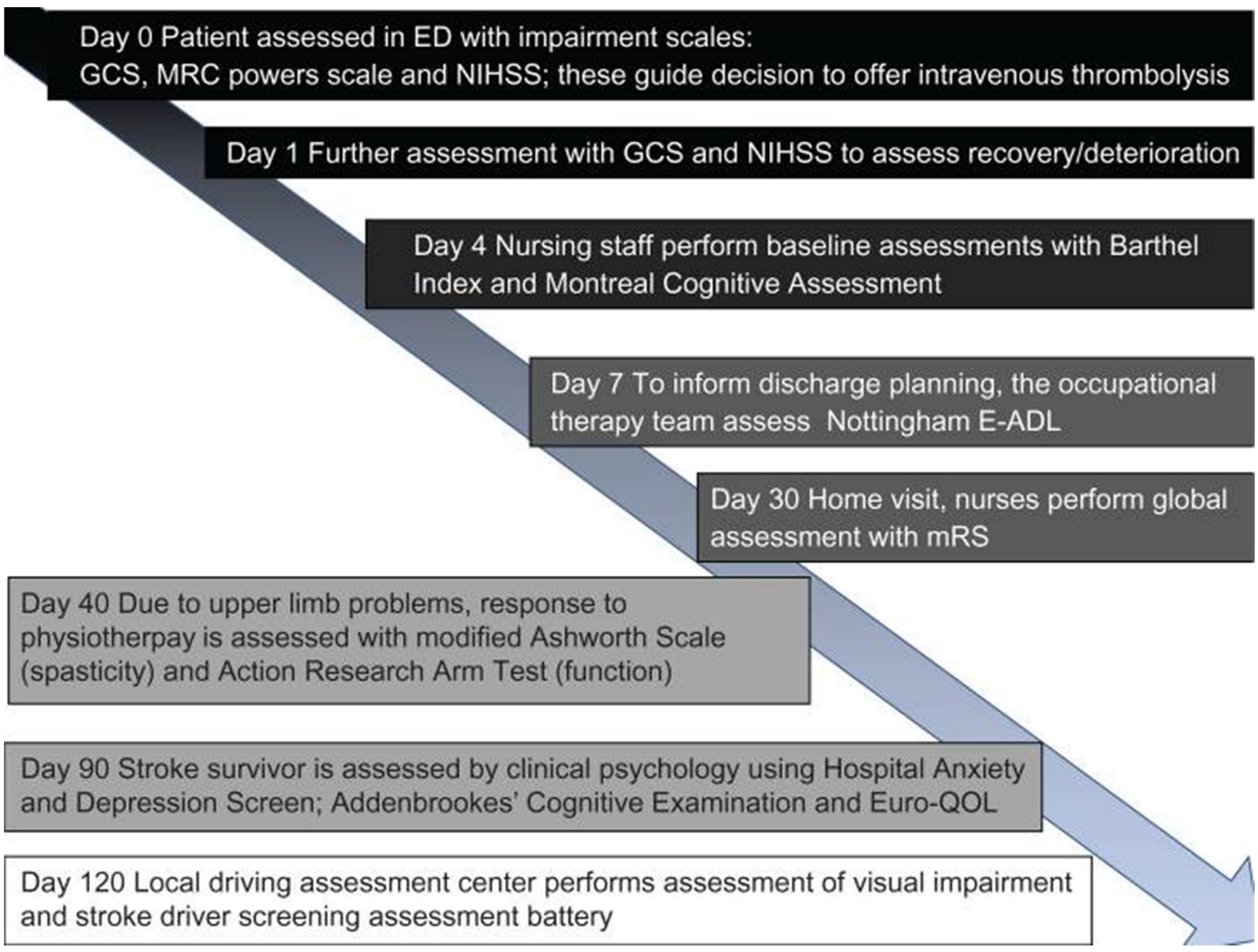
Int J Stroke 2009;3:200-5

Outcome Measure	Number of Trials
Modified Rankin Scale	81 (64.3%)
Barthel Index	51 (40.5%)
Nat. Institutes of Health Stroke Scale	35 (27.8%)
Scandinavian Stroke Scale	11 (8.7%)
Glasgow Outcomes Scale	8 (6.3%)
Frenchay Activities Index	6 (4.7%)
Timed Walk/ 6 Minute Walk	6 (4.7%)
EuroQOL	4 (3.1%)
Fugl-Meyer Motor	4 (3.1%)
Wolf Motor Functional Test	4 (3.1%)
Rivermead Mobility Index	3 (2.4%)
Short Form 36	3 (2.4%)
Stroke Impact Scale	3 (2.4%)
Berg Balance Scale	2 (1.6%)
Canadian Stroke Scale	2 (1.6%)
Tinetti Balance Assessment Tool	2 (1.6%)

126 stroke trials in high impact journals

48 different outcome measures

In some papers up to 9 scales used



Day 0 Patient assessed in ED with impairment scales: GCS, MRC powers scale and NIHSS; these guide decision to offer intravenous thrombolysis

Day 1 Further assessment with GCS and NIHSS to assess recovery/deterioration

Day 4 Nursing staff perform baseline assessments with Barthel Index and Montreal Cognitive Assessment

Day 7 To inform discharge planning, the occupational therapy team assess Nottingham E-ADL

Day 30 Home visit, nurses perform global assessment with mRS

Day 40 Due to upper limb problems, response to physiotherapy is assessed with modified Ashworth Scale (spasticity) and Action Research Arm Test (function)

Day 90 Stroke survivor is assessed by clinical psychology using Hospital Anxiety and Depression Screen; Addenbrookes' Cognitive Examination and Euro-QOL

Day 120 Local driving assessment center performs assessment of visual impairment and stroke driver screening assessment battery

NIHSS

- | | | |
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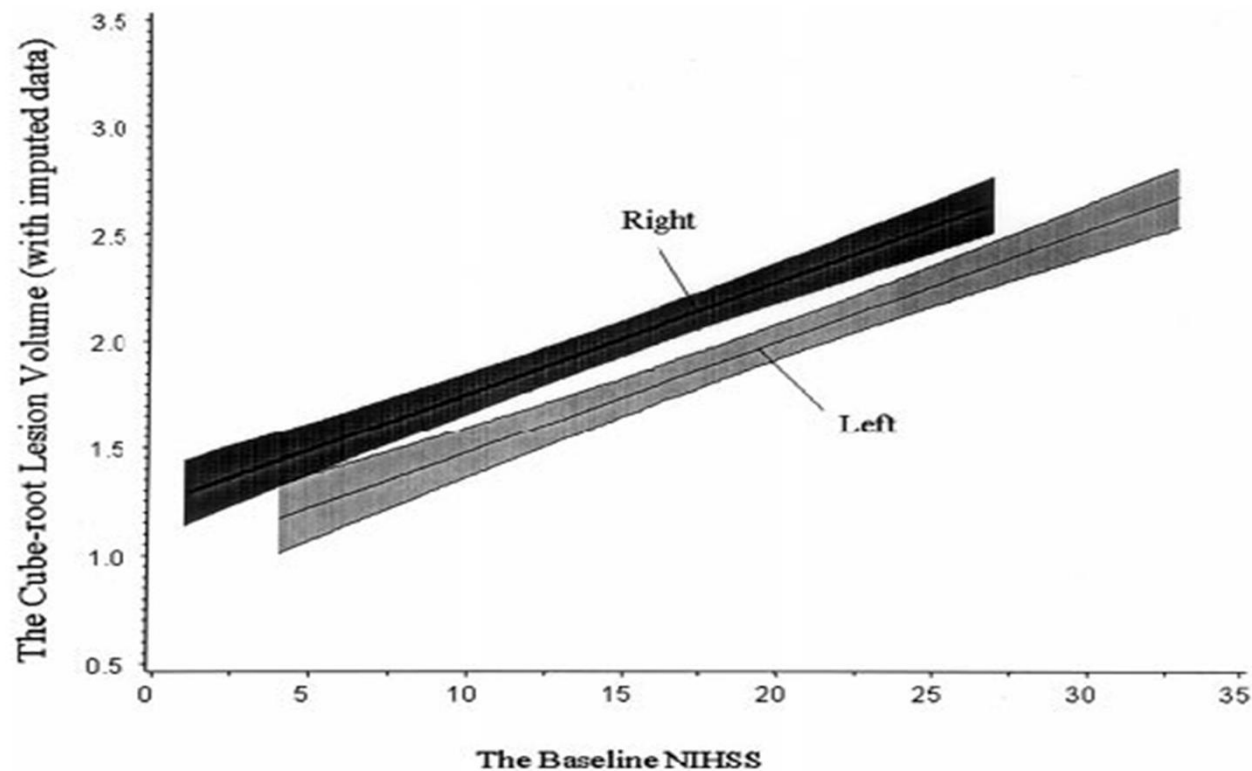
NIHSS

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NIHSS

Woo D et al

Stroke 1999;30:2355-9



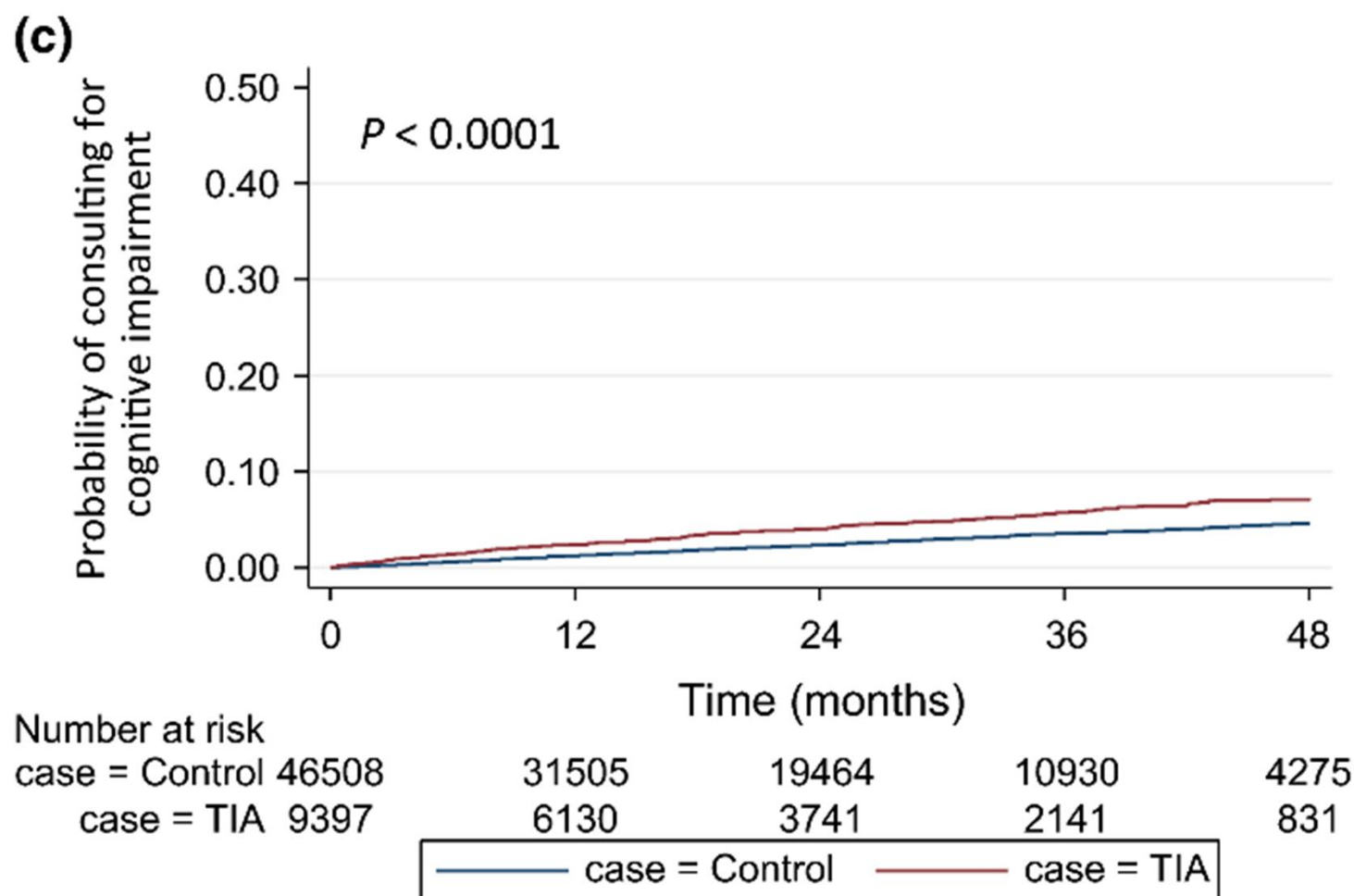
Cube-root lesion volume for right and left hemisphere strokes compared with baseline NIHSS score. Shaded areas represent 95% confidence intervals.

