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A Nurse-led TIA Clinic To Reduce Hospital Admissions

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Introduction

Studies have shown that Transient Ischemic Attack (TIA) clinic can reduce hospital admissions. From 2010 to 2013, there were average 127 admissions annually due to TIA with average length of stay around 3.56 days. In 2014, a Nurse-led and Neurologist-operated cluster-based TIA clinic has been established to triage TIA referrals from Accident and Emergency Department (AED) in NTEC. The admissions due to TIA in 2014 for Prince of Wales Hospital was successfully reduced to 108.

Objectives

1. To study the safety and feasibility of a Nurse-led clinic 2. To reduce hospital admissions 3. To provide rapid assessment by stroke specialists for TIA patients

Methodology

Data was collected from the TIA clinic registry from January 1st 2014 to September 30th 2014. Patients diagnosed as TIA were recruited to this retrospective study.

Result

In the first three quarters of 2014, there were total 125 referrals to TIA clinic, 36 (29%) patients were diagnosed as TIA by neurologists. Half (18) of diagnosed patients were discharged directly from AED. The remaining half was discharged early from medical ward with follow up by stroke specialists arranged within 5 weeks time in TIA clinic. For the 18 patients discharged directly from AED, 5 of them were seen by neurologists in TIA clinic on the same day of AED discharge, 11 of them were seen the next day and 2 of them were seen within 48 hours of discharge from AED. Amongst the 36 TIA patients, 14 of them received extensive vascular workup including MRI and MRA(TOF) Brain to assess the etiology of TIA. Only 5 out of 36 (13.9%) patients required re-admission within 90 days due to recurrent TIA or minor stroke. **Conclusions:** TIA clinic is a Nurse-led clinic to triage patients with TIA or stroke mimics and to co-ordinate swift assessments by Neurologists. It is a safe and feasible way to reduce admission rate and facilitate early discharge.