

PRESENTATION ON ARROW PROJECT

**By
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28.05.25

PRESENTATION OUTLINE

Introduction:

- Definition of stroke
- Motivation as a stroke nurse
- Mission as a stroke nurse
- Goals as a stroke nurse
- Personal contribution to the growth of stroke care in Ghana

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Problem Statement

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The Solution

The Arrow Project:

- The origin of the Arrow Project
- Definition of the Arrow Project
- Objectives of the Arrow Project
- Meaning of the Arrows

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Outcomes
and Impact

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A stroke is any brain attack that occurs when the blood supply to the brain is interrupted or reduced either by a blockage or a burst, depriving the brain of oxygen and nutrients.

(World Health Organization: <https://www.emro.who.int/health-topics/stroke-cerebrovascular-accident/index.html>)



My Motivation as a Stroke Nurse

Patients' Recovery Impact

Helping patients recover from life-altering events

Patients' Recovery Impact

Finding fulfillment in patients' progress, regaining independence, mobility and cognitive function

Personal Growth

Gaining specialized knowledge and skills

Career Advancement

Opportunities for career development



Mission as a Stroke Nurse

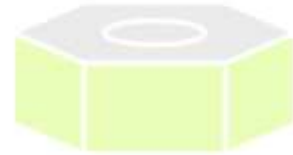
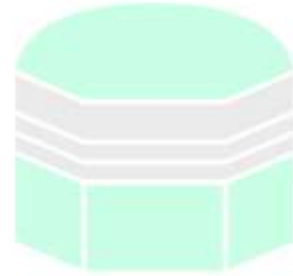


To provide high-quality healthcare to stroke patients in an atmosphere of respect, integrity, service, leadership and multi-disciplinary working

Goals as a Stroke Nurse

Patient Outcomes

Focus on enhancing recovery and health of stroke patients.



Mentorship

Providing guidance and support to healthcare professionals.



Work Environment

Creating a positive and collaborative workplace.



Education

Involves educating patients, families, and colleagues about stroke care.



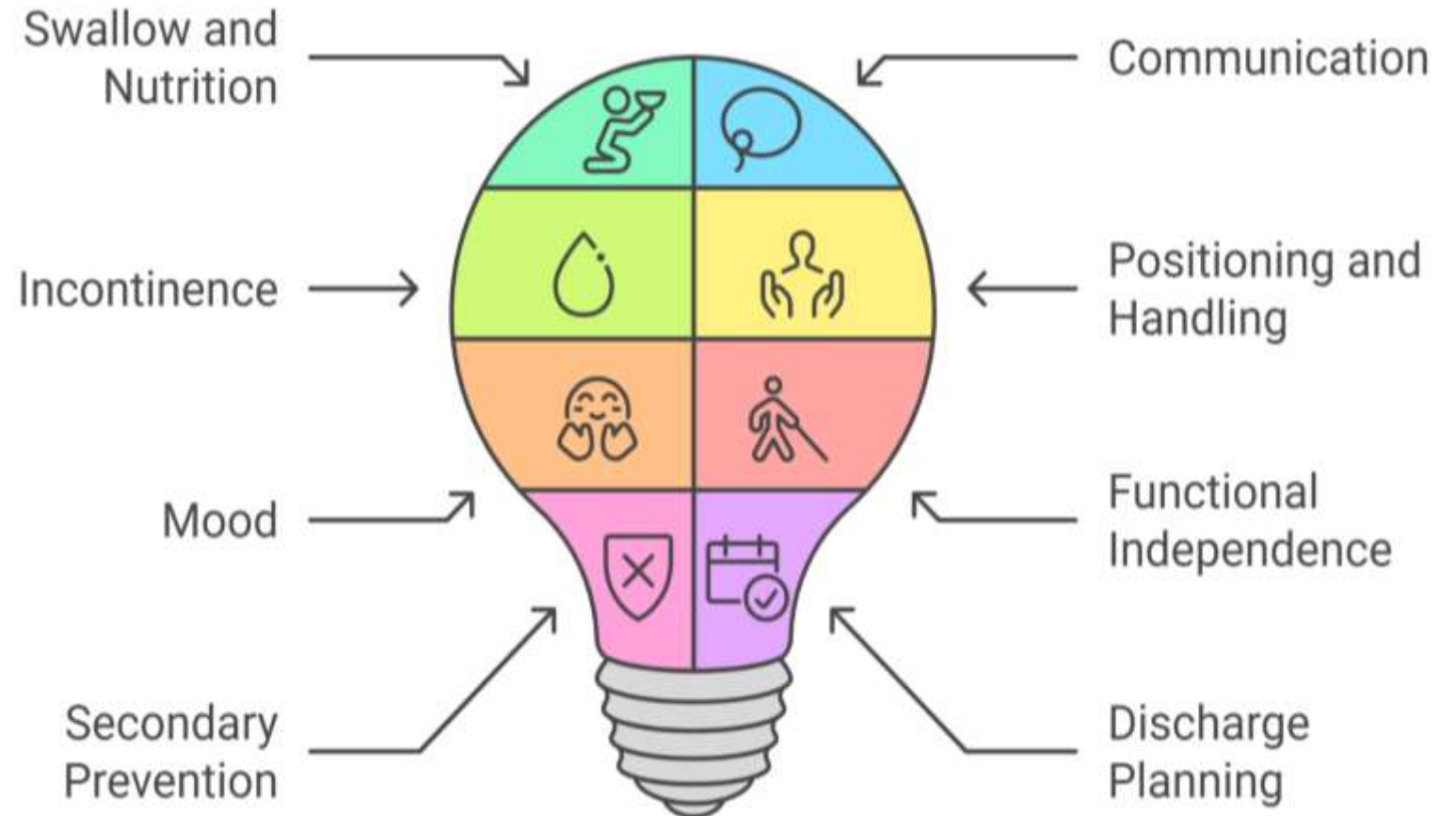
Research

Contributing to stroke research and publications.

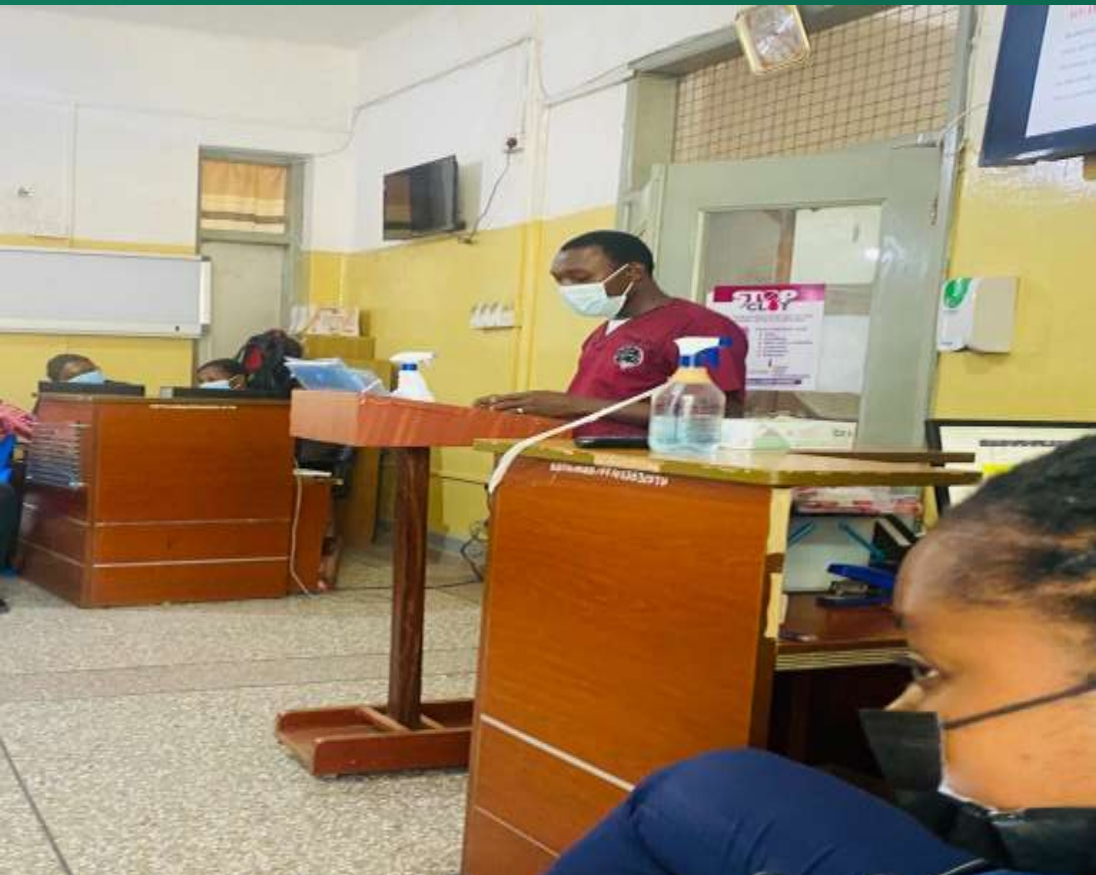
Personal contribution to the growth of stroke care in Ghana

