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GMH is nationally recognized for its commitment to providing high-quality stroke care

The American Heart Association presents Get With The Guidelines – Stroke Silver award for proven dedication to ensuring all stroke patients have access to best practices and life-saving care

TAMUNING, GUAM — Guam Memorial Hospital (GMH) has received the American Heart Association’s *Silver Get With The Guidelines*® - Stroke quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability, and accelerating recovery times.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. [Get With The Guidelines - Stroke](#) is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

“GMHA is committed to improving patient care by adhering to the latest treatment guidelines,” said Lillian Perez-Posadas, Administrator/CEO. “Get With The Guidelines makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which studies show can help patients recover better. The end goal is to ensure more people in Guam can experience longer, healthier lives.”

Each year, program participants qualify for the award by demonstrating how their organization has committed to providing quality care for patients who have suffered a stroke. In addition to following treatment guidelines, Get With The Guidelines participants also educate patients to help them manage their health and recovery at home.

“We are incredibly pleased to recognize GMHA for its commitment to caring for patients who experience a stroke,” said Steven Messe, M.D., chairperson of the Stroke System of Care Advisory Group. “Participation in Get With The Guidelines is associated with improved patient outcomes, fewer readmissions and lower mortality rates – a win for health care systems, families and communities.”

“Our Administration has been committed to advancing Guam’s state of health care, so we are honored that the valued contributions of our frontline workers have not gone unnoticed even during challenging times,” said Governor Lou Leon Guerrero. “Thank you to our GMHA physicians, nurses, and support staff for your continued dedication to stroke prevention, treatment, understanding, and awareness.”

“The teams of care and compassion at our hospitals are some of the most resilient in the nation, and we applaud them as recipients of this quality achievement award, which they earned by saving lives and preventing disability,” said Lt. Governor Josh Tenorio.

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About Guam Memorial Hospital

Guam Memorial Hospital has been serving as Guam's only public hospital since 1946. Located in Tamuning, Guam, the hospital provides acute, outpatient, urgent care, maternal-child health, and emergency care treatment and services. GMH also includes the Skilled Nursing Unit (SNU) located in Barrigada, Guam.

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 12 million patients since 2001. For more information, visit heart.org.