

NSW Telestroke Service

Patient Information



NSW Telestroke Service

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The NSW Telestroke Service supports this hospital to care for you if you have had a stroke.

A stroke is an emergency. Our specialist doctors (called neurologists) will assess you via videoconference.

They support your local doctors to work out the best treatment.



NSW Telestroke patient assessment

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About the service

Our doctors work from another location 24 hours a day, seven days a week. By using simple technology, they can:

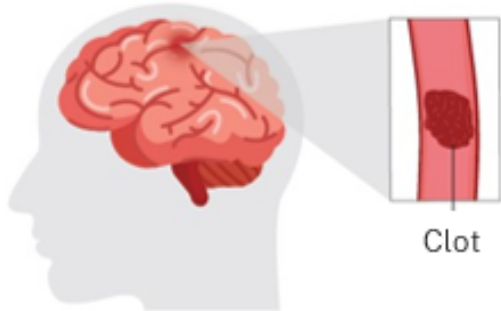
- assess your symptoms
- review your blood tests and brain scans
- speak with you and your support person via videoconference
- advise you and your support person/family on treatment options

If you or your support person are not able to discuss treatment, our doctors will make decisions on your behalf. This is so you can have treatment quickly which gives you the best chance of recovery.

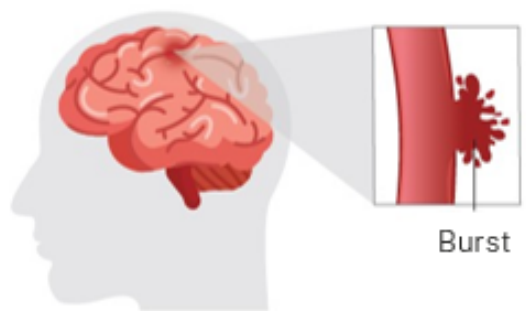
What is a stroke?

A stroke is an emergency and requires urgent medical care. It occurs when there is injury to your brain from either:

- the blood supply being blocked by a clot (called ischaemic stroke),
OR
- a blood vessel in your brain bursts and bleeds into your brain (called haemorrhagic stroke)



A clot stroke



A bleed stroke

Stroke affects everyone differently. Symptoms may include one or more of the following:

- weakness in arms or legs
- changes with speech or drooping face
- changes with vision or balance

Treatments for a clot stroke (ischaemic stroke)

The aim of treatment is to get rid of the blockage (clot) in your brain's blood vessel. This will improve blood supply to the brain.

Treatments options include:

- Thrombolysis – a clot-busting medication given through an injection in your arm
- Endovascular therapy – a special procedure that removes the clot
- Blood thinning medication – a medication that helps prevent clots

There are strict and specific guidelines about which treatment will best suit different people.

A small number of stroke patients are suitable for thrombolysis or endovascular therapy. In some cases, you may have both treatments.

Treatments for a brain bleed stroke (haemorrhagic stroke)

The aim of treatment is to control the bleeding in your brain.

The health care team will closely monitor your blood pressure. If your blood pressure is too high, you will be given medicine to bring it down.

If you take medicine to thin your blood this will be stopped. You may be given medicine to reverse the effect of your blood thinners.

Your medical team will tell you if you need to start taking blood thinners again.

A small number of patients may need surgery.

Where do I receive treatment?

Most people will be cared for at their local hospital and monitored for any changes in symptoms.

If you need endovascular therapy or surgery, you will move to a specialised hospital.

For more information:

If you have any questions about your diagnosis and treatment, please talk with your doctor or nurse.

For more information on the NSW Telestroke service:

Website: <http://bit.ly/nsw-telestroke>

Email: SESLHD-NSWTelestrokeService@health.nsw.gov.au

Phone: 02 9382 4069

For an electronic version of this resource scan QR code:



Helpful resources:

Stroke Foundation EnableMe

Learn more about recovering from stroke in this free online resource. It provides stroke information, videos and tools to help with your symptoms of stroke.

Website: enableme.org.au/

Phone: 1800 787 653

Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS) Provides financial help to travel long distances for health treatment that is not available locally.

Website: www.iptaas.health.nsw.gov.au

Phone: 1800 478 227

Friendly Faces Helping Hands Hotline

This service provides support if you are having healthcare a long way from home, kin and country.

Website: friendlyfaces.info

Hotline: 1800 014 234