Training of healthcare providers such as doctors, nurses, nurse assistants, physiotherapists and pharmacists in the management of stroke patients

The 8 Competent Core Skills of Stroke Management



Some training pictures





**GENERAL NURSES GROUP (GNG)
OF GRNMA**
is inviting you to a



**SCHEDULE ZOOM
WEBINAR**

THEME:

**MANAGEMENT OF
PATIENTS WITH STROKE
& FOLLOW UP CARE**



DR. FIFI DUODO
PHYSICIAN SPECIALIST
SNR. RESIDENT IN
NEUROLOGY
KORLE-BU TEACHING HOSPITAL



COURAGE A. Y. KWAME-KUMAH
PAEDIATRIC SPECIALIST (NURSE)
HOHOE MUNICIPAL HOSPITAL
MODERATOR



**MAXWEL
ABOAGYE ASARE**
REGISTERED NURSE
KORLE-BU TEACHING HOSPITAL

TUES. 17TH AUG, 2021 | 3:00PM GMT

FOR MORE DETAILS PLEASE CONTACT US:

0243 543 642
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MEETING ID: 843 1987 4746 | PASSWORD: STROKECARE

OR

MEETING ID: 843 1987 4746 | PASSWORD: 7324503951

CPD ACCREDITED

Personal contribution to the growth of stroke care in Ghana

As a lead nurse to the training of healthcare providers especially in Tamale and Ho Teaching Hospitals, I have facilitated the set up of stroke units in these facilities to care for persons with stroke in those communities.

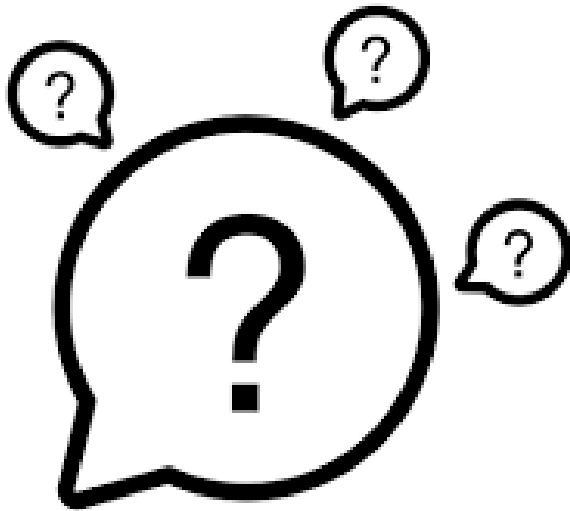




Personal contribution to the growth of stroke care in Ghana

Training of nurses in International Maritime Hospital (IMAH)-Ghana, nurses from Sierra Leone and Gambia in the management of stroke patients using the eight (8) competent core skills of stroke management.





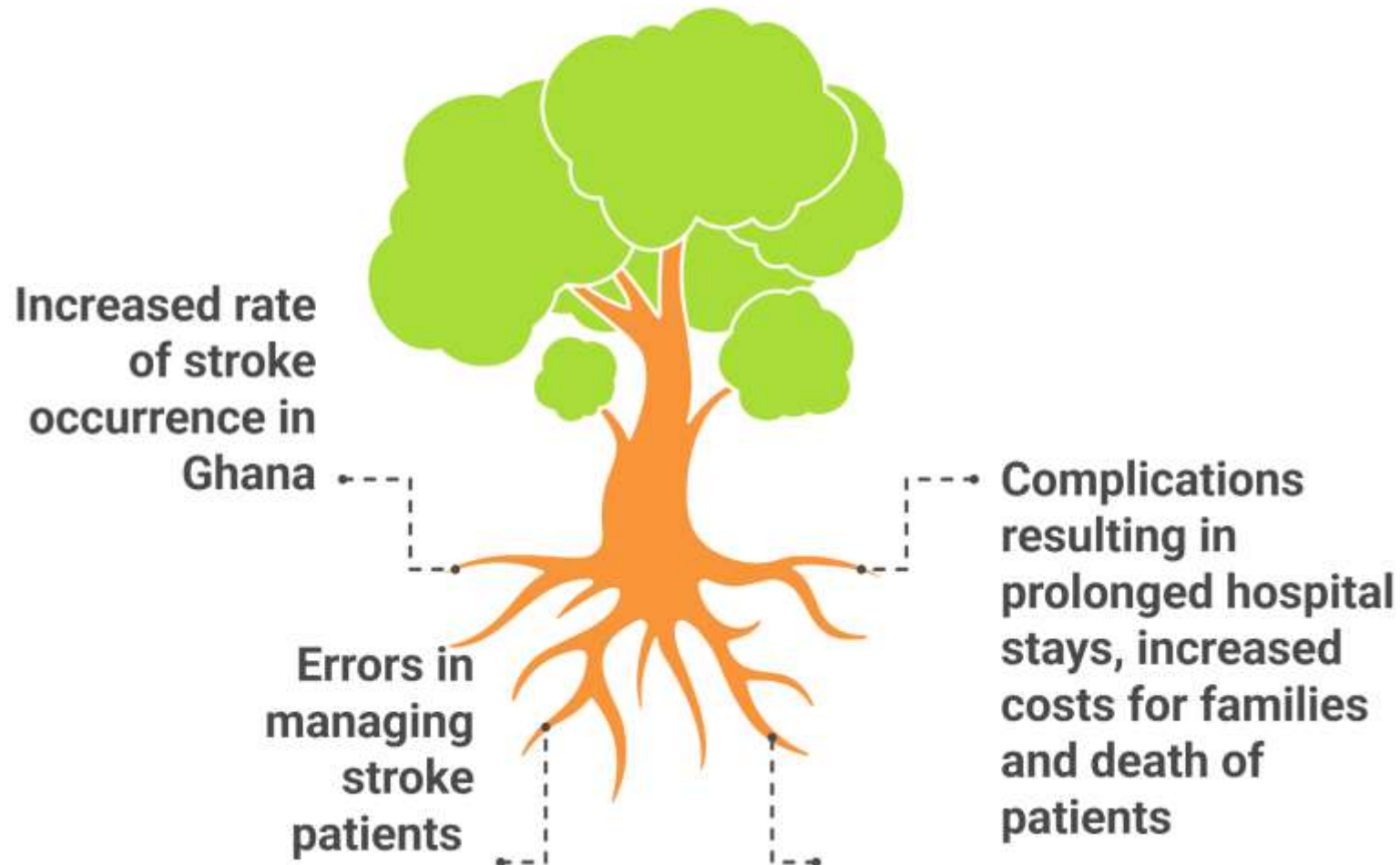
Stroke is one of the leading cause of disability and death worldwide, affecting over 15 million people annually, with limited access to timely and effective care, resulting in significant morbidity, and economic burden.

American Heart Association (AHA), "Heart Disease and Stroke Statistics-2020.

