

FeSS

Nurse-led
intervention
proven to reduce
death and
dependency



1500 HOSPITALS | MAY 2019

Contents

- 1 Introduction to FeSS
- 2 Implementation Process
- 3 Resources
- 4 QASC Europe



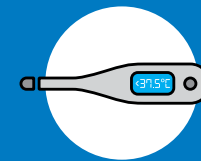
A *nurse-led* intervention consisting of three simple protocols – one to manage fever, one to manage hyperglycaemia/sugar and one to manage swallowing – collectively known as FeSS, has proven to **reduce death and dependency by 16% after stroke.**

This was proven in a large cluster, randomised control trial in New South Wales – Australia’s most populous state. It was carried out in 19 hospitals with 1500 patients, some of whom received the interventions, while a second group did not.

Like most good ideas, the FeSS protocols are simple.

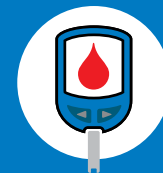
The trial proved that multi-disciplinary nursing-led care can make a difference for acute stroke patients and is one of the few proven nursing interventions known to reduce death and dependency.

The results showed that the patients who received the intervention were 16% more likely to be alive and independent in both the early days after their stroke, and long-term as they continued their lives. The trial proved that multi-disciplinary nursing-led care can make a difference for acute stroke patients and is one of the few proven nursing interventions known to reduce death and dependency.



FEVER PROTOCOL

Patient temperature taken every six hours and recorded. If the patient’s temperature increases above 37.5°C, paracetamol is given.



SUGAR PROTOCOL

Patient’s blood glucose level is measured every six hours. If the reading goes above 10 mmols/L, the patient is treated with insulin.



SWALLOW PROTOCOL

Nurses perform a swallow screen before the patient gets any liquids, or food. If patient fails the test, they are referred to a speech and language therapist.

The Implementation Process

The Angels Consultants will be following the below process to assist with implementing the FeSS checklists into the hospitals.



Resources Available to Stroke Champions

Videos

VIDEO Promotional Video



VIDEO QASC Europe Project



VIDEO Overview of Project



VIDEO Protocols



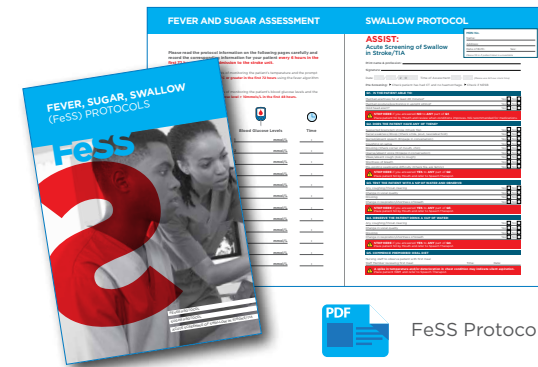
VIDEO Barriers



VIDEO Metrics, Evaluation, Resources

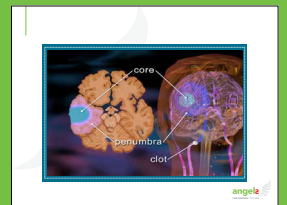


Checklists

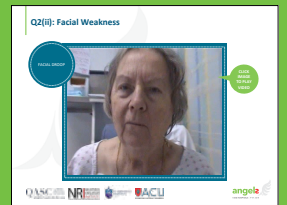
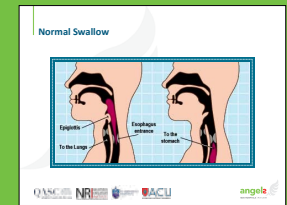


Powerpoints

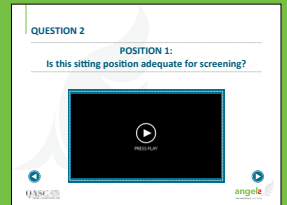
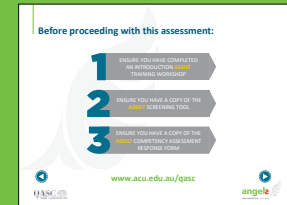
PPT Module 1: FeSS (Fever, Sugar, Swallow)



PPT Module 2: ASSIST



PPT ASSIST Competency Assessment



QASC Europe

Hospitals that are implementing the FeSS checklists and capturing data have the opportunity to take part in an international quality improvement project called Quality in Acute Stroke Care (QASC) Europe. Together with the ESO and with the support of the Angels initiative, the QASC project has recently been launched in Europe.

Hospitals that choose to enroll into the QASC Europe project will receive support to obtain the relevant ethics approvals as well as receive additional support from the Australian team who published the original study, making you a part of a truly international community. These hospitals will also be mentioned in an internationally recognised publication following the Europe project. This is a great opportunity for you to advance your career and for your hospital to be in the front end of quality improvement in stroke care. This proves that evidence based nurse-led interventions can successfully be implemented in clinical practice across multiple countries in Europe.

Thereby saving countless lives.

Speak to your local Angels consultant for more information about how your hospital can partake in QASC Europe.