

Stop Stroke

Preventing avoidable strokes

Stroke
association

A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off. 3 of the major risk factors are AF  high blood pressure  and transient ischaemic attack 

A brief overview of stroke in Northern Ireland

Approx
4000
strokes in NI per year

Stroke care costs the NI
Health Service around
£260m
per year

X5
Atrial Fibrillation increases your
risk of stroke by up to 5 times

The situation



30,758
people in NI diagnosed with AF



AF is a type of irregular heartbeat which increases your risk of stroke. The majority of AF related strokes could be prevented but too many people go undetected or poorly managed.

The impact

Higher risk of stroke

9000

Approx 9000 patients with AF in NI are not receiving blood thinning medication which could reduce their risk of stroke



Cost to health service

146 strokes could be avoided if everyone with AF received appropriate treatment saving **£1.7million** per year

£ saving
1.7m
per year

The Solution

Prevent avoidable strokes

Implement
NICE Guideline
180

- Urge DHSSPS to fully implement guidelines for better detection and management of AF

Improve stroke
services
throughout NI

- Call for DHSSPS to create a world class, fair and effective stroke service which provides timely access to stroke treatment, specialist services and appropriate long term care and support in the community.

#StopStrokeNI

The detail

What is happening?

Too many people are living with undetected AF or not receiving the most appropriate treatment and monitoring.

This is despite UK guidelines, endorsed by DHSPPS in 2014, which recommend that people with AF are effectively treated to reduce their risk of stroke. AF is associated with 20% of strokes. Early diagnosis is an important aspect of stroke prevention.

Key facts:

- It is estimated that around **2%** of NI population live with AF
- AF is often asymptomatic – without obvious symptoms
- Stroke care costs around the NI Health Service around **£260million** per year
- Up to **60%** of strokes could be prevented through early detection and management of high blood pressure and Atrial Fibrillation.
- The average cost of treating AF in NI is **£55million** per year

Why is this happening?

This is happening because there is no clear regional pathway for AF diagnosis and treatment in NI and DHSSPS/Health and Social Care Board have not fully implemented expert clinical guidelines on detecting and managing AF.

Increased costs

It is estimated that 146 strokes per year in NI could be avoided if all patients received the most effective treatment. Avoiding these strokes could save the health service almost £1.7mil per year in acute costs as well as preventing the devastating human impact of stroke.

Take Action

The impact

Unnecessary strokes

The majority of AF related strokes could be prevented with effective detection and management of AF. International guidelines recommend that patients with AF who are at high or moderate risk of stroke should be treated with anticoagulants – blood thinning medication. However, too many people are being treated inappropriately because there isn't an effective regional approach to detecting and managing AF in Northern Ireland. Many people affected by AF aren't aware of the risks and too many aren't given the opportunity to be involved in decision making about their treatment.



The Solution

Fully implement NICE Guideline CG180 so that everyone in NI at risk of AF is detected, treated effectively and regularly monitored to reduce their risk of stroke, regardless of where they live.

Action is needed to prevent unnecessary strokes. We need your support to ensure the needs of people at risk of and affected by stroke are represented in the NI Assembly and within your party.

Pledge your support to **#StopStrokeNI** by:

- Tweeting the Stroke Association NI **@strokeassocni** using the hashtag **#StopStrokeNI**
- Attending your local Stroke Association Support Group
- Writing to DHSSPS and ask them to fully implement NICE guidance CG180 on Atrial Fibrillation

For more information

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www.stroke.org.uk/election2016

Find us on Facebook or Twitter **@strokeassocni**



Stroke

association

#StopStrokeNI

The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).