

OHSU HEALTH CARE SYSTEM

PRACTICE GUIDELINES

ACUTE STROKE PRACTICE GUIDELINE FOR INPATIENT MANAGEMENT OF INTRACEREBRAL HEMORRHAGE, HC.STK.103.GD

Last Reviewed Date: November 2014

POLICY STATEMENT:

OHSU hospitals and clinics have adopted this practice guideline in order to delineate a consistent, evidence-based approach to treating the patient who presents with signs and symptoms consistent with acute stroke due to intracerebral hemorrhage. Although this guideline assists in guiding care, responsibility to determine appropriate care for each individual remains with the provider themselves.

Outcomes/goals	<ul style="list-style-type: none"> • Create a multidisciplinary, evidence-based approach to the management of acute stroke patients secondary to intracerebral hemorrhage (ICH). • Patient plan of care to take into consideration the entire continuum of care from emergency department through rehabilitation.
Physician	<ol style="list-style-type: none"> 1. Determine the appropriate unit for admission. Recommended admission criteria for patient with ICH to Neurosciences ICU: <ol style="list-style-type: none"> a. Acute symptom onset of <24 hours. b. Patients in whom impending mental status decline and loss of protective airway reflexes is of concern. c. Patients requiring IV blood pressure or heart rate control. d. Patients requiring continuous cardiac monitoring. e. Patients requiring every 1-2 hour neurological evaluation due to ongoing or anticipated neurological deterioration. f. Patients post-interventional neuroradiology procedure for minimum of 6 hours. g. Patients requiring external ventricular drainage (EVD) and/or intracranial pressure (ICP) monitoring. <p>Recommended criteria for admission to 10K:</p> <ol style="list-style-type: none"> h. S/p NSICU monitoring for at least 24 hours and not meeting above criteria.
Physician	<ol style="list-style-type: none"> 2. Complete appropriate physician order set: <ol style="list-style-type: none"> a. NSG: NSICU Admission Orders. b. INR: ICU: Post Procedure Orders. c. NSICU: Daily Care Orders on Rounds. <p>Admission orders must include CBC, CMP (complete metabolic set), PT/INR/PTT, lipid profile, urine toxicology, EKG, and CXR. Cardiac enzymes and transthoracic echocardiogram (TTE) are optional. Activity and diet orders, code status, GI and VTE prophylaxis must also be addressed.</p> <p>Calculate ICH Score within 6 hours of arrival (prior to surgical intervention/invasive intracranial procedures) and document in H&P.</p>
Pharmacy and R.N.	<ol style="list-style-type: none"> 3. Process physician orders according to OHSU policy.