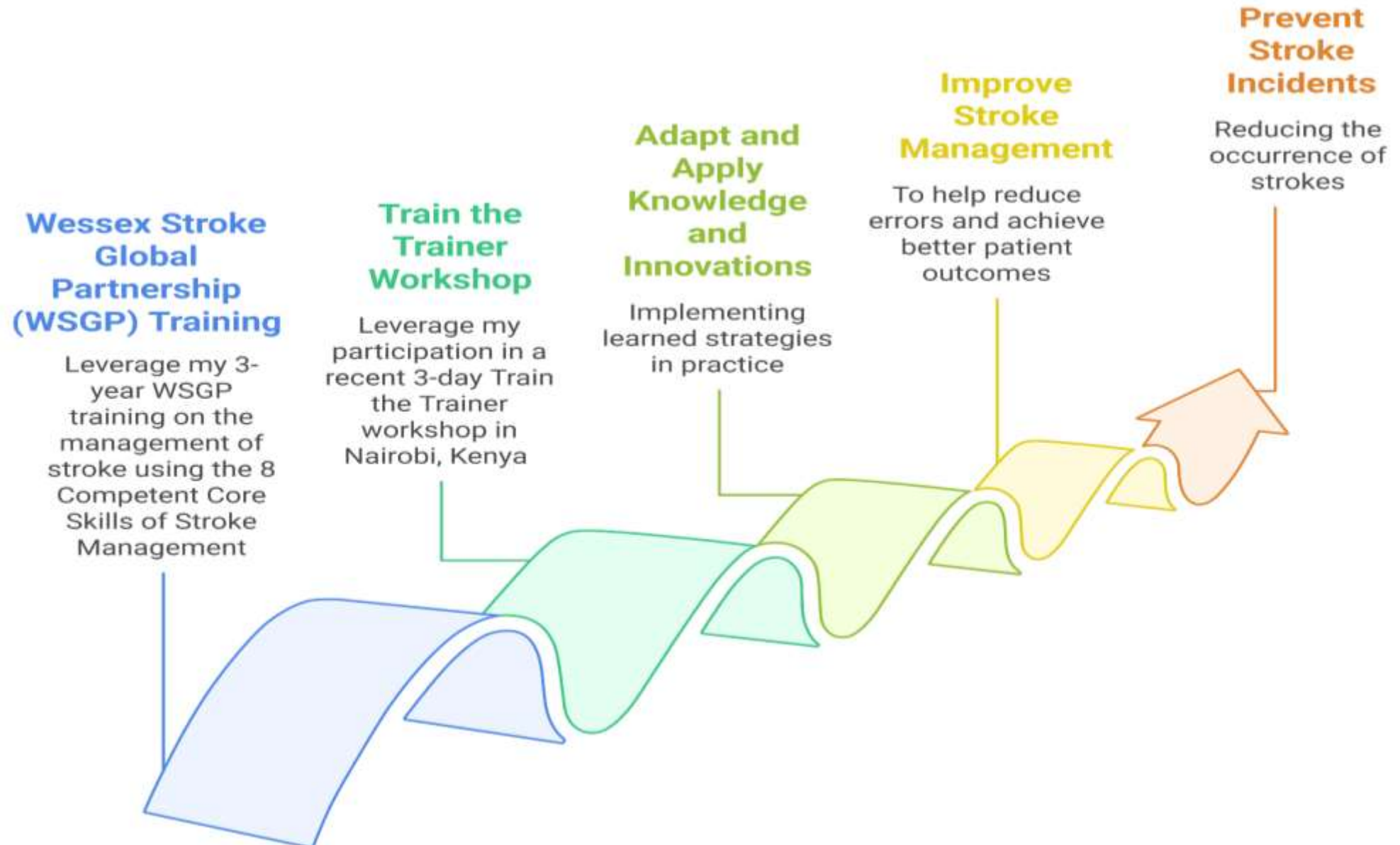
The Lancet, "Global, regional, and national life expectancy, all-cause mortality, and cause-specific mortality for 249 causes of death, 1980- 2015.

PROBLEM STATEMENT

Inadequate Knowledge of Healthcare Providers in Stroke Management



THE SOLUTION







TOPIC

Stroke Awareness Campaign

(Don't be the one)

@THUR. 8:00pm

REPEAT: MON. 2:00pm



Guest:

Maxwell Aboagye Asare
(SSN) stroke unit, Korle bu
Teaching Hospital



Host

ADWOA MIREKUA
AMPOMAH

 Anita Mirekua Ampomah

 @mirekuaampomah



During the 3-day workshop in Nairobi, Kenya, organized by the “Angels Initiative” in November, 2024, several innovations were brought up to aid in the management of stroke patients. In a small way to reduce some of the errors made during the management of stroke patients, there is the need for stroke caregivers to come up with innovations to reduce these errors, hence the birth of the “**ARROW PROJECT**”

Origin of the Arrow Project

An early morning swim sparked a bright idea for three nurses (Sergio Gonzalez-Roman, Almudena Fernandez and Alvaro Lopez) of the stroke unit at the Regional University Hospital of Malaga in 2018. A red arrow indicating the location of the change room triggered a train of thought that lead to the Arrow Project, an intervention to remove variability in the post-acute phase of stroke.

The picture that started it all



The Arrow Project

During the 3-day “Train the Trainer” workshop in Kenya, the opportunity was given to us as Trainers to come out with additional innovations to this arrow to make stroke management a very simple one for care givers, hence the additional features.