NIHSS

- LoC
- Gaze
- Fields
- Facial paresis
- Arm & leg paresis
- Limb ataxia
- Sensory
- Speech
- Extinction/inattention
- Anything else?

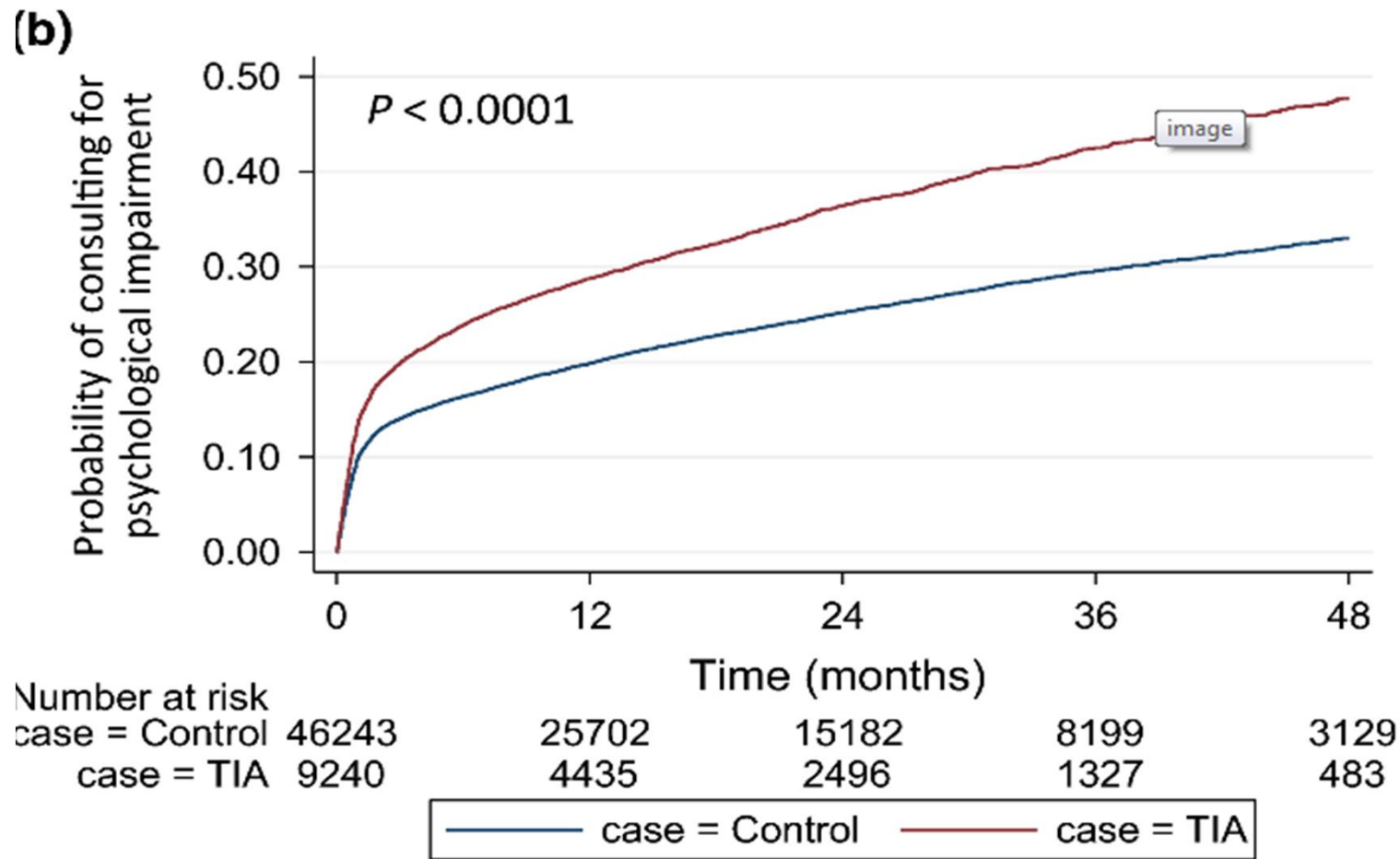
What is NIHSS not measuring ?

Turner GM et al
Eur J Neur 2016;23:1642



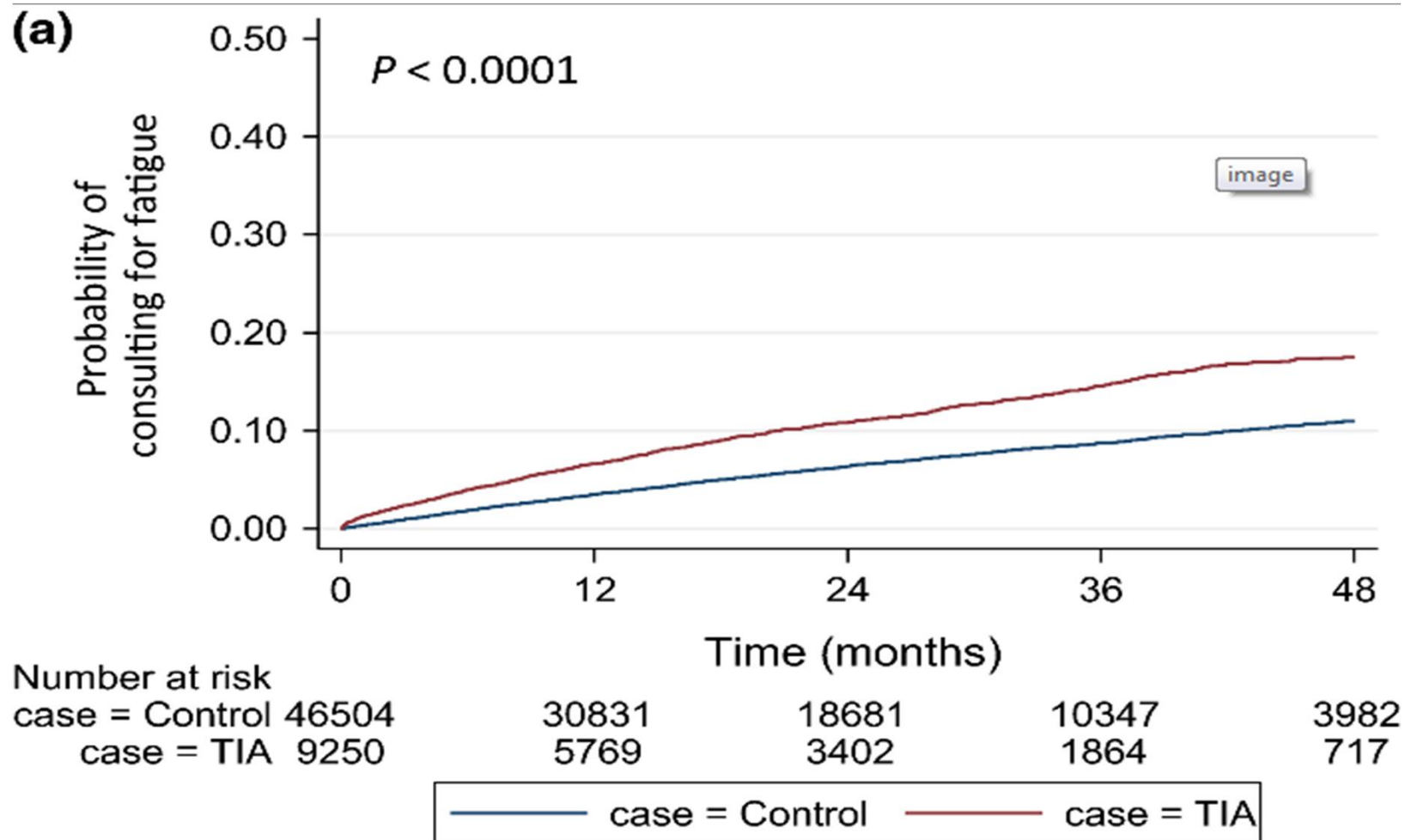
What is NIHSS not measuring ?

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What is NIHSS not measuring ?

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- 1. What are the best ways to improve cognition after a stroke**
- 2. What are the best ways to help people come to terms with long term consequences of stroke**
- 3. What are the best ways to help people recover from aphasia**
- 4. What are the best treatments for arm recovery**
- 5. What are the best ways to treat visual problems after a stroke**
- 6. What are the best ways to manage or prevent fatigue**
- 7. What are the best treatments for balance, gait and mobility**
- 8. How can stroke survivors & families cope with aphasia**
- 9. What are the best ways of improving confidence after stroke**
- 10. Are exercise and fitness programmes beneficial**



1. What are the best ways to improve **cognition** after a stroke
2. What are the best ways to help people **come to terms** with long term consequences of stroke
3. What are the best ways to help people recover from **aphasia**
4. What are the best treatments for arm recovery
5. What are the best ways to treat visual problems after a stroke
6. What are the best ways to manage of prevent **fatigue**
7. What are the best treatments for balance, gait and mobility
8. How can stroke survivors & families cope with **aphasia**
9. What are the best ways of improving **confidence** after stroke
10. Are exercise and fitness programmes beneficial

Question

- Should we add NIHSS to SSCA ?
- Are you screening for cognitive / psychological issues acutely ?
- If so are you worried about being charged ?



CANADIAN GERIATRICS SOCIETY
LA SOCIÉTÉ CANADIENNE DE GÉRIATRIE

Dr. Frank Molnar
MSc, MDCM, FRCPC
Editor-in-chief,
Canadian Geriatrics Society
CME Journal

EDITORIAL

EXPLORING OPTIONS WHEN PREVIOUSLY FREE OPEN ACCESS COGNITIVE SCREENING TOOLS SUCH AS THE MMSE AND MOCA BECOME PROPRIETARY AND CHARGE FOR USE AND/OR TRAINING


The opinions expressed below represent those of the author alone who accepts full responsibility. The opinions do not reflect the opinions of the Canadian Geriatrics Society nor of the Canadian Geriatrics Society Journal of CME both of whom are indemnified. The purpose of this editorial is to stimulate informed in-depth scholarly discussion.



Mini-Mental State Examination (MMSE)

Instructions: Ask the questions in the order listed.
Score one point for each correct response within each question or activity.

Maximum Score	Patient's	
---------------	-----------	--

Maximum Score	Patient's Score	Questions
5		"What is the year? Season? Date? Day of the week? Month?"
5		"Where are we now: State? County? Town/city? Hospital? Floor?"
3		The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials:
5		"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65, ...) Stop after five answers.
3		Alternative: "Spell WORLD backwards." (D-L-R-O-W)
2		"Earlier I told you the names of three things. Can you tell me what those were?"
1		Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.
3		"Repeat the phrase: 'No ifs, ands, or buts.'"
1		"Take the paper in your right hand, fold it in half and put it on the floor." (The examiner gives the patient a piece of blank paper.)
1		"Please read this and do what it says." (Written instruction is "Close your eyes.") and a verb.)
1		"Make up and write a sentence about anything." (This sentence must contain a noun and a verb.)
1		"Please copy this picture." (The examiner gives the patient a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.)
30		
		TOTAL

There is no perfect screening test

Total score[illegible]

Test (threshold)	Sensitivity (95%CI)	Specificity (95%CI)	Positive Likelihood Ratio (95%CI)	Negative Likelihood Ratio (95%CI)
ACE-R ($<88/100$)	0.77 (0.45-0.93)	0.93 (0.02-0.99)	11.42 (0.02-51.7)	0.24 (0.11-0.53)
MMSE ($<25/30$)	0.72 (0.60-0.81)	0.82 (0.77-0.86)	4.17 (3.17-5.34)	0.33 (0.24-0.49)
MoCA ($<26/30$)	0.95 (0.89-0.98)	0.45 (0.34-0.57)	1.73 (1.43-2.10)	0.10 (0.04-0.23)
R-CAMCOG ($<33/49$)	0.81 (0.57-0.93)	0.92 (0.87-0.95)	10.18 (6.41-16.18)	0.20 (0.07-0.52)

3,000 stroke admissions p.a
most (all) strokes come to hospital

Assume 1 year occurrence (incident and prevalent)
multidomain cognitive impairment 40%

