

# For Adult Stroke Patients, Does Tight Glycemic Control Result in Earlier Release to Rehabilitation Facilities and Shorten Length of Stay in an Acute care Facility

By Edythe Marshall BSRN  
John Muir Medical Center – Concord Campus

## **Introduction:**

The importance of tight glycemic control in the adult stroke patient is to prevent further damage to brain cells due to increased blood glucose levels. This reduction in further cell damage facilitates an earlier release from an acute care facility to a rehabilitation facility and a shorter length of stay in the acute care facility.

## **Purpose:**

The purpose of this study is to show that the implementation of tight glycemic control in the adult stroke patient shortens length of stay at an acute care facility and increases the number of patients released to rehabilitation facilities. These improvements are due to a decrease in tissue damage caused by poor glycemic control.

## **Method:**

This study will compare the seven month period of time beginning January 5 of 2007 through July 5 of 2007, starting on the first day John Muir Health, Concord Campus, in Concord, CA implemented a policy on tight glycemic control in their adult stroke patients. The comparison group will be the adult stroke patients from their acute care facility during that time frame of the previous year, 2006. The study will track the average length of stay in their acute care facility, and the number of patients released to rehabilitation facilities. It will take into account whether or not the patient's blood glucose levels were able to be successfully controlled.

## **Summary:**

The evidence showed the following. With well controlled blood sugar levels, the patients did have a shorter length of stay in the acute care hospital. It further showed improved patient outcomes after the initial spike for the staff learning curve. The evidence confirmed the need for ongoing education for diabetes patients and staff of glycemic control. Hospital wide the impact was improved communication and collaboration between Emergency, Pharmacy, Non-invasive Cardiology, Ultrasound, Radiology and The B4 Neuro-Telemetry unit. Achieving the end result of Improved quality of care on all levels.