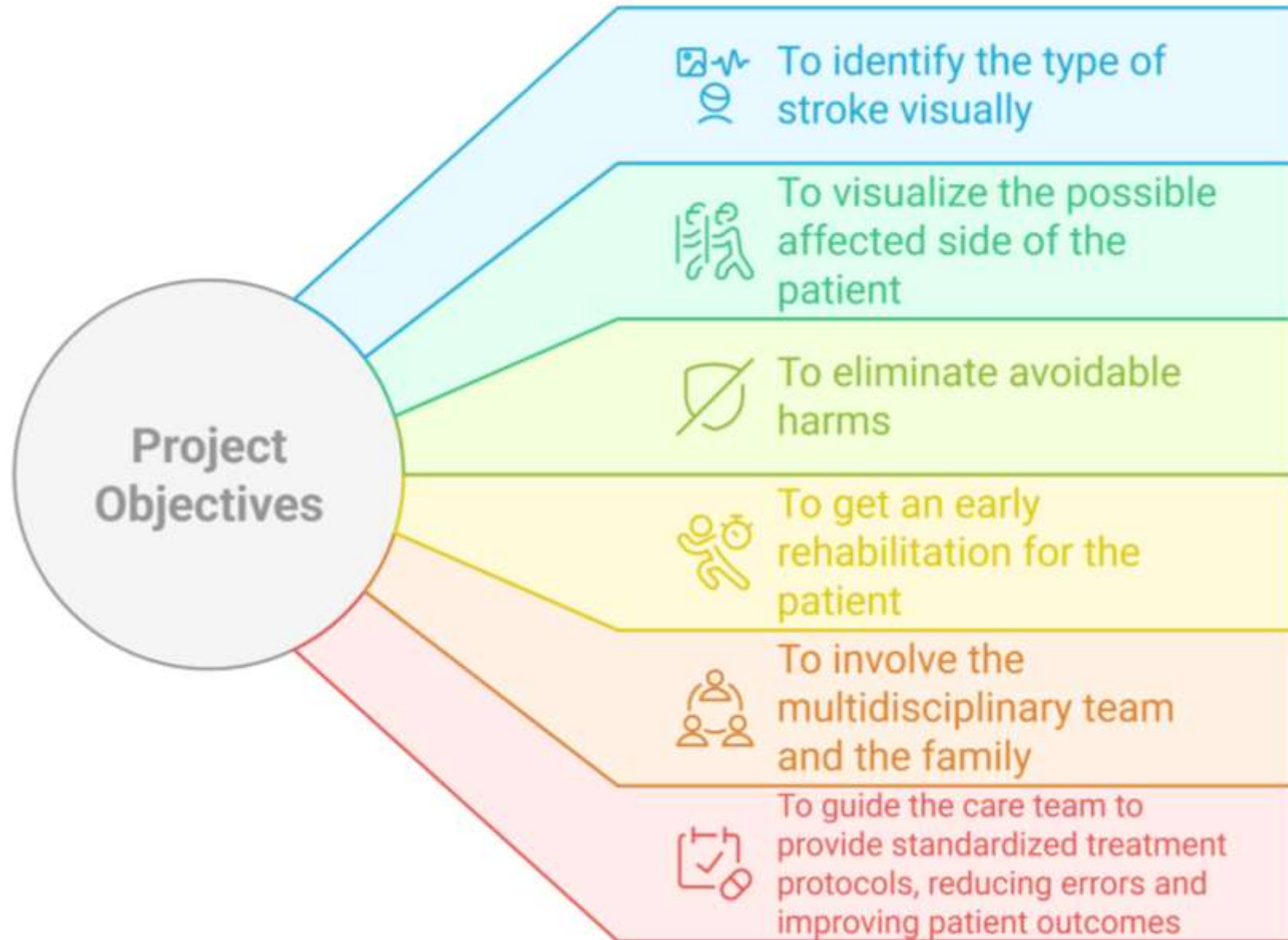


Definition of the Arrow Project

It is an EFFICIENT AND VISUAL CHECKLIST SYSTEM, consisting in COLOURED ARROWS. It uses arrows placed at the top of each patient's bed to help doctors, nurses, nursing assistants and even porters easily identify the type of stroke and side affected and other features.



Project Objectives

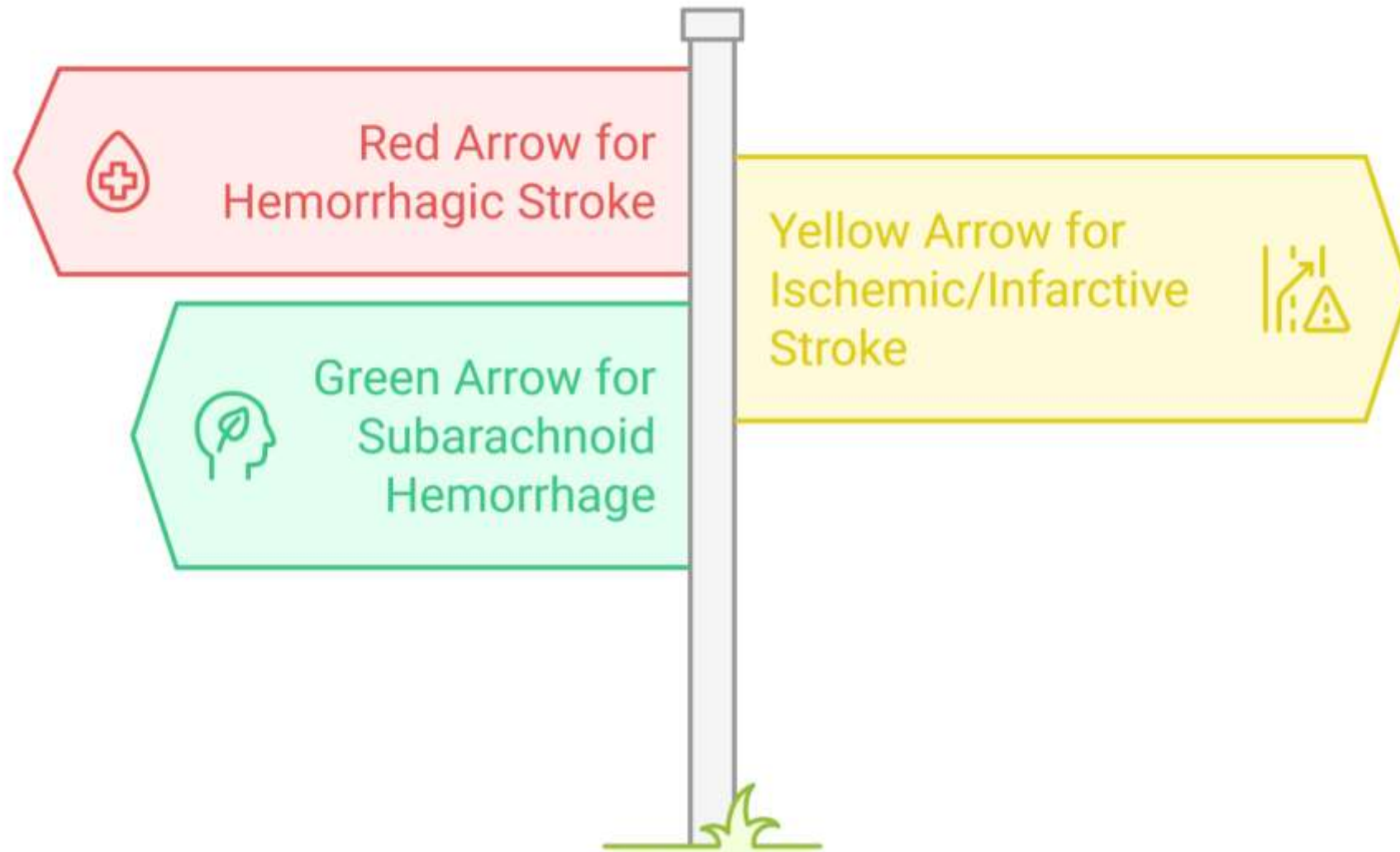


Project objectives cont'd...

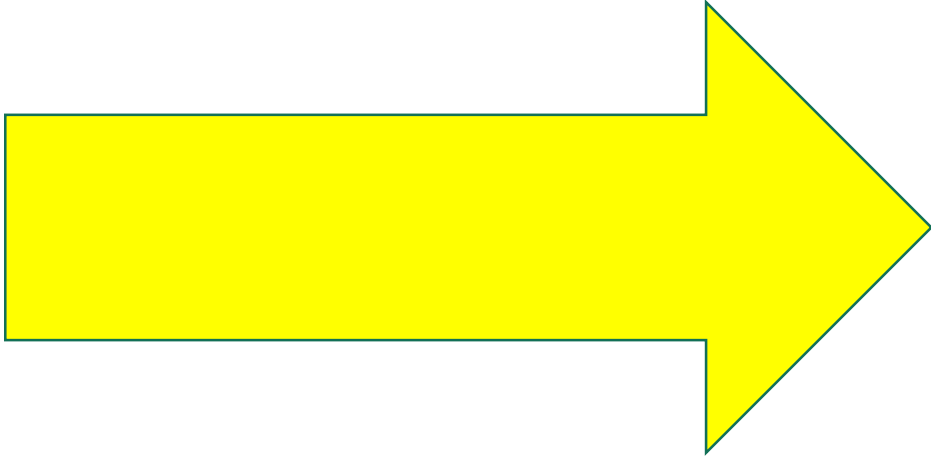
To identify with ease the swallowing ability of a stroke patient.

Meaning of the Arrow

The first visual cue is the **COLOUR** of the arrow:



ISCHEMIC STROKE



HAEMORRHAGIC STROKE



SUBARACHNOID HAEMORRHAGE



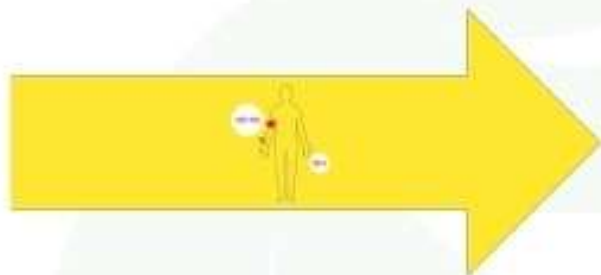
Meaning of the arrows

- The second cue is the **DIRECTION** of the arrow that indicates the affected side so even staff members who have just come on duty will know instantly the type of stroke and the affected side and how to approach the patient in rendering services.
- Arrows pointing to both ends indicates **BILATERAL WEAKNES** and a bar without arrows indicates **NO WEAKNESS**.