If we use MoCA <26 as only screening test

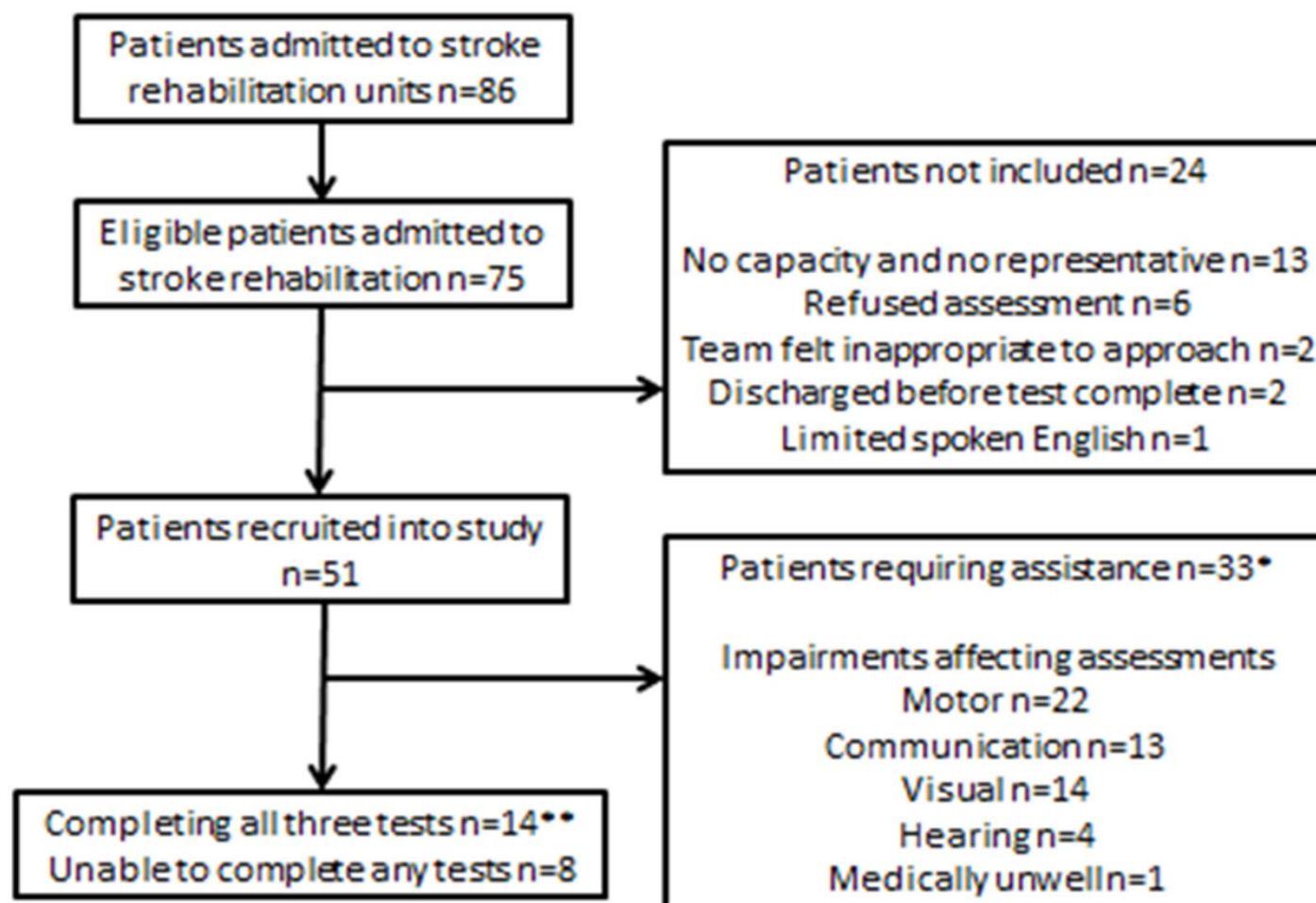
60 patients with impairment will be told they are OK

990 cognitively OK will be told they have impairment

For MoCA <22

180 patients with impairment will be told they are OK

432 cognitively OK will be told they have impairment



VISUOSPATIAL / EXECUTIVE		DRAWING		POINTS
 <p>Copy rectangle</p>		<p>Draw CLOCK (Five past four) (3 points)</p>	<p>[]</p> <p>[]</p> <p>[]</p> <p>Contour Numbers Hands</p>	<p>___/5</p>

NAMING

[] [] []

___/3

MEMORY Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.		TRUCK	BANANA	VIOLIN	DESK	GREEN	No points
	1st trial						
	2nd trial						

ATTENTION	Read list of digits (1 digit/ sec.).	Subject has to repeat them in the forward order	[] 3 2 9 6 5	___/2		
		Subject has to repeat them in the backward order	[] 8 5 2			
Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors				___/1		
[] FBACMNAAJKLBAFAKDEAAAJAMOF AAB						
Serial 7 subtraction starting at 90	[] 83	[] 76	[] 69	[] 62	[] 55	___/3
4 or 5 correct subtractions: 3 pts , 2 or 3 correct: 2 pts , 1 correct: 1 pt , 0 correct: 0 pt						

LANGUAGE	Repeat : A bird can fly into closed windows when it's dark and windy. [] The caring grandmother sent groceries over a week ago. []	___/2
	Fluency / Name maximum number of words in one minute that begin with the letter S [] ____ (N ≥ 11 words)	___/1

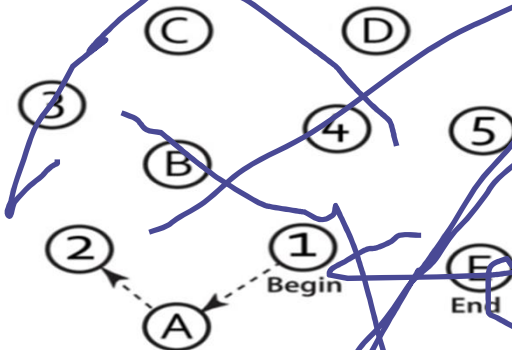
ABSTRACTION	Similarity between e.g. banana - orange = fruit	[] diamond - ruby	[] cannon - rifle	__/2
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DELATED RECALL	Has to recall words WITH NO CUE	TRUCK []	BANANA []	VIOLIN []	DESK []	GREEN []	Points for UNCUED recall only	___/5
Optional	Category cue							
	Multiple choice cue							

ORIENTATION	[] Date	[] Month	[] Year	[] Day	[] Place	[] City	__/6
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VISUOSPATIAL / EXECUTIVE							POINTS			
					Draw CLOCK (Five past four) (3 points)		___/5			
[] [] []					[] Contour [] Numbers [] Hands					
NAMING							___/3			
MEMORY										
Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.					TRUCK	BANANA	VIOLIN	DESK	GREEN	No points
1st trial										
2nd trial										
ATTENTION		Read list of digits (1 digit/ sec.).		Subject has to repeat them in the forward order [] 3 2 9 6 5 Subject has to repeat them in the backward order [] 8 5 2		___/2				
		Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors		[] FBACMNAAJKLBAFAKDEAAAJAMOF AAB		___/1				
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LANGUAGE		Repeat : A bird can fly into closed windows when it's dark and windy. [] The caring grandmother sent groceries over a week ago. []				___/2				
		Fluency / Name maximum number of words in one minute that begin with the letter S [] _____ (N \geq 11 words)				___/1				
ABSTRACTION		Similarity between e.g. banana - orange = fruit [] diamond - ruby [] cannon - rifle				___/2				
DELAYED RECALL		Has to recall words WITH NO CUE	TRUCK []	BANANA []	VIOLIN []	DESK []	GREEN []	Points for UNCUED recall only	___/5	
Optional		Category cue Multiple choice cue								
ORIENTATION		[] Date [] Month [] Year [] Day [] Place [] City				___/6				

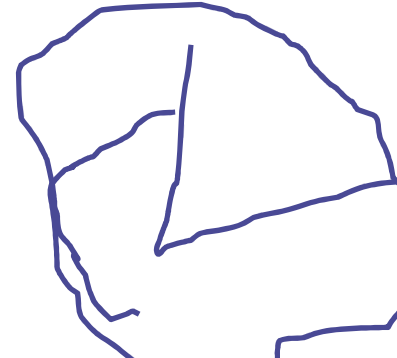
VISUOSPATIAL / EXECUTIVE



Copy rectangle



Draw CLOCK (Five past four)
(3 points)



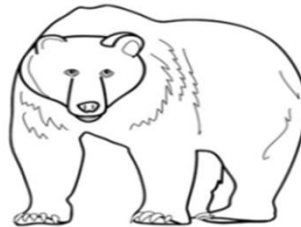
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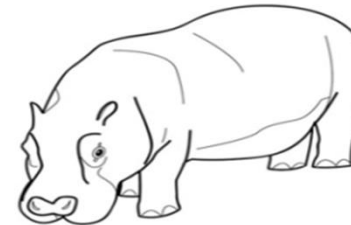
NAMING



[]



[]



[]

___/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	TRUCK	BANANA	VIOLIN	DESK	GREEN
1st trial					
2nd trial					

No points

ATTENTION

Read list of digits (1 digit/ sec.).

Subject has to repeat them in the forward order

[] 3 2 9 6 5

Subject has to repeat them in the backward order

[] 8 5 2

___/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors

[] FBACMNAAJKLBAFAKDEAAAJAMOF AAB

___/1

Serial 7 subtraction starting at 90

[] 83

[] 76

[] 69

[] 62

[] 55

4 or 5 correct subtractions: 3 pts, 2 or 3 correct: 2 pts, 1 correct: 1 pt, 0 correct: 0 pt

___/3

LANGUAGE

Repeat: A bird can fly into closed windows when it's dark and windy. []

The caring grandmother sent groceries over a week ago. []

___/2

Fluency / Name maximum number of words in one minute that begin with the letter S

[] _____ (N \geq 11 words)

___/1

ABSTRACTION

Similarity between e.g. banana - orange = fruit

[] diamond - ruby [] cannon - rifle

___/2

DELAYED RECALL

Has to recall words

WITH NO CUE

TRUCK

[]

BANANA

[]

VIOLIN

[]

DESK

[]

GREEN

[]

Points for
UNCUED
recall only

___/5

Optional

Category cue

Multiple choice cue

ORIENTATION

[] Date

[] Month

[] Year

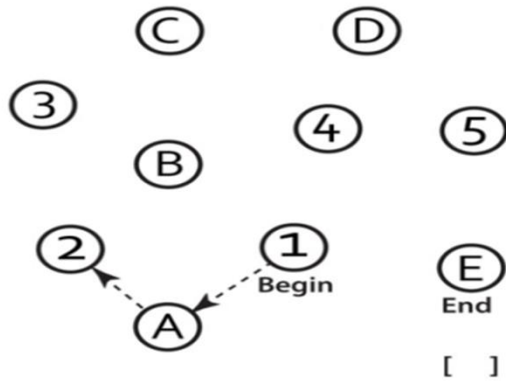
[] Day

[] Place

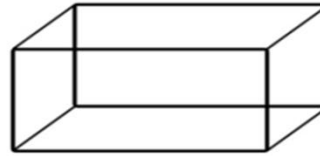
[] City

___/6

VISUOSPATIAL / EXECUTIVE



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Draw CLOCK (Five past four)
(3 points)

POINTS

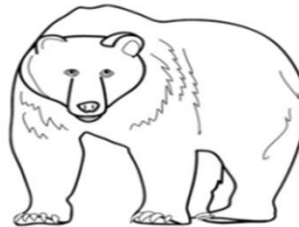
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___/5

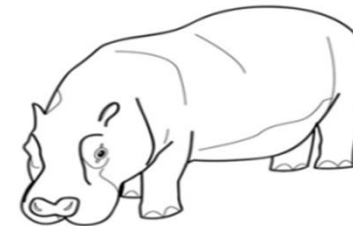
NAMING



[]



[]



[]

___/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	TRUCK	BANANA	VIOLIN	DESK	GREEN
1st trial					
2nd trial					

No points

ATTENTION

Read list of digits (1 digit/ sec.).

