

Contact: Jennifer Schulte
Citizens Medical Center
Phone: (361) 574-1774
Fax: (361) 574-1774

2701 Hospital Drive
Victoria, TX 77901
www.citizensmedicalcenter.org



PRESS RELEASE

Citizens Medical Center Receives:

“Get with the Guidelines-Stroke Gold Plus Quality Achievement”

Award demonstrates Citizens Medical Center’s commitment to quality care for stroke patients

Victoria, TX. October 23, 2015. Citizens Medical Center has received the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital’s commitment and success in ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

To receive the Gold Plus Quality Achievement Award, hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines-Stroke achievement indicators for two or more consecutive 12-month periods and achieved 75 percent or higher compliance with five of eight Get With The Guidelines-Stroke Quality measures.

These quality measures are designed to help hospital teams provide the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. They focus on appropriate use of guideline-based care for stroke patients, including aggressive use of medications such as clot-busting and anti-clotting drugs, blood thinners and cholesterol-reducing drugs, preventive action for deep vein thrombosis and smoking cessation counseling.

“With a stroke, time lost is brain lost, and this award demonstrates our commitment to ensuring patients receive care based on nationally-respected clinical guidelines,” said Katrin McDonough, Citizens Stroke Center Coordinator. “Citizens Medical Center is dedicated to improving the quality of stroke care and the American Heart Association/American Stroke Association’s Get With The Guidelines-Stroke helps us achieve that goal.”

Citizens Medical Center has also met specific scientific guidelines as a Primary Stroke Center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients.

“We are pleased to recognize Citizens Medical Center for their commitment to stroke care,” said Deepak L. Bhatt, M.D., M.P.H., national chairman of the Get With The Guidelines steering committee and Executive Director of Interventional Cardiovascular Programs at Brigham and Women’s Hospital and Professor of Medicine at Harvard Medical School.

“Studies have shown that hospitals that consistently follow Get With The Guidelines quality improvement measures can reduce length of stay and 30-day readmission rates and reduce disparities in care.”

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For providers, Get With The Guidelines-Stroke offers quality-improvement measures, discharge protocols, standing orders and other measurement tools. Providing hospitals with resources and information that make it easier to follow treatment guidelines can help save lives and ultimately reduce overall healthcare costs by lowering readmission rates for stroke patients.

For patients, Get With The Guidelines-Stroke uses the “teachable moment,” the time soon after a patient has had a stroke, when they learn how to manage their risk factors while still in the hospital and recognize the [F.A.S.T.](#) warning signs of a stroke.

According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

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About Citizens Medical Center

Citizens Medical Center is a not-for-profit hospital known for compassionate patient care, clinical expertise, and bringing advanced medical services to the South Texas region since 1956. Today, Citizens is a 338-bed acute care hospital with over 1,200 employees. Citizens Medical Center is recognized for its outstanding cardiology program which includes an accredited Chest Pain Center and an approved STEMI receiving center for heart attack patients. Citizens has an accredited Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer and has a 24/7 emergency department, advanced Level III Trauma facility and onsite medical helicopter, a primary stroke center, imaging and surgery centers, sleep study center, Women’s Pavilion with labor and delivery, a recognized center of excellence for bariatric surgery, advanced pediatrics including the area’s only Neonatal Transport Service, state-of-the-art rehabilitation and fitness, urology and daVinci robotics minimally invasive surgery options, a home health agency, and has a long history of providing continuing education for physicians, nurses, other healthcare providers and the community. To learn more about Citizens Medical Center or to find a physician, go to www.citizensmedicalcenter.org.

About Get With The Guidelines[®]

Get With The Guidelines[®] is the American Heart Association/American Stroke Association’s hospital-based quality improvement program that provides hospitals with the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 5 million patients since 2001. For more information, visit heart.org/quality or heart.org/QualityMap.