

The Stroke Program at Great Plains Regional Medical Center received the Silver Plus award through the American Heart Association and American Stroke Association Get With the Guidelines Quality Program for exceptional performance over the last 12 months.

The American Stroke Association established seven measures, called "Get With The Guidelines" that detail protocols and procedures that drive excellence in stroke treatment and care. A little more than a year old, GPRMC achieved the benchmark of at least 85 percent compliance for 12 consecutive months, earning the Silver Plus award. GPRMC was also awarded the Bronze award, for achieving the benchmark in three consecutive months.

Nearly 800,000 people in the United States suffer a stroke every year, and the disease accounts for more than 1,000 deaths annually in Nebraska. Stroke is the fourth leading cause of death in the United States.

Stroke is an emergency, if you suspect you are having a stroke, rapid transport to the nearest stroke ready Emergency Room is critical.

GPRMC is a stroke ready facility and has a stroke team on call 24 hours a day, seven days a week.

Signs of a stroke can vary but may include weakness or numbness to one side of the face, an arm, or a leg. Changes in speech or vision can also be a sign of a stroke. An easy way to remember the signs of a stroke are by FAST—Face, Arm, Speech and Time.