Subject has to repeat them in the forward order

[] 3 2 9 6 5

Subject has to repeat them in the backward order

[] 8 5 2

___/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors

[] FBACMNAAJKLBAFAKDEAAAJAMOF AAB

___/1

Serial 7 subtraction starting at 90

[] 83

[] 76

[] 69

[] 62

[] 55

4 or 5 correct subtractions: **3 pts**, 2 or 3 correct: **2 pts**, 1 correct: **1 pt**, 0 correct: **0 pt**

___/3

LANGUAGE

Repeat: A

Th

when it's dark and windy. []

series over a week ago. []

___/2

Fluency / Name maximum number

begin with the letter S

[] _____ (N \geq 11 words)

___/1

ABSTRACTION

Similarity between

[] diamond - ruby [] cannon - rifle

___/2

DELAYED RECALL

Has to recall words

WITH NO CUE

TRUCK

[]

BANANA

[]

VIOLIN

[]

DESK

[]

GREEN

[]

Points for
UNCUED
recall only

___/5

Optional

Category cue

Multiple choice cue

ORIENTATION

[] Date

[] Month

[] Year

[] Day

[] Place

[] City

___/6

STROKE

Pre-stroke assessment screen (informant & medical records)

Cognition: IQCODE

Mood: History mood disorder

Other: Educational level

Function: Frailty measure, mRS

Hyperacute assessment

Cognition: mini-MoCA

Mood: PHQ-2

Delirium: CAM-ICU

Function: NIHSS

Other: Sensory assessment

Stroke Unit Assessment

Cognition: MoCA plus

Mood: PHQ-9

Function: Barthel Index

Rehabilitation unit or specialist clinic

Cognition: NINDS-CSN battery

Mood: CES-D, SCID

Function: Lawton E-ADL

Others: Fatigue, Apathy, HR-QoL,
Carer burden

Diagnosis
(for
dementia
not before
6/12 post
ictus)

Ongoing screening in primary care as
part of regular stroke review

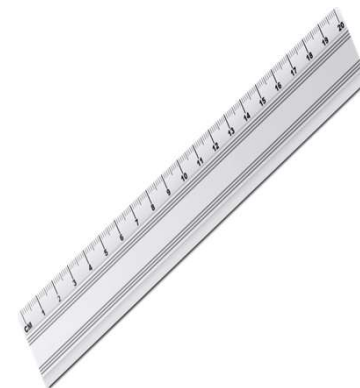
Question

- Is this a problem with NIHSS ?
- Is this a problem with our outcomes ?
- Is this not related to the stroke ?

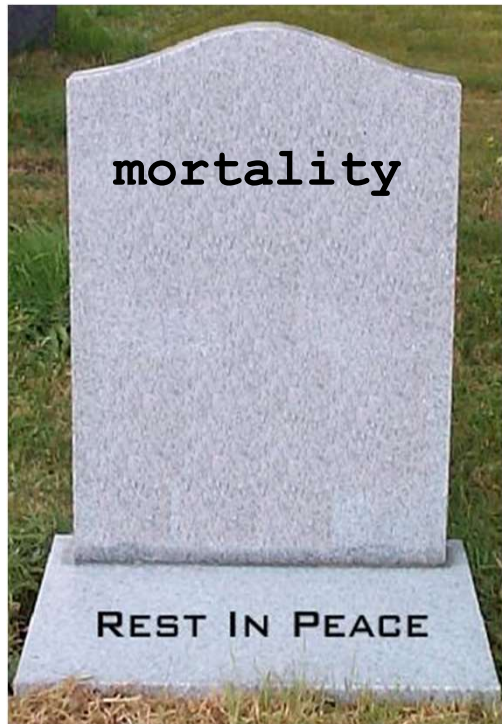
Question

- How should we measure stroke recovery ?
- Who should measure stroke recovery
- Doctor?
- Nurse?
- Patient?

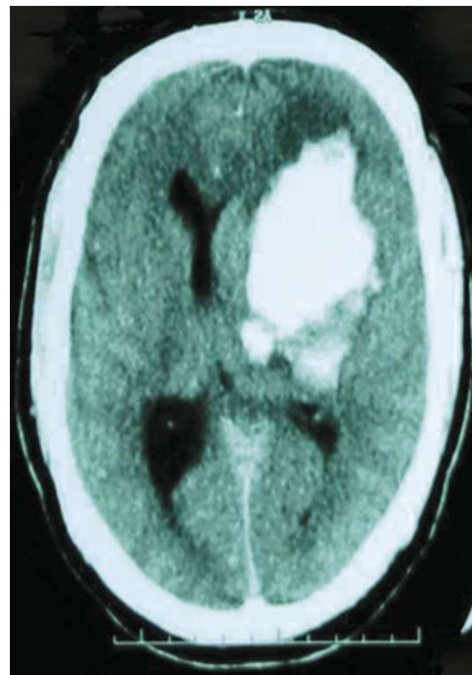
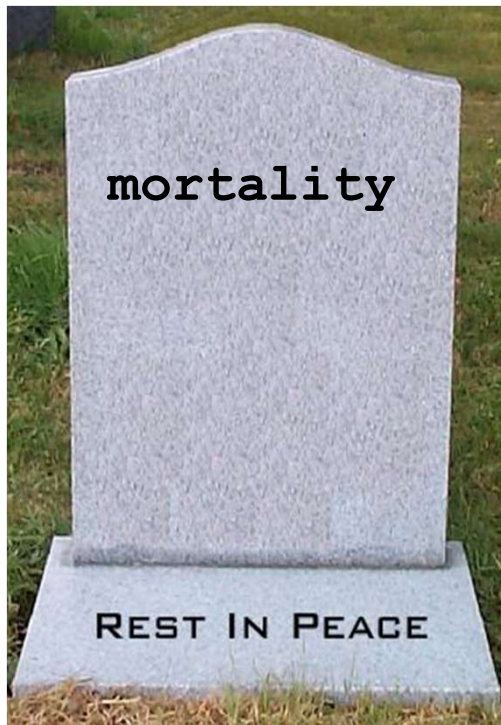
Measuring Stroke Recovery



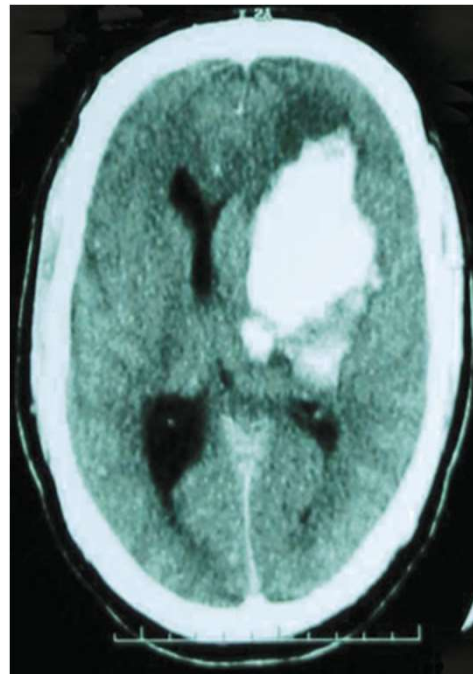
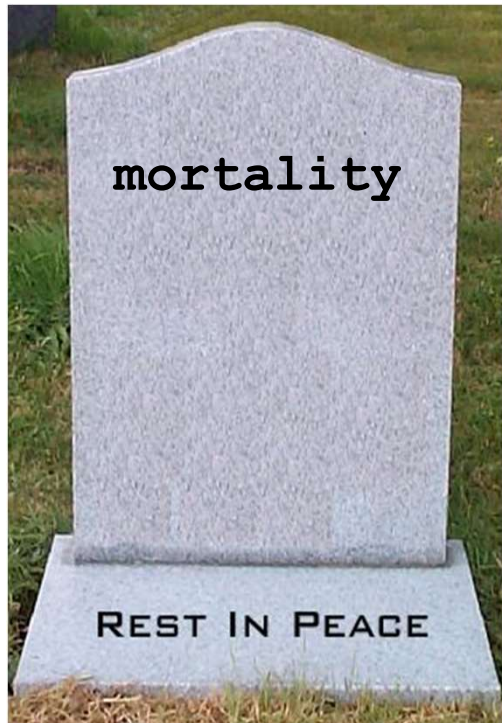
Measuring Stroke Recovery



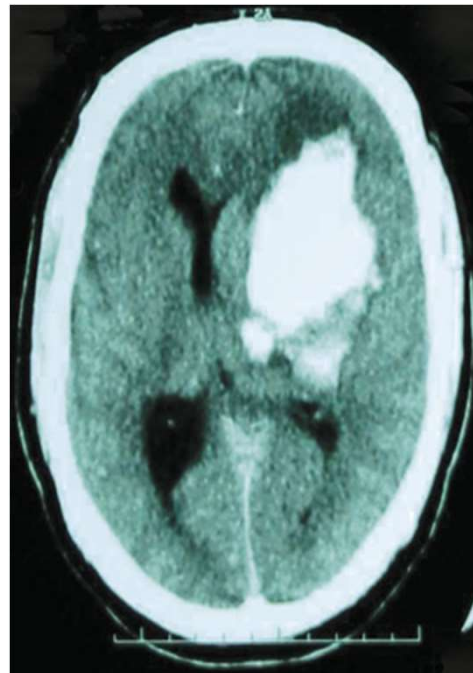
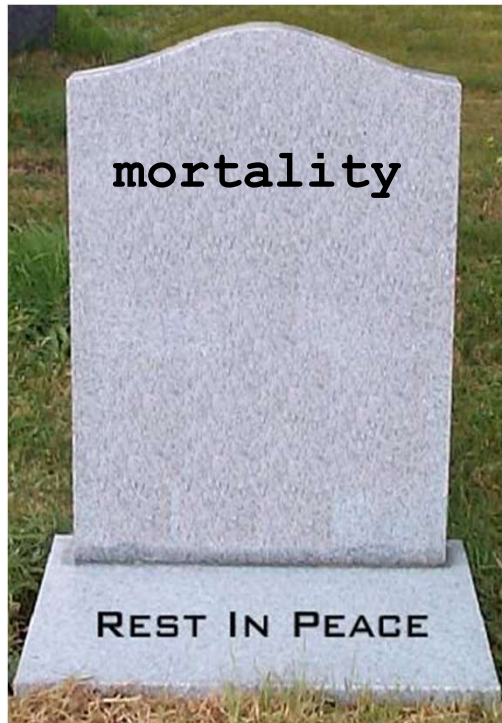
Measuring Stroke Recovery



Measuring Stroke Recovery

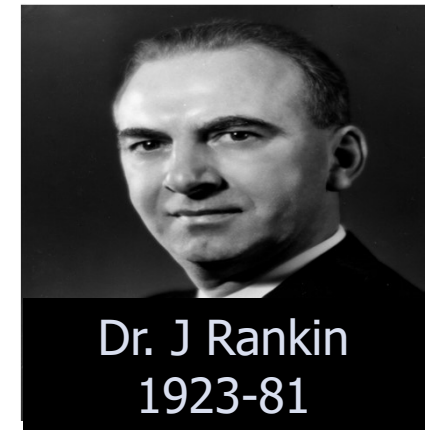


Measuring Stroke Recovery

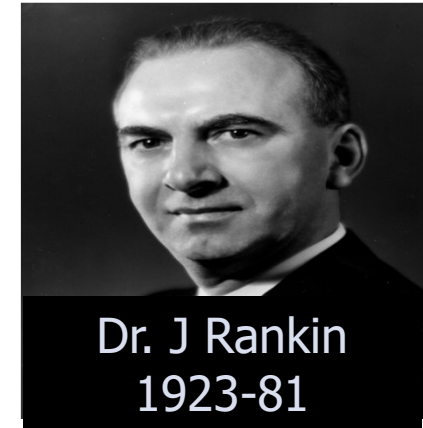


Modified Rankin Scale

- First described in 1950s (Stobhill Hospital)
- “Global” scale with emphasis on walking
- Modified for use in first multi-centre neurology trial: UK-TIA trial
- Now the most prevalent functional assessment scale