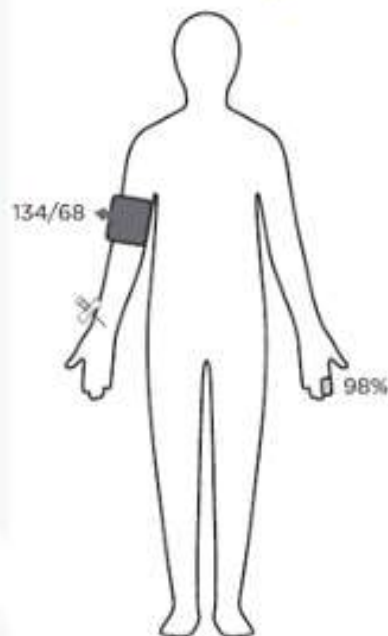
Visualize the possible affected side of the patient

RIGHT HEMISPHERE STROKE

Possible motor affection in the left side

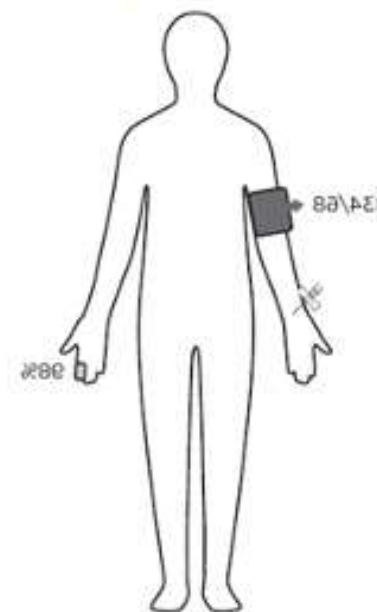
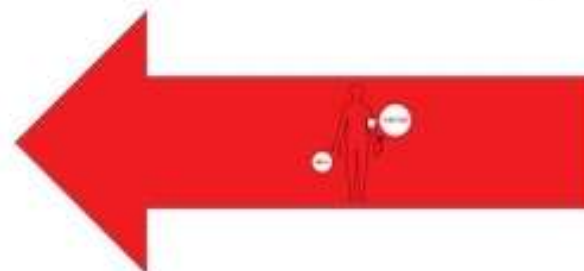


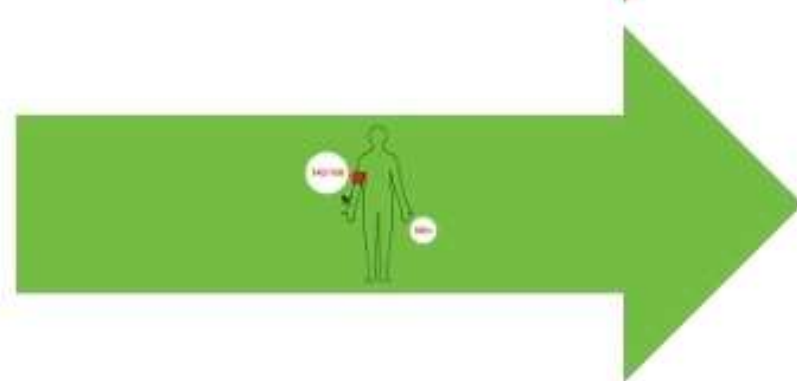
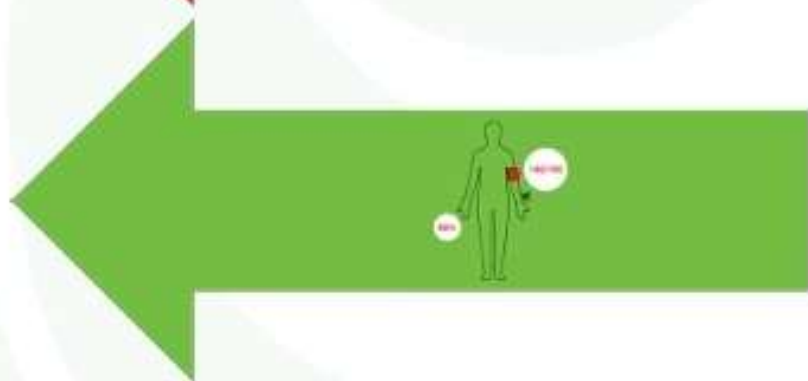
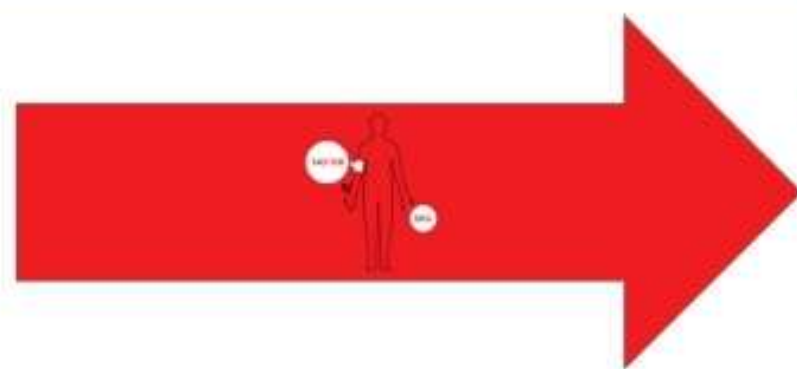
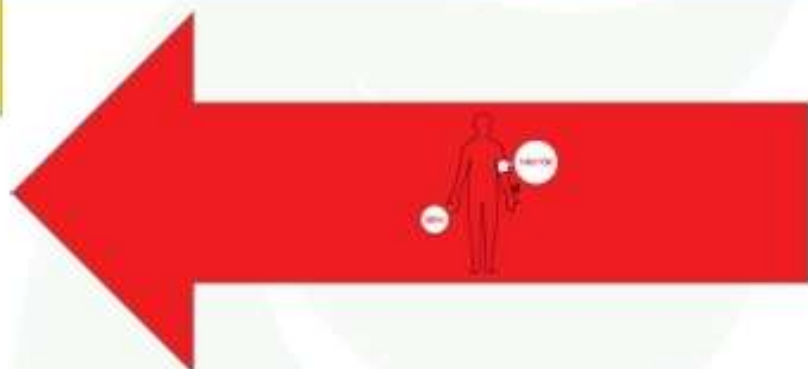
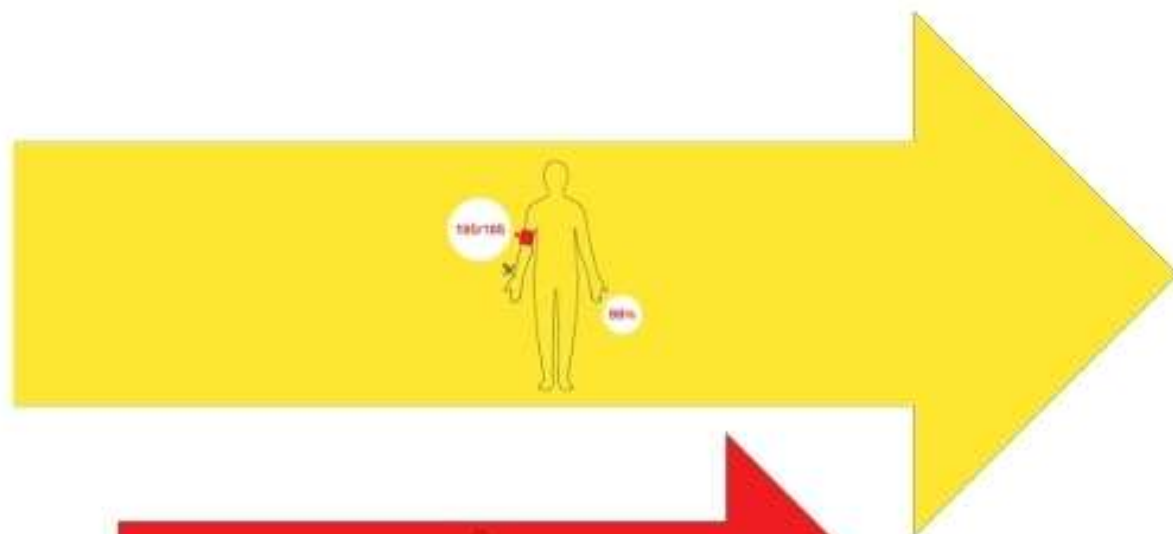
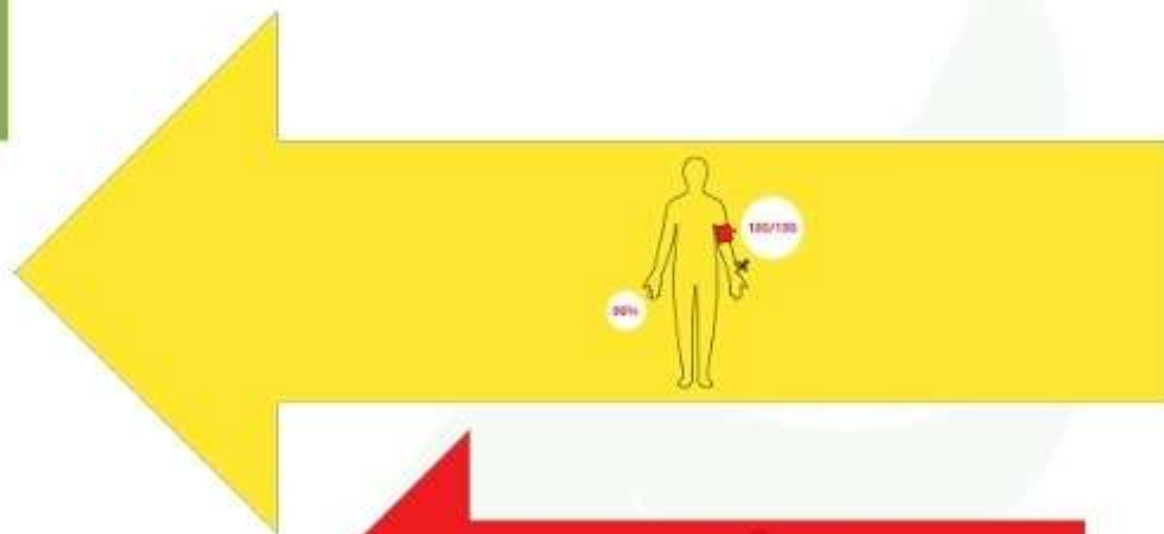
(YOU ARE IN FRONT
OF THE PATIENT)



