



Service Priorities and Programmes
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A clinic-based study of clinical spectrum and outcomes of transient ischemic attack (TIA) mimics in Hong Kong

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Introduction

TIA clinic provides a rapid assessment and treatment for patients at high risk of developing ischaemic stroke. A number of disorders mimicking TIA may be identified during the evaluation. However, data on the outcomes of these TIA mimics is limited

Objectives

To evaluate the clinical spectrum and outcomes of patients diagnosed with TIA mimics in a TIA clinic

Methodology

A prospective study was conducted to assess the pattern of TIA mimics and evaluate the 3-month clinical outcomes of patients with TIA mimics in the United Christian Hospital

Result

A total of 399 patients were referred between January and December 2013. After screening by stroke nurses and then reviewed by stroke physicians, neurovascular events were diagnosed in 278 (70%) patients including 183 (65%) patients with TIA and 95(35%) with ischemic stroke. Non-vascular conditions were diagnosed in 121(30%) patients, these included migraine in 21(17%), peripheral vertigo in 11(9%) patients, cervical myelopathy in 9(8%), cardiac problems in 9(8%), delirium in 8(7%), clinical sepsis in 8(7%), cranial nerve system problems in 8(7%), cervical myelopathy in 8(7%), syncope in 7(6%), hypoglycaemia in 7(6%), seizure in 7(6%), dementia in 6(5%), neuropathy in 6(5%), musculoskeletal problem in 3(3%), hypertension in 2(2%) and slip and fell with limbs weakness in 1(1%). Clinical outcomes of patients with TIA mimics at 3 months were available in 108 patients. 32 (30%) patients attended emergency room during these period. 21(20%) patients were admitted and 2(2%) patients died due to non- vascular events. In the cohort there was no TIA mimics patients developed neurovascular events at 3 months. Conclusion TIA clinic serves an important role to triage referrals and the referral pattern is similar to those reported in the western clinics (neurovascular events 86%, TIA 55% and ischemic stroke 32% in FAST-TIA study). Expedited referral to respective specialties can be initiated

immediately for those patients diagnosed TIA mimics. In summary TIA clinic can utilize the resources effectively and hasten appropriate treatment initiation in both TIA and also non-TIA patients