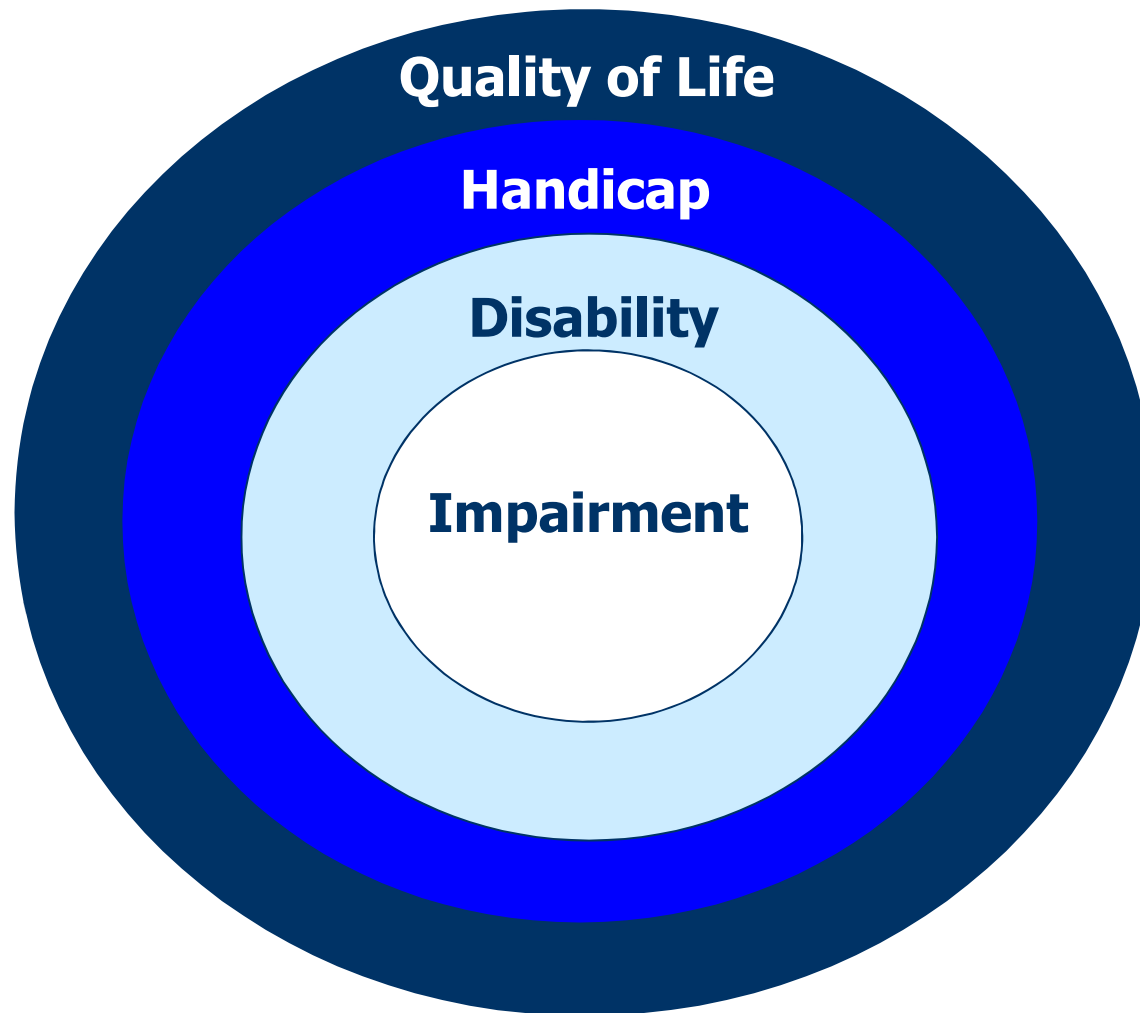


Modified Rankin Scale

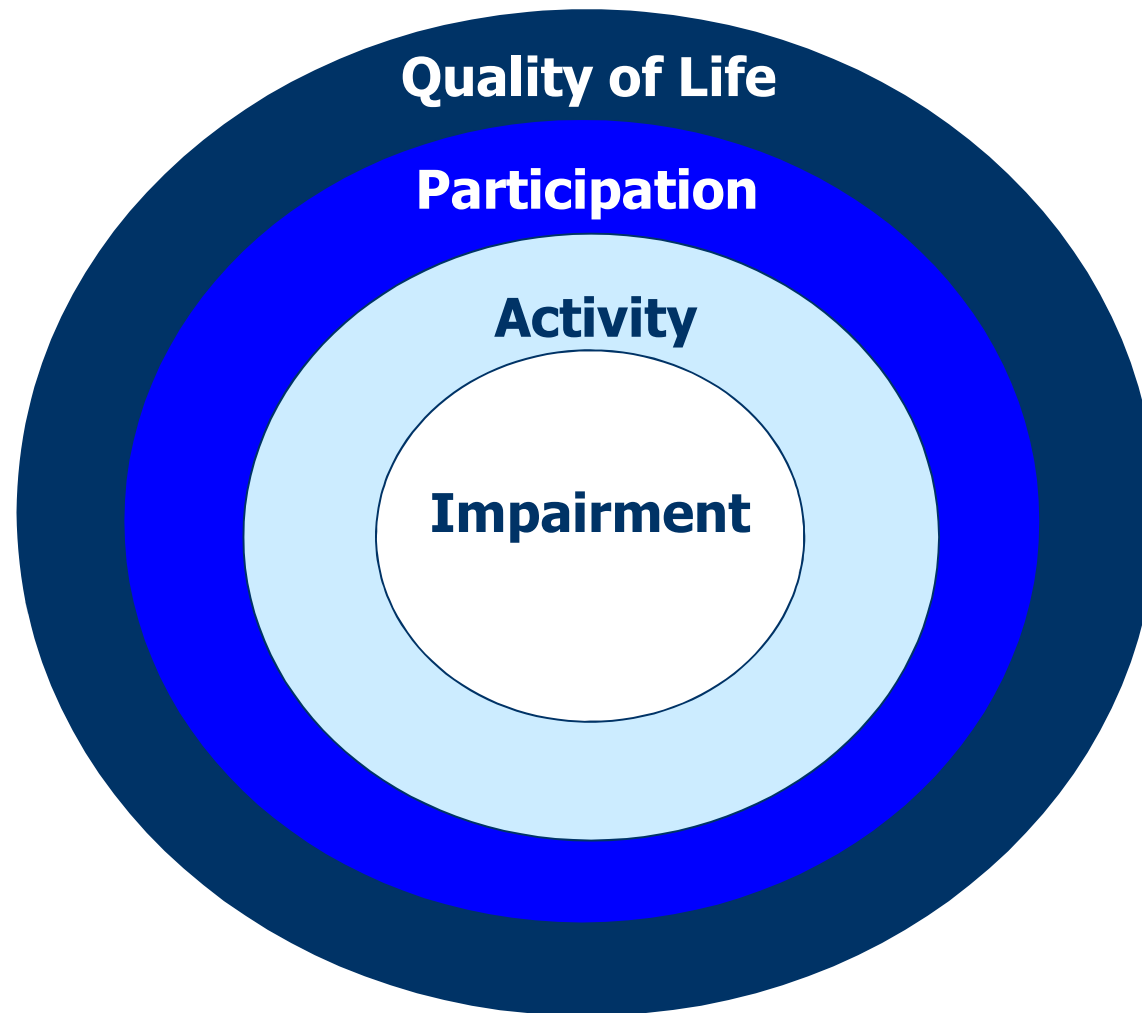


- **Grade 0**
 - No symptoms at all
- **Grade 1**
 - No significant disability despite symptoms; able to carry out all usual duties and activities
- **Grade 2**
 - Slight disability; unable to carry out all previous activities, but able to look after own affairs without assistance
- **Grade 3**
 - Moderate disability; requiring some help, but able to walk without assistance
- **Grade 4**
 - Moderately severe disability; unable to walk without assistance, unable to attend to needs without assistance
- **Grade 5**
 - Severe disability; bedridden, incontinent and requiring constant nursing care and attention
- **Grade 6**
 - Dead