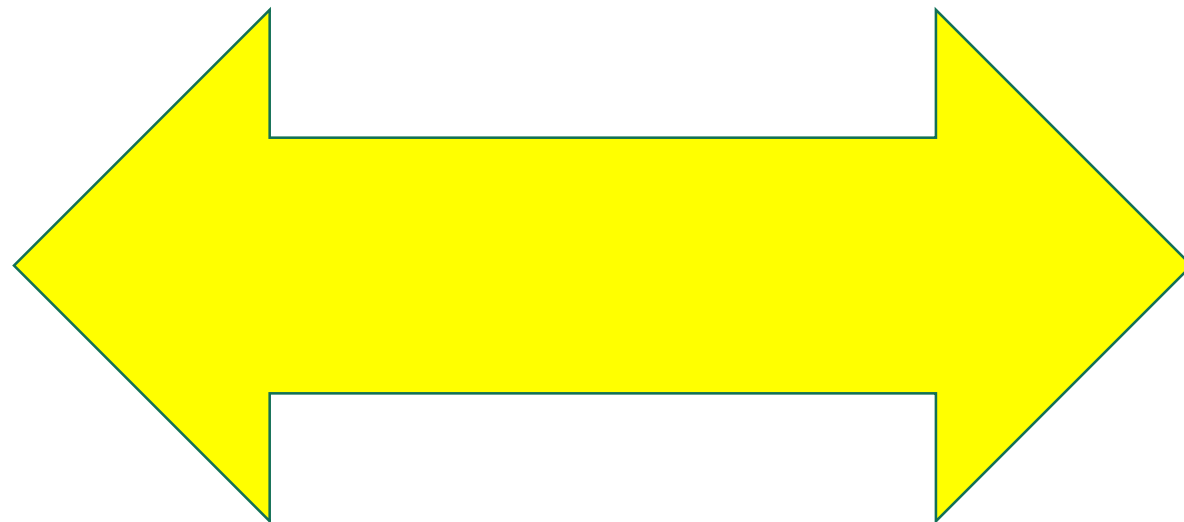
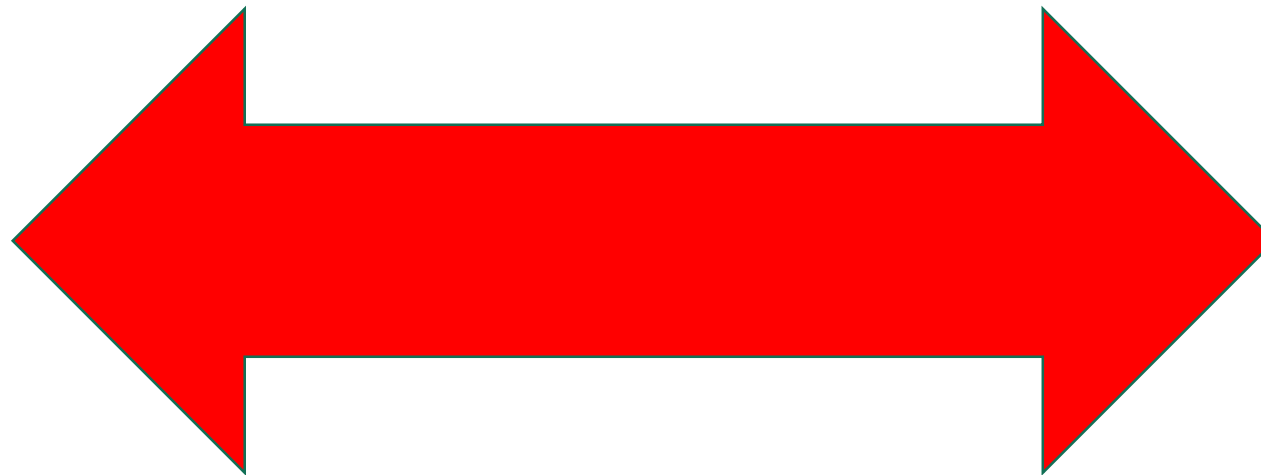
LEFT HEMISPHERE STROKE

Possible motor affection in the right side

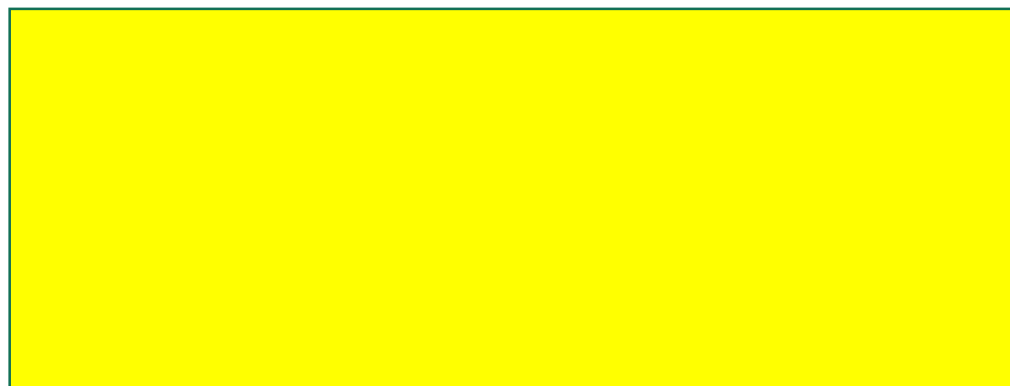
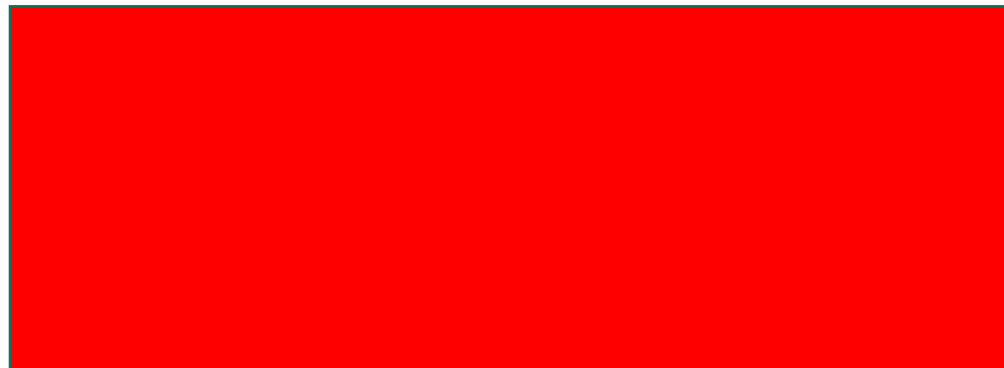