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R.N.	<p>4. Complete admission database and initiate nursing plan of care according to the appropriate OHSU Adult Inpatient Standards of Care.</p> <p>5. Adult Critical Care Standard of Care Adult Acute Care Inpatient Standard of Care</p>								
Physician	6. Evaluate for loss of airway protection and need for intubation.								
Physician, R.N., RT	7. Maintain adequate oxygenation and ventilation. Avoid prophylactic or prolonged hyperventilation.								
Neurosurgeon	<p>8. Consider ICP monitoring and/or EVD for patients based on poor neurological status: Glasgow Coma Scale (GCS) score <8 or neurological deterioration with hydrocephalus or any concern for ICP elevation. If EVD placed, ICP goal <20 with cerebrospinal fluid (CSF) surveillance sampling q 72h by Neurosurgery (more frequent if clinically indicated).</p> <p>Primary surgical intervention (at attending neurosurgeon's discretion) in:</p> <ol style="list-style-type: none"> Cerebellar hemorrhage >3 cm with 4th ventricle effacement and/or hydrocephalus with neurological deterioration. Lobar ICH (<1 cm from surface) in younger patients (<45) with GCS 9-12 or expanding lobar ICH associated with progressively worsening GCS. Select patient with medically refractory intracranial hypertension. Select patient for early hemicraniectomy. 								
Physician and R.N.	<p>9. Keep cerebral perfusion pressure (CPP) >50 or mean arterial pressure (MAP) >70 in patients with no concern for elevated ICP. If concern for elevated ICP, prior to ICP monitor placement and estimation of CPP, consider MAP goal >80. Consider continuous arterial pressure monitoring for continuous titration of blood pressure.</p> <p>10. Measures to prevent increased ICP include: head of bed elevation >30 degrees, avoiding excessive hip flexion, keeping head in midline position as much as possible, avoiding pressure on neck from endotracheal tube tape and suctioning only as needed and using short-acting sedative.</p> <p>11. Measures to treat elevated ICP include, osmotherapy with mannitol and/or hypertonic saline (central line for latter, 3% saline may be started using large bore PIV), analgesia and sedation, controlled external ventricular drainage, controlled hyperventilation (Goal PaCO₂ 28-32; short term use only), pharmacological coma, mild hypothermia (34-36 degrees centigrade) and, in refractory cases, hemicraniectomy and/or clot evacuation as indicated by patient condition. Routine prophylactic hyperosmolar therapy NOT recommended.</p> <p>12. Isotonic fluids recommended for volume resuscitation with goals of maintaining euvolemic state.</p> <p>13. Initiate vasopressors, if necessary, to achieve MAP and CPP goals. Continuous arterial pressure monitoring is recommended in patients requiring close titration of vasoactive medications including vasopressors and continuous IV infusions for BP titration. Central line or peripherally inserted central venous catheter (PICC) recommended if patient receiving a vasoactive medication and/or hypertonic saline.</p> <p>14. Aggressively reverse coagulopathy. For anti-coagulation induced coagulopathy, see below.</p> <p>15. For warfarin-associated ICH and INR >1.4:</p> <ol style="list-style-type: none"> 4-factor PCC (Kcentra): <table border="1" data-bbox="363 1759 1468 1919"> <thead> <tr> <th>INR</th> <th>Action</th> </tr> </thead> <tbody> <tr> <td>2-4</td> <td>25 units/kg (not to exceed 2500 units)</td> </tr> <tr> <td>4-6</td> <td>35 units/kg (not to exceed 3500 units)</td> </tr> <tr> <td>>6</td> <td>50 units/kg (not to exceed 5000 units)</td> </tr> </tbody> </table>	INR	Action	2-4	25 units/kg (not to exceed 2500 units)	4-6	35 units/kg (not to exceed 3500 units)	>6	50 units/kg (not to exceed 5000 units)
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<p>Physician and R.N.</p>	<ol style="list-style-type: none"> 16. Factor rFVIIa (20 mcg/kg) restricted only to exceptional cases of elective use of factor rFVIIa with evidence of spot sign on CTA or evidence of hematoma expansion on two serial CT. 17. Platelet transfusions (2-6 units, higher end of range if surgery planned) in patients on anti-platelet therapy. In Epic, one unit of platelet pheresis leukoreduced product equals six units of platelets. 18. In patients with ICH related to prior use of tPA: Prepare for administration of one unit of platelets, two pools of cryoprecipitate, and two units of fresh frozen plasma. (In Epic, one unit of platelet pheresis leukoreduced product equals 6 units of platelets and one cryo pool equals five units of cryoprecipitate.) 19. For ICH related to dabigatran: Reverse if patient shows signs of bleeding and has an elevated aPTT >40 seconds using Kcentra (4 factor PCC) 50 units/kg. 20. For ICH related to rivaroxaban or apixaban: Reverse if patient shows signs of bleeding and INR >1.5 using Kcentra (4 factor PCC) 50 units/kg. 21. Protamine sulfate (dosing based on dose and time since administration of heparin) in heparin-induced ICH. 22. Consider seizure prophylaxis ONLY in high risk patients (Lobar hemorrhages). Consider continuous EEG x 24 hours in comatose patients (GCS <8) including patients with deep supratentorial hemorrhages. Keppra IV >>IV Fosphenytoin for prophylaxis. All patients presenting post-seizure should be treated with anti-epileptic medications. 23. Diagnostic testing: If patient is a) >45 years of age, b) h/o HTN with c) SBP >160 on admission and d) ICH in basal ganglia or thalamus, CT and CT angiogram of head upon admission (latter if no history of or evidence of renal failure). If any of aforementioned criteria not met, consider conventional angiogram. MRI recommended if suspicion of underlying mass based on history (age, history of primary cancer), radiological appearance (multiple bleeds: r/o amyloid angiopathy, mets), or if etiology unclear. 24. Consider discontinuing statin therapy in most patients with lobar ICH likely due to cerebral amyloid angiopathy.
<p>Physician and R.N.</p>	<p>Recommended guidelines for treating elevated BP</p> <ol style="list-style-type: none"> a. SBP goal <150 in patients with no clinical suspicion of elevated ICP. b. If clinical suspicion of elevated ICP exists, SBP goal <180, with titration to SBP goal <160 once ICP monitor placed and ICP better controlled. c. If evidence of hematoma expansion on serial CT or positive spot sign on CTA or if underlying coagulopathy, suspected or known lesion (aneurysm, AVM) consider aggressive titration of SBP goal to <140 if no concern for significant elevation in ICP.
<p>Physician and R.N.</p>	<p>IV medications that may be considered for control of elevated BP</p> <ol style="list-style-type: none"> a. Labetalol, 5-20 mg IV bolus every 15 minutes. b. Nicardipine, 5-15 mg/hour IV continuous infusion. c. Hydralazine, 5-20 mg IV push every 30 minutes.
<p>Physician and R.N.</p>	<ol style="list-style-type: none"> 25. Monitor laboratory values as needed to monitor electrolytes, blood counts, coagulation status and drug levels. 26. Maintain glucose levels with sliding scale insulin titrated to blood glucose 140-180 mg/dL. Use insulin infusion if blood glucose >180 mg/dL. 27. Goal of normonatremia unless otherwise indicated. (If elevated ICP, or cerebral edema with worsening mass effect causing neurological deterioration: Administer hypertonic saline as needed.) 28. Maintain normothermia. Treat fever by trying to identify source; tailor interventions to possible source(s); provide antibiotics, if indicated; and use of antipyretics. Attempt to achieve goals with acetaminophen, cooling blankets, ice packs etc; if failure to achieve goal of 36-37 degrees centigrade in four hours, consider transition to Arctic Sun and institute the Anti-shivering Protocol as part of 'normothermia protocol measures'.