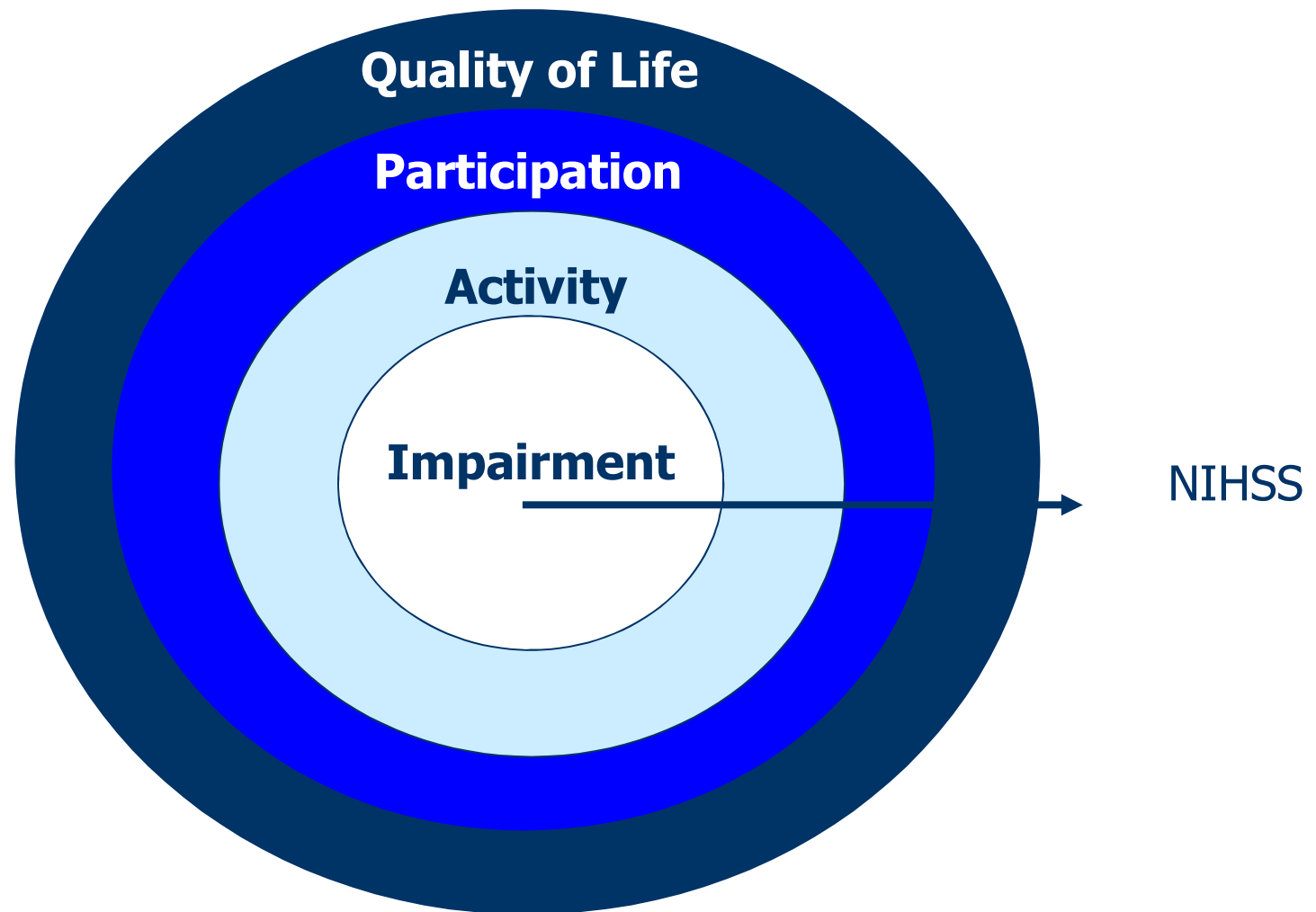
Levels of functioning



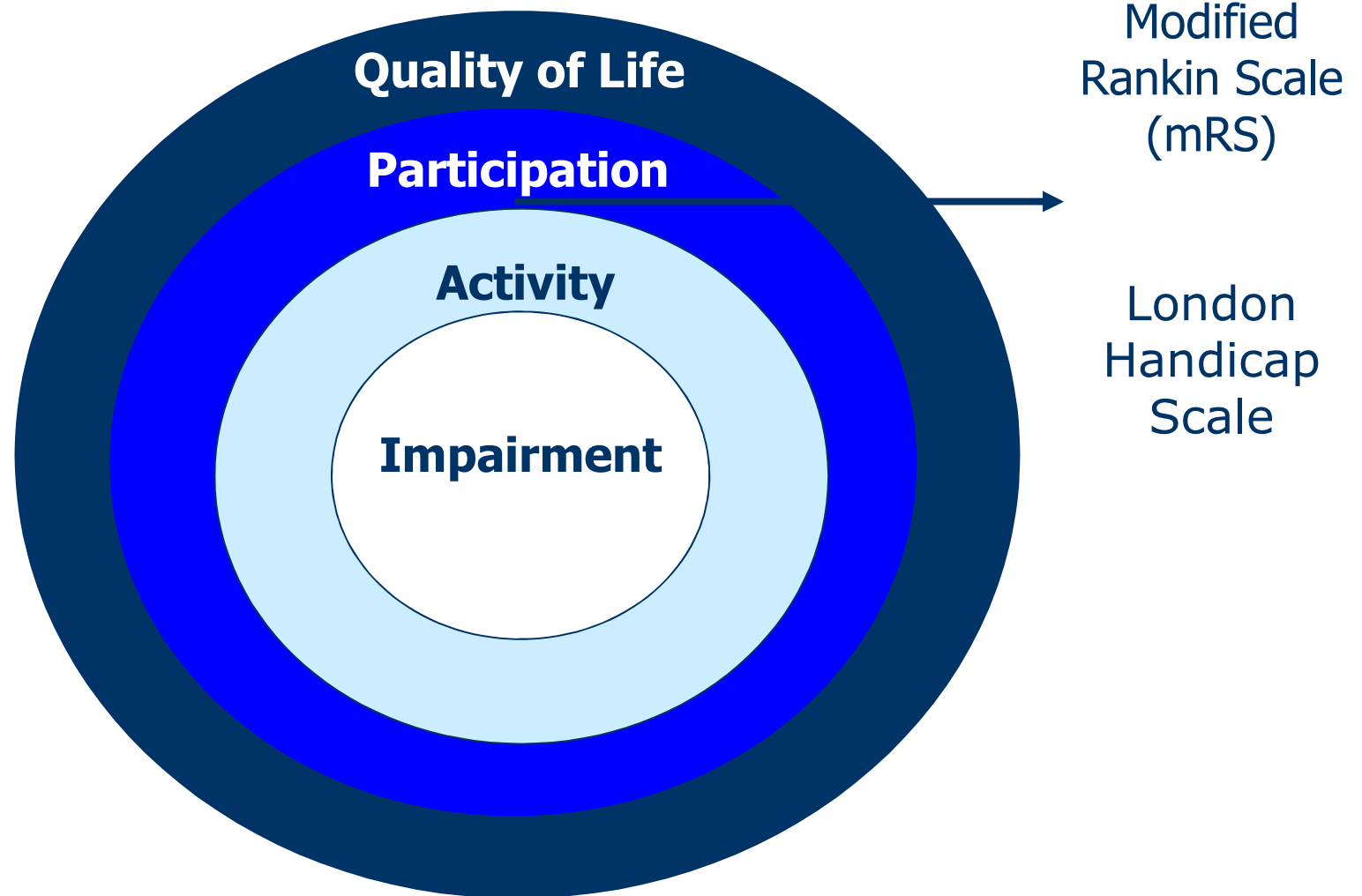
Levels of functioning



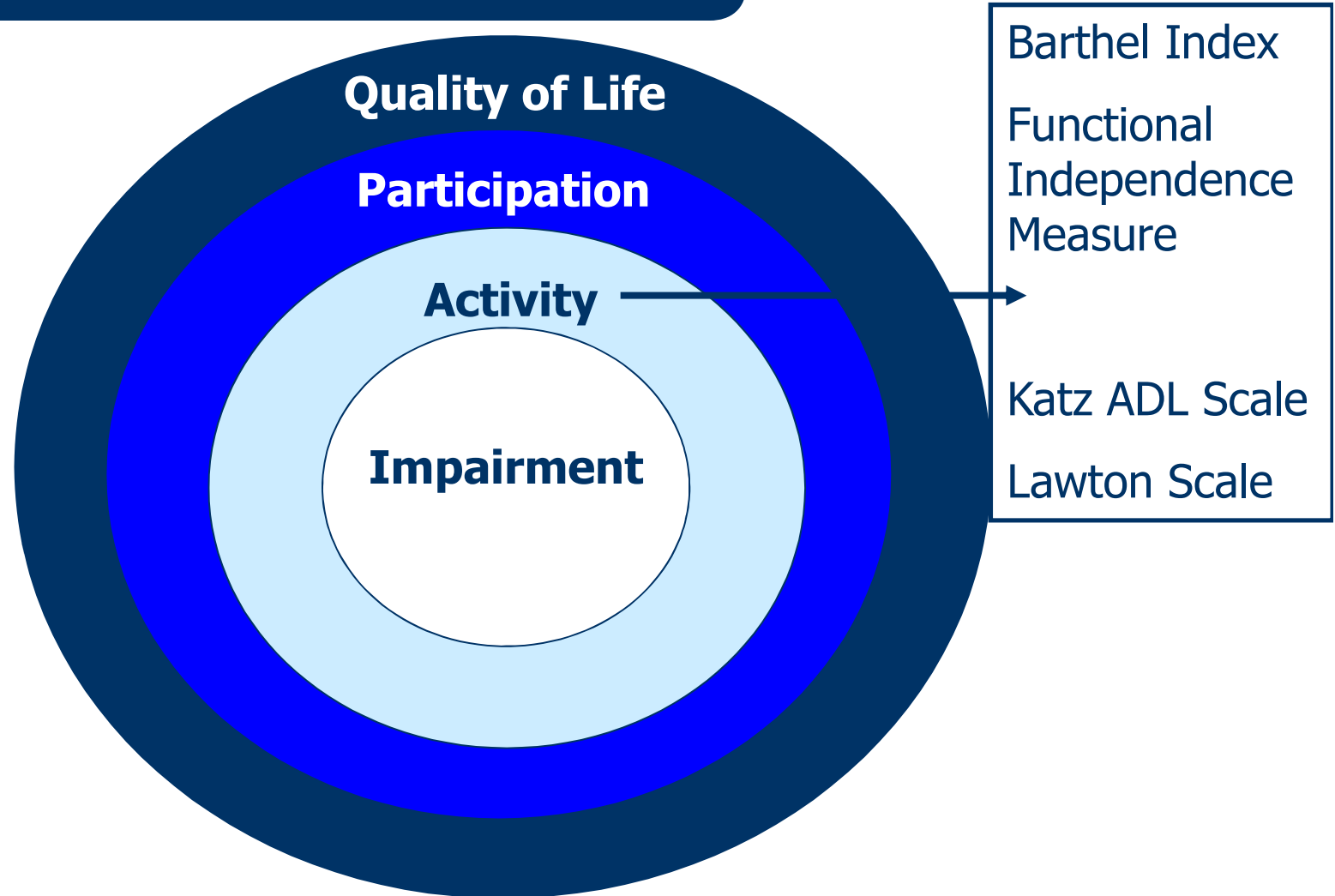
Levels of functioning



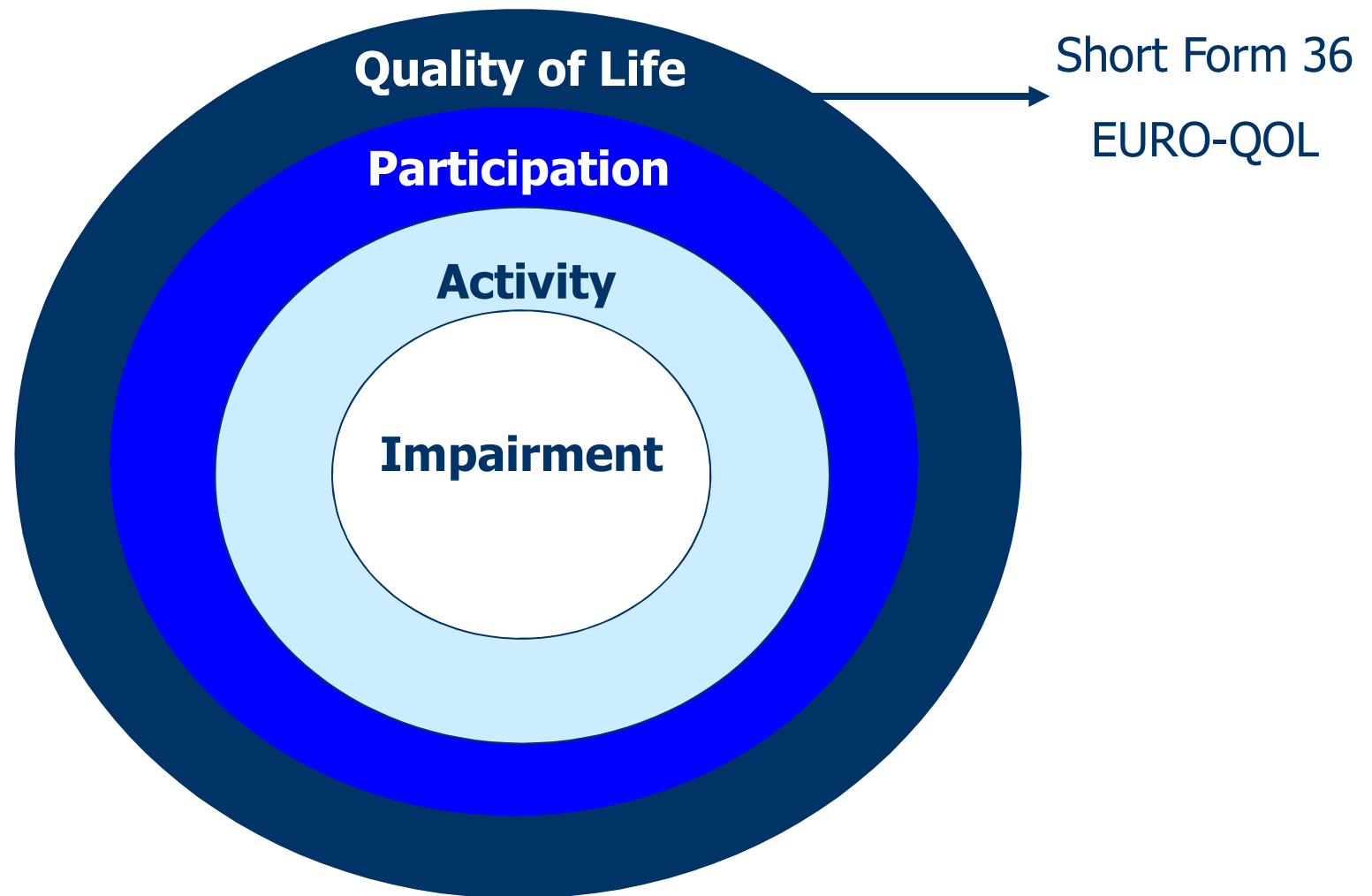
Levels of functioning



Levels of functioning



Levels of functioning



Patient reported outcomes

Day to day life is
a real struggle

People treat and
look at you differently

You could do more for yourself
but people don't let you

You feel lonely

You feel really down
after a stroke

You are afraid of
another stroke

My relationships are
stronger following my stroke

Euro-QOL

- **Mobility**
- **Self care**
- **Activities**
- **Pain/Discomfort**
- **Anxiety/Depression**

I have no problems walking about

I have some problems walking about

I am confined to bed

I have no problems with self-care

I have some problems washing / dressing

I am unable to wash / dress

I have no problems with usual activities

I have some problems with usual activities

I am unable to perform usual activities

I have no pain or discomfort

I have moderate pain or discomfort

I have extreme pain or discomfort

I am not anxious or depressed

I am moderately anxious or depressed

I am extremely anxious or depressed

100

Best health

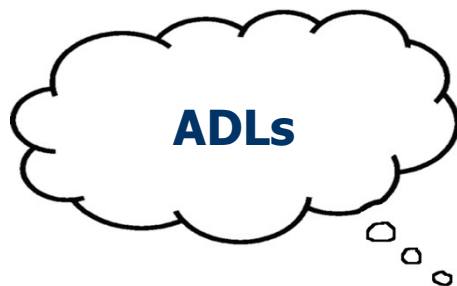
0

Worst
health

Problems with QOL scales



Problems with QOL scales



Problems with QOL scales

**Job
stress**

Mobility

**When
will he
stop**

Hang-over

**your QOL
now**

**Can't wait
till
Christmas**

ADLs

I'm skint

Pain

Measuring Function

- Difficult to translate individual experience into numbers / grades

"Simple" impairment scale

Easy to grade

Limited information



Participation / QOL scale

Difficult to grade

Too much information?

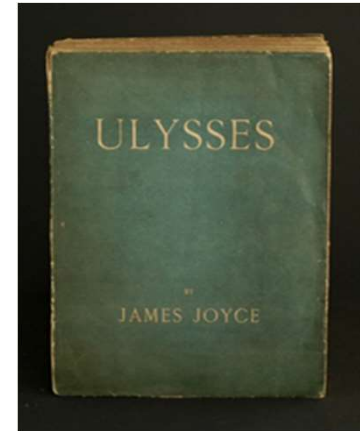
Measuring Function

- Difficult to translate individual experience into numbers / grades

"Simple" impairment scale

Easy to grade

Limited information



Participation / QOL scale

Difficult to grade

Too much information?