BILATERAL WEAKNESS



PATIENTS WITHOUT WEAKNESS



Meaning of the arrow

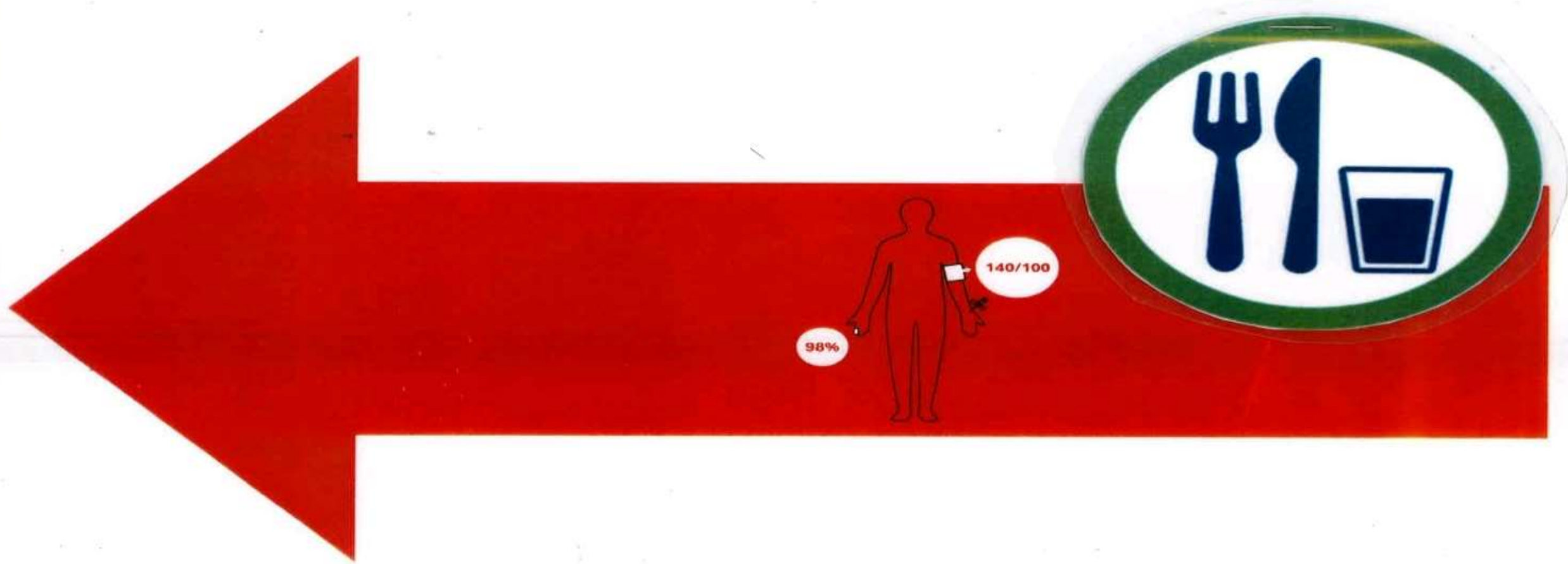
INABILITY TO SWALLOW.



ABLE TO SWALLOW



Bedside sample

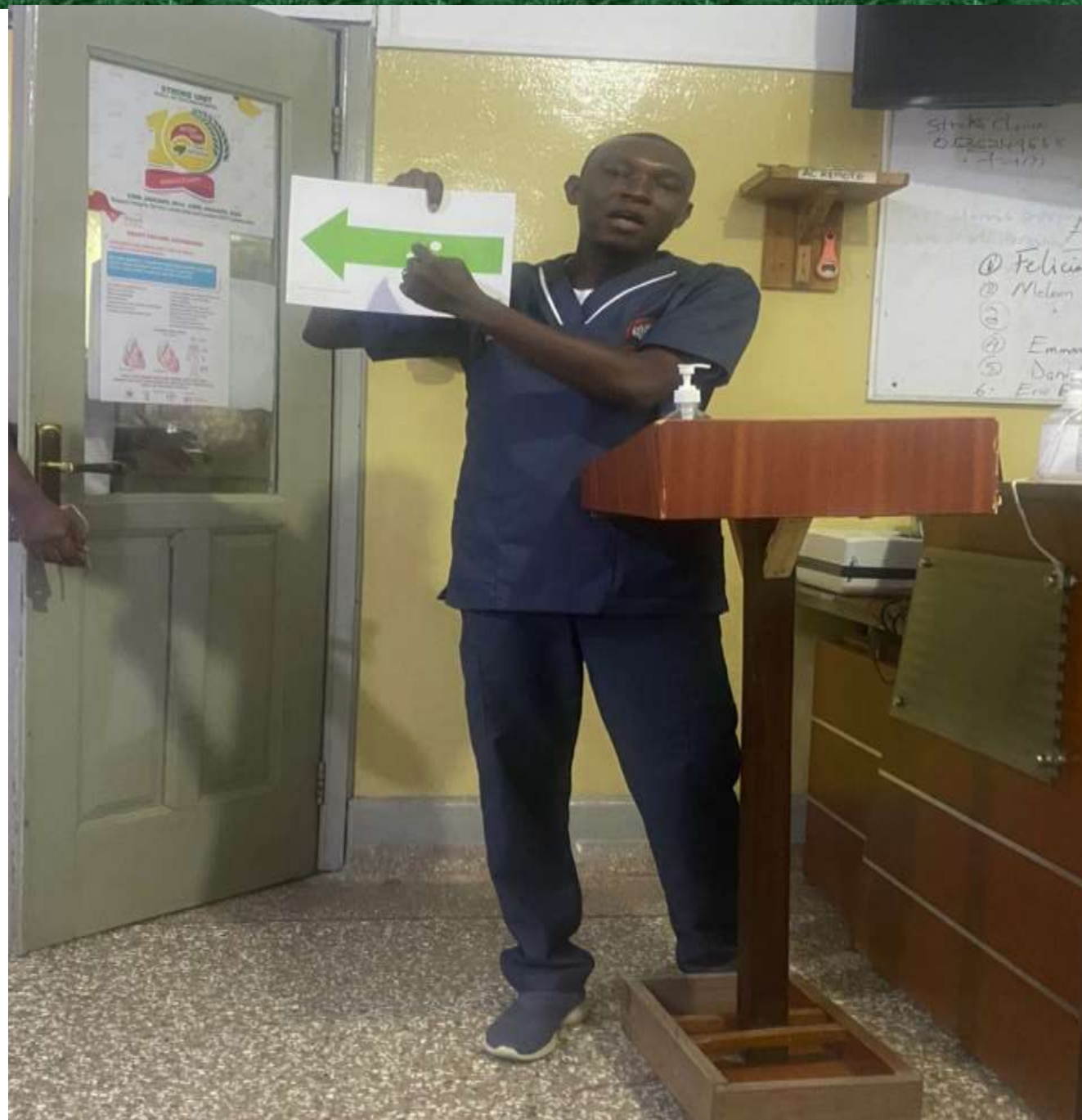


Get a lateralized focus of stroke care

HEALTHY SIDE	AFFECTED SIDE
BP (armband)	Pulse oximetry
IV canalization	
Blood extraction	



EARLY REHABILITATION



OPKRIC001



Identify the type of stroke visually



angela

Visualize the possible affected side of the patient



angela

Get a lateralized focus of stroke care

HEALTHY SIDE	AFFECTED SIDE
BP (arm/hand)	Body symmetry
IV cannulation	
Blood extraction	



