Evaluating the Efficacy of Virtual Rounds on Hospitalized Stroke Patients during the COVID-19 Pandemic

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Citation
Castillo, Andrea; McCue, Victoria; Smith, Michelle; Caballero, Julia; and George, Sonia, "Evaluating the Efficacy of Virtual Rounds on Hospitalized Stroke Patients during the COVID-19 Pandemic" (2022). *All Publications*. 4566.
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Evaluating the Efficacy of Virtual Rounds on Hospitalized Stroke Patients during the COVID-19 Pandemic

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Background

Approximately 795,000 people have a stroke in the United States annually (CDC, 2021). In the Fiscal Year 2021 (Oct. 2020-Sept. 2021), 174 stroke patients were treated at West Kendall Baptist Hospital (WKBH), of which 153 were hospitalized. During the first 6 months of the fiscal year, the average length of stay (ALOS) for admitted stroke patients was 3.53 days. Leaders recognized the need to proactively round on admitted stroke patients in an effort to decrease the mortality rate and average length of stay. Due to the COVID-19 pandemic it was decided to implement stroke virtual rounding.

Study Objective

The overall objective of this study was to evaluate the efficacy of virtual stroke rounds at one acute care hospital in the Southeastern United States on the ALOS for hospitalized stroke patients during the COVID-19 pandemic.

Methods of Implementation

IRB approved retrospective study evaluating ALOS of discharged patients diagnosed with a stroke from October 1, 2020 to January 31, 2022 that were included in virtual rounds.

Inclusion Criteria - Adult patients admitted to WKBH with a principal diagnosis of Intracranial Hemorrhage Stroke or Ischemic Stroke.

Results

- Majority of patients were aged 65 years and older.
- Pre-intervention ALOS was 3.53 days and post-intervention ALOS decreased to 3.18 days.
- This represents a half a day or a 9.9% decrease from pre-intervention to post-intervention timeframe.

Discussion

- Findings proved virtual stroke rounds do have a positive impact towards decreasing ALOS, especially when other variables influenced ALOS during COVID-19.
- Nurse leaders recognized technologies such as virtual stroke rounds could assist clinicians and enhance nursing practice in times such as a pandemic.

Contact Information

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Data were extracted and analyzed utilizing running frequencies and percentages on pertinent variables to determine associations between factors under consideration.

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