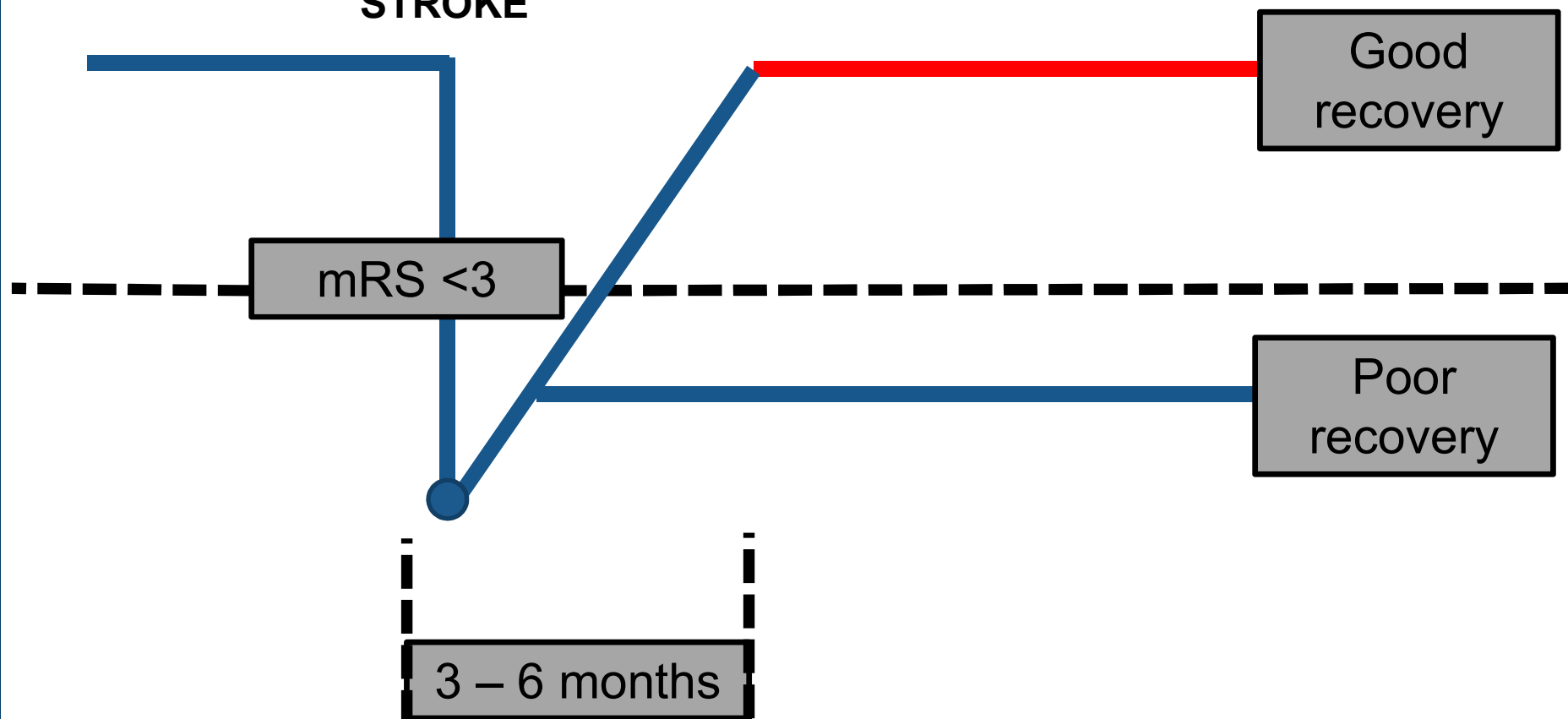
Question



- Is this a problem with NIHSS ?
- Is this a problem with our outcomes ?
- Is this not related to the stroke ?



STROKE



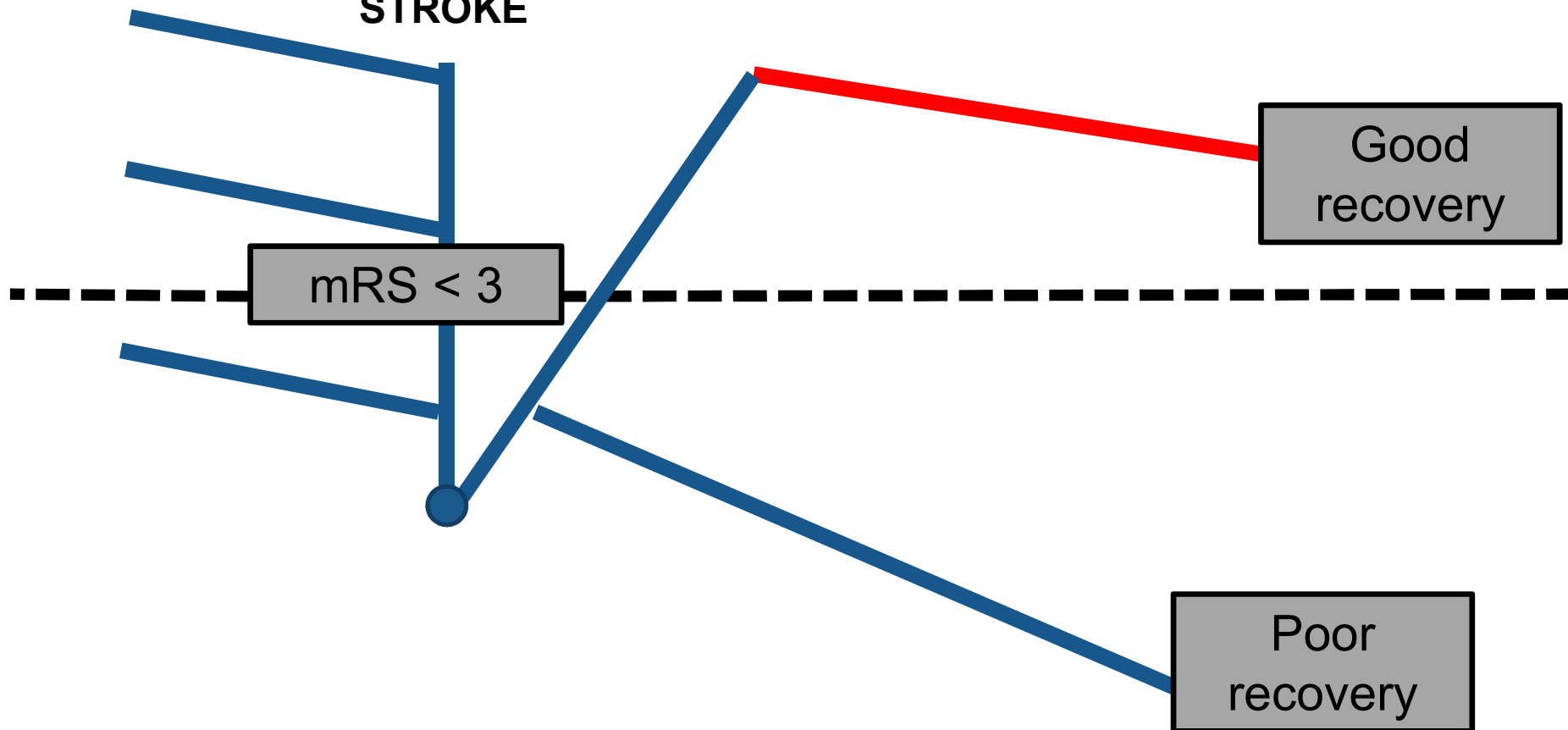


STROKE

mRS < 3

Good
recovery

Poor
recovery

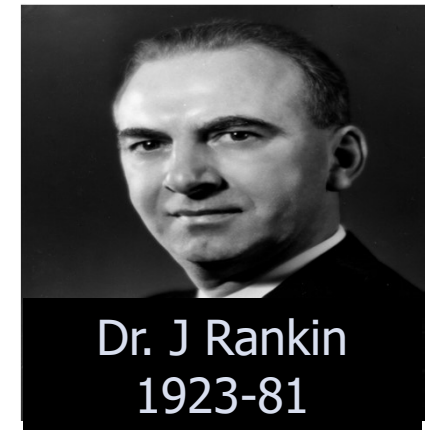


Question

- Do you measure pre-stroke function ?
- Who should measure this ?
- Do you assess frailty?

Modified Rankin Scale

- **Grade 0**
 - No symptoms at all
- **Grade 1**
 - No significant disability despite symptoms; able to carry out all usual duties and activities
- **Grade 2**
 - Slight disability; unable to carry out all previous activities, but able to look after own affairs without assistance
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- **Grade 6**
 - Dead





Pre-Stroke Modified Rankin Scale: Evaluation of Validity, Prognostic Accuracy, and Association with Treatment

Terence J. Quinn^{1*}, Martin Taylor-
Stanley D. Musgrave², Anthony K.
Elizabeth A. Warburton⁴, John F. F

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The mRS is not suitable pre-stroke

Prestroke Modified Rankin Stroke Scale Has Moderate Interobserver Reliability and Validity in an Acute Stroke Setting

Patrica Fearon, MRCP; Kate S. McArthur, MRCP; Kevin Garrity; Laura J. Graham;
Geraldine McGroarty; Sarah Vincent; T. J. Quinn, MD

Frailty is a 'hot topic'

- Last year, 1458 scientific studies on frailty were published
- Frailty assessment being introduced for hospital admissions
- Frailty assessment being introduced in GP surgeries
- UK Government has policy on frailty in older age
- New treatments for frailty being tested

Frailty is a 'hot topic'

- Last year, 1458 scientific studies on frailty were published
- Last year, 4 studies on frailty and stroke were published
- Frailty assessment being introduced in NHS
- But not for stroke
- UK Government has policy on frailty in older age
- Stroke not mentioned
- New treatments for frailty being tested
- People living with stroke are excluded



“the old have little heat left and as a small flame is easily extinguished, even small ailments can result in death”