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R.N.	<p>29. Perform focused neurological assessments based on patient condition and physician orders, every 1-2 hours while in the ICU and every 2-4 hours in acute care.</p> <p>30. Changes in patient condition to be reported immediately to the NSICU and Neurosurgery team.</p> <p>31. Maintain VAP (ventilator-associated pneumonia) precautions <i>per protocol</i>.</p>
R.N. and Rehabilitation Services	<p>32. Keep head of bed >30 degrees, if not contraindicated.</p> <p>33. Advance activity as tolerated to promote alertness, active exercise, strength training and gait training when the interdisciplinary team assesses patient as clinically appropriate for early mobilization.</p> <p>34. R.N. to initiate interventions as needed to reduce risk of formation of contractures, subluxation, and minimize edema formation, using bracing/orthotic devices as needed.</p> <p>35. Consult Rehabilitation Services to provide aphasia treatment, cognitive rehabilitation, delirium management, communication devices, mobility/balance/gait training, spasticity treatment functional adaptation for visual/perceptual deficits and neglect, and activities of daily living training. If patient has returned to prior level of function and does not need rehabilitation services during this hospitalization, this will be documented.</p>
R.N., Rehabilitation Services and Nutrition Services	<p>36. Dysphagia screening to be completed and documented prior to anything by mouth using the Bedside Nurse Swallow Screen. Initiate speech language therapist consult for formal swallow evaluation, as needed, and when patient able to participate. Place dobbhoff tube (DHT) within 24 hours of admission if patient unable to swallow to optimize nutrition needs.</p> <p>37. Nutrition consult as needed to maximize nutritional support.</p> <p>38. Initiate dietary interventions to lower LDLs, if greater than 100mg/dL.</p>
Physician and R.N.	<p>39. Initiate VTE prophylaxis by hospital day two with intermittent pneumatic compression (SCDs) in all ICH patients. Initiate chemoprophylaxis with Lovenox 40 mg subcutaneous every day or Heparin 5000 subcutaneous every 8 hours following 48 hours with no evidence of hematoma expansion and at least 24 hours following insertion of extra-ventricular drain. Chemoprophylaxis will be continued throughout ICU stay regardless of patient's mobilization status. Primary attending may choose to opt out of chemoprophylaxis for individual patients, and this decision must be documented in the medical record. Vascular ultrasound for patients with clinical symptoms of DVT or PE.</p> <p>40. Initiate peptic ulcer prophylaxis (PUD) as appropriate.</p> <p>41. Review FAST HUG in daily rounds.</p>
R.N., social worker (MSW), case manager and physician	<p>42. Provide social and psychological support for the patient and patient's significant others as needed.</p> <p>43. Social work will perform a caregiver assessment and assist in creating a plan for respite, when applicable. If a patient is returning to an independent living situation, social work will provide independent living resources. They will screen patients for depression and provide additional evaluation as indicated and provide patients/family with education and resources with regard to post stroke depression.</p> <p>44. Case management services to begin upon admission, providing ongoing utilization review. Works with multiple disciplines to determine patient's condition and needs/barriers for discharge. Coordinates discharge planning with patient and family (e.g., inpatient rehab, skilled nursing facility, home health, outpatient rehab, and durable medical equipment).</p>

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Multidisciplinary team	<p>45. Identify patient and family education needs and provide appropriate information and resources found in the stroke education packet. This should include: personal modifiable risk factors, such as tobacco cessation counseling if smoked anytime in past 12 months, alcohol intake, nutrition, exercise, and blood pressure regulation; warning signs for stroke; activation of EMS; need for follow-up after discharge, and medications prescribed,</p> <p>46. Document education provided in the Patient Education section of the electronic medical record and or LIP documentation in progress notes.</p>
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Related Forms and Procedures:

[Adult Critical Care Standard of Care](#)

[Adult Acute Care Inpatient Standard of Care](#)

[Bedside Nurse Swallow Screen](#)

[Anti-shivering Protocol](#)

Education & Training Resources:

None

Originator/Author:

OHSU Stroke Advisory Committee (2007)

Document History:

Revised from Initial Protocol (6/23/08)

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Neurosciences Best Practices Committee (2010, 2011, 2012)

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OHSU Stroke Center (2008, 2010, 2011, 2012)

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