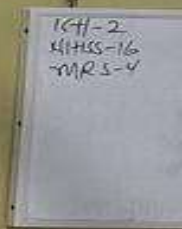
EARLY REHABILITATION

angela







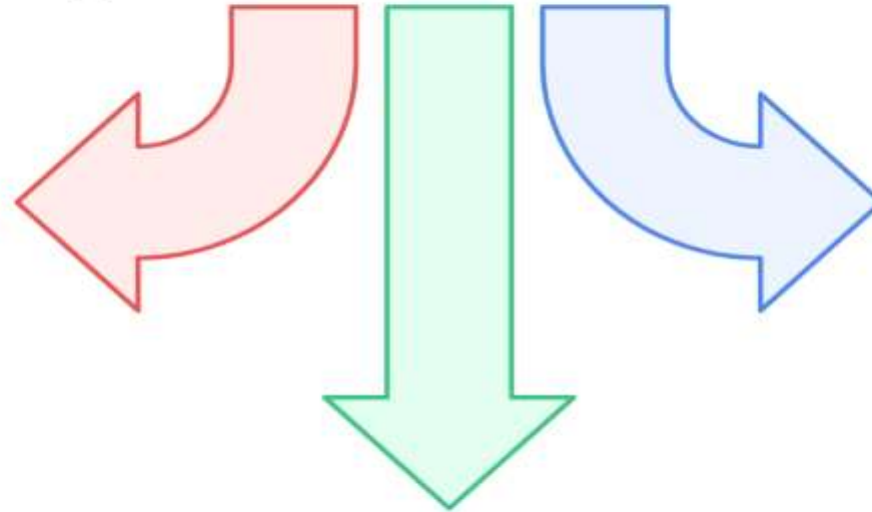




Other information

On the arrow has the blood pressure target that also guides all team members

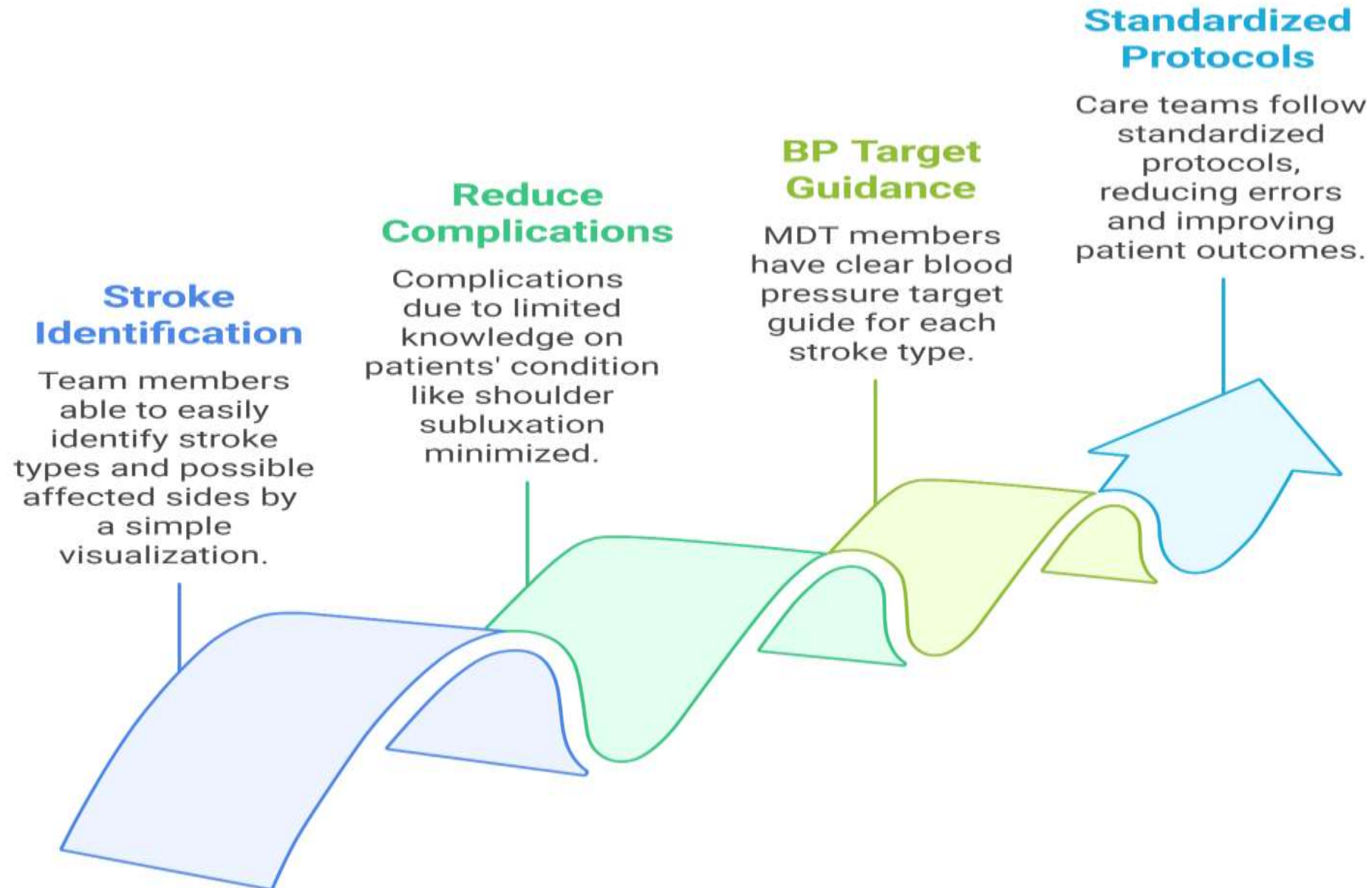
Hemorrhagic Stroke
BP target of 140/100 mmHg



Infarctive/Ischemic Stroke
BP target of 185/105 mmHg

Subarachnoid Hemorrhage
BP target of 145/100 mmHg

OUTCOMES AND IMPACT



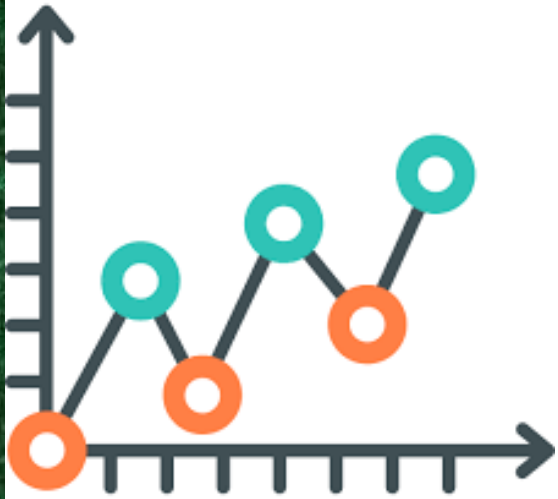
Per the statistics at the Stroke Unit of the Korle-Bu Teaching Hospital, for the 3 months (September to November, 2024) before the implementation of this project, there were 48 patients admitted with 11 (22.91%) mortalities recorded. Three (3) months (December 2024 to February 2025) within the start of the project, 60 patients were admitted and 12 (20%) mortalities were recorded. Although there was an increased in the number of patients admitted after the start of the project and decreased in number of mortalities per percentage at the unit, no research has proven that the reduced errors is the cause of this because most of the patients who passed during this period already came with some complications such as Aspiration Pneumonia. But it can be said that most errors have been reduced at the unit in the management of the patients.

CHALLENGES



There have been no challenges encountered yet since the project started. It has been well embraced by all team members at the Stroke Unit of the Korle-Bu Teaching Hospital.

PROJECTIONS



To introduce the Arrow Project for implementation by the team members of the Stroke Units in Tamale and Ho Teaching Hospitals respectively by the end of the year 2025.

CONCLUSION



It seems a lot to expect from a simple shape with a wedge at one end and a triangle at the other, but the arrow has shown itself to be a powerful weapon in post-acute care and more.



Thank you!