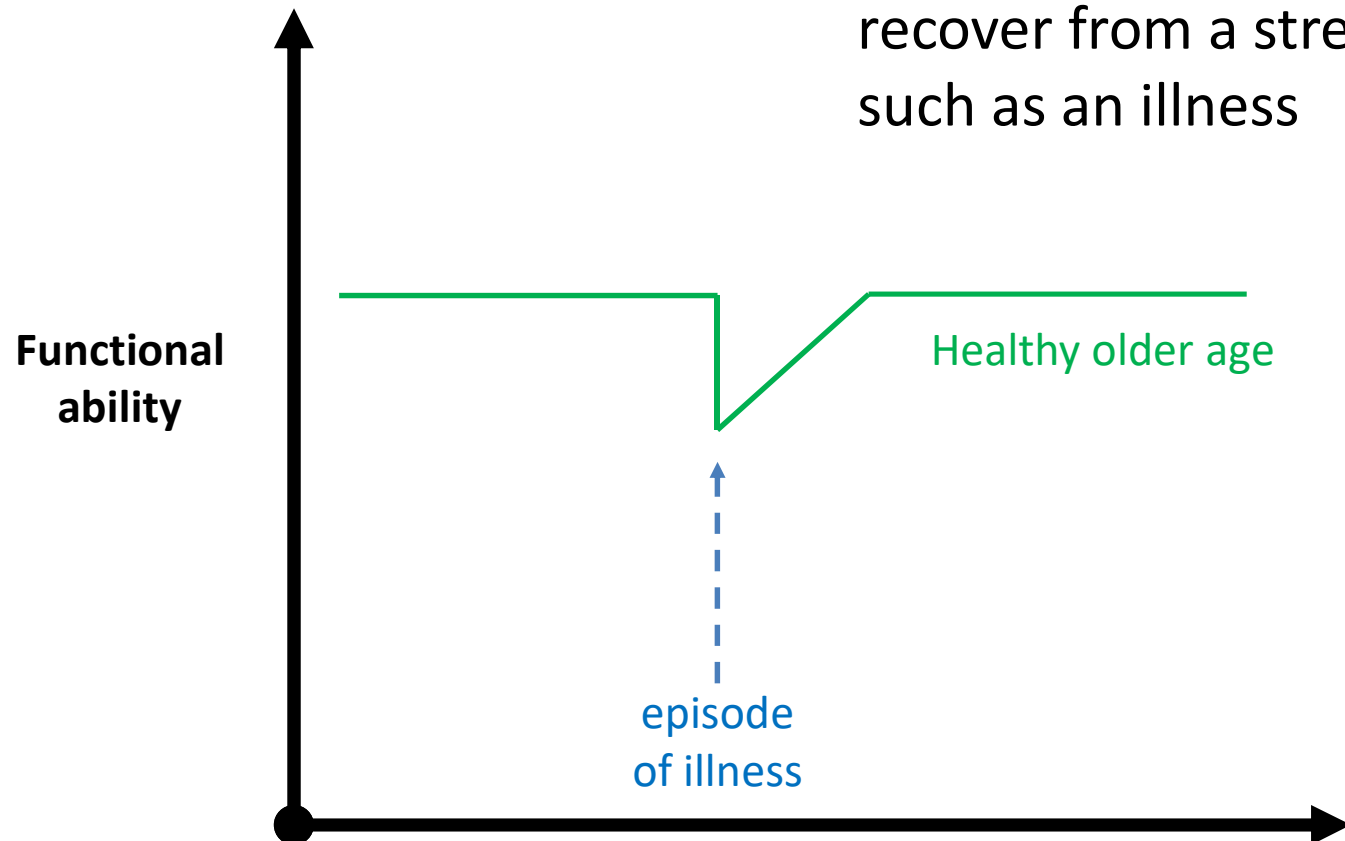
Aristotle, 4th Century BC

Frailty

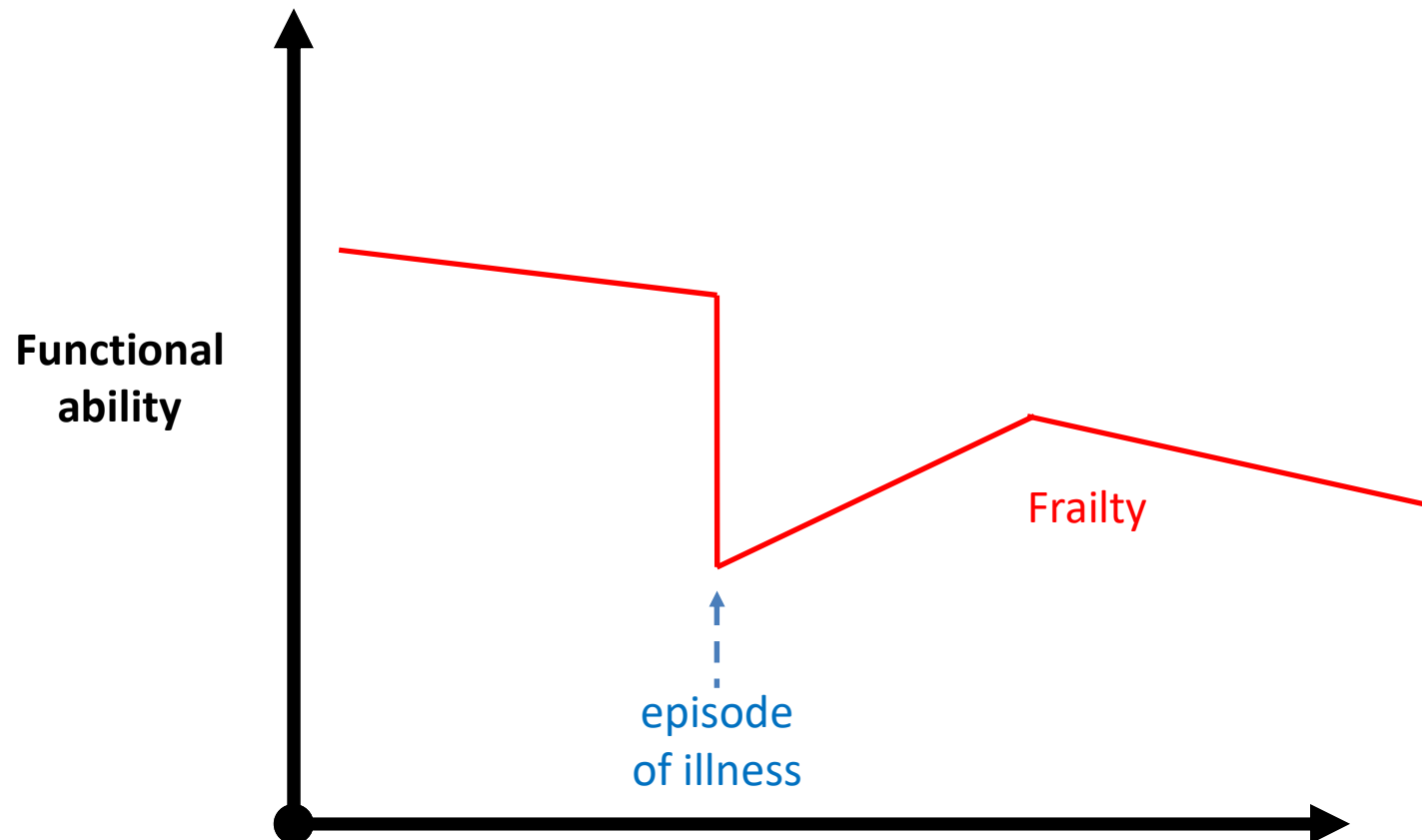
“ A physiologic syndrome characterized by decreased reserve and resistance to stressors, resulting from cumulative decline across multiple physiologic systems, and causing vulnerability to adverse outcomes”

So, what is frailty

Frailty is a reduced ability to recover from a stressor event such as an illness

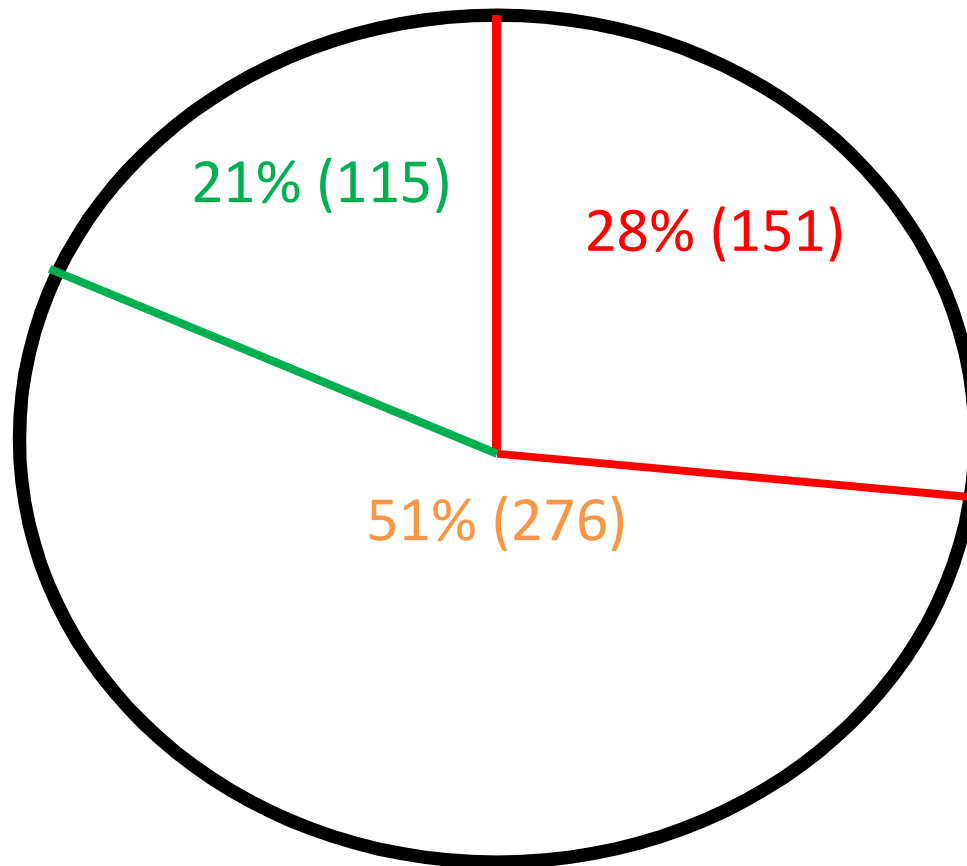


So, what is frailty



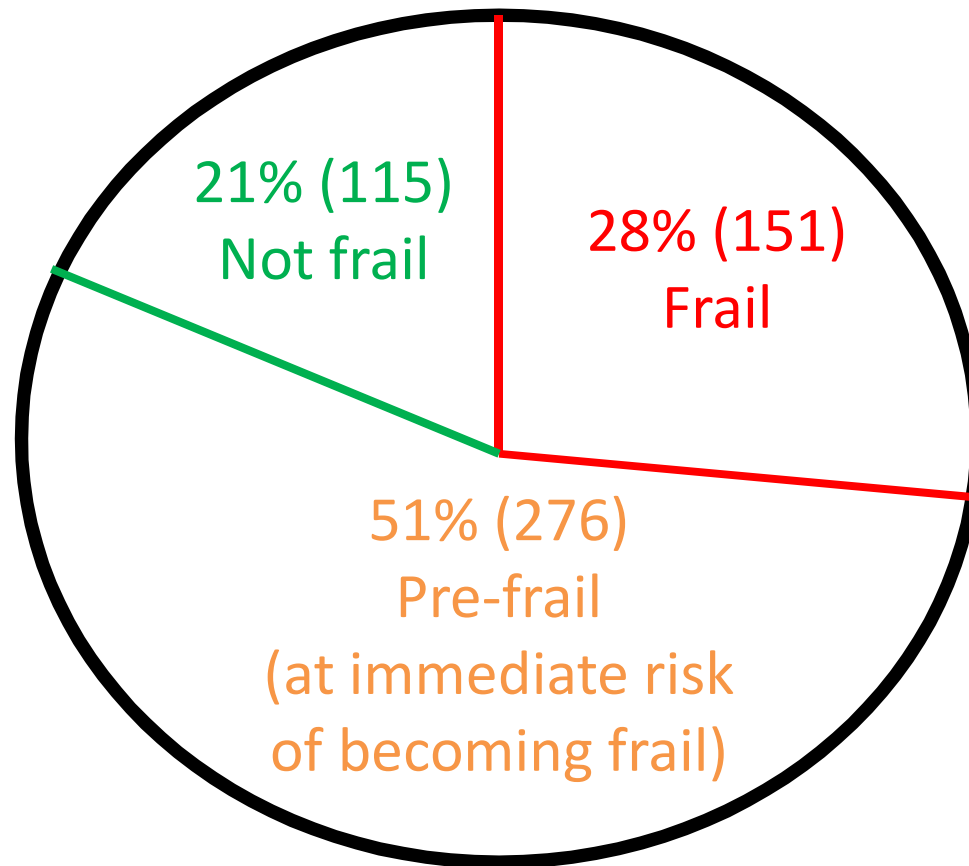
Is frailty seen in stroke

All stroke admissions assessed for frailty in a UK hospital:



Is frailty seen in stroke

All stroke admissions assessed for frailty in a UK hospital:



Frailty phenotype

Unintentional weight loss

Self reported exhaustion

Weakness (grip strength)

Slowness (on timed walk)

Low levels of activity



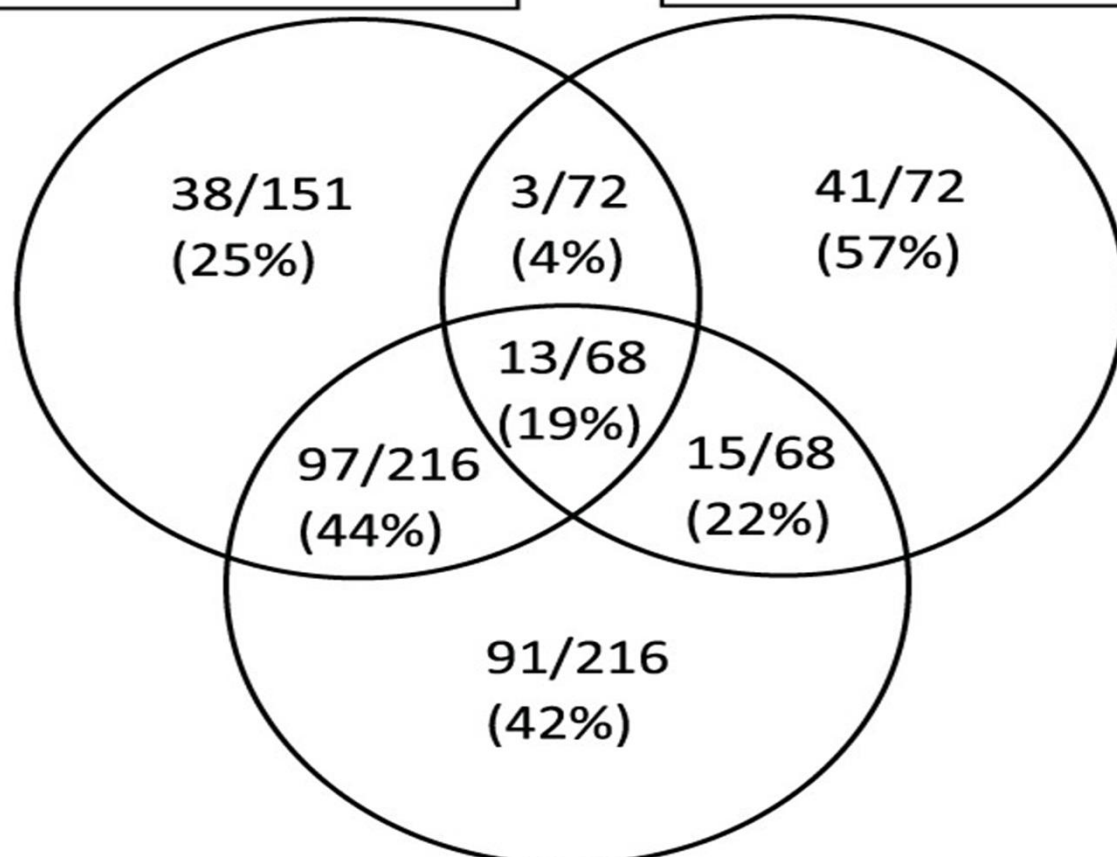
0 = robust, 1-2 = prefrail, ≥ 3 = frail

“The more things an individual has wrong with them, the more likely they are to be frail”



Frailty Index (Frail)
151/545

Frailty Phenotype
(Frail) 72/255



Pre-stroke modified
Rankin Scale
(Disabled) 216/524

Question



- Is this a problem with NIHSS ?
- Is this a problem with our outcomes ?
- Is this not related to the stroke ?

SMALL stroke BIG problem (Moving beyond NIHSS)



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