



# GUAM MEMORIAL HOSPITAL AUTHORITY

ATURIDÁT ESPETÁT MIMURIÁT GUĀHĀN

850 Governor Carlos Camacho Road, Tamuning, Guam 96913  
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## For Immediate Release

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## **GMHA is Nationally Recognized for its Commitment to Providing High-Quality Stroke Care**

*Also received the American Heart Association's Target: Type 2 Honor Roll award*

(Friday, July 14, 2023; Tamuning, Guam) **Guam Memorial Hospital Authority (GMHA) has received the American Heart Association's Get With The Guidelines® - Stroke Gold Plus 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 one the cerebrovascular diseases that are the No. 1 leading causes of death in Guam and a leading cause of disability in both Guam and the U.S. 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 grateful and honored to receive this recognition of our commitment to providing excellent patient care using the latest treatment guidelines," said Hospital Administrator and CEO Lillian Perez-Posadas, "Get With The Guidelines® celebrates our teams who have put proven knowledge and protocols to work on a daily basis, which studies show can help patients to recover better. The goal is to ensure more people in Guam live longer, healthier lives."



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

“The Get With The Guidelines® awards are given for achieving levels of adherence to specified stroke performance measures like how long it took to get a scan, how long it took to start thrombolytics, order labs, provide smoking cessation education, etc.,” said Angelina Eustaquio, PharmD, BCPs, Head of Clinical Pharmacy, “If we achieve 85% on the measures for stroke and in diabetes patients, then we get the Gold. Last year we got Silver and this year, we earned Gold Plus. I am very proud of our team.”

GMHA also received the **American Heart Association’s Target: Type 2 Honor Roll award**. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

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.

“GMHA is very proud to be recognized for our commitment to improving patient care by following to the latest treatment guidelines,” said Hospital Administrator and CEO Lillian Perez-Posadas, MN, RN. “Get With The Guidelines makes it easier for our teams to apply proven knowledge and protocols on a daily basis, which studies show can help patients recover better. The end goal is to ensure more people in Guam can live longer, healthier lives.”

“We are incredibly pleased to recognize GMHA for its commitment to caring for patients with stroke,” said Steven Messe, M.D., volunteer chairperson of the American Heart Association Stroke System of Care Advisory Group and professor of neurology and director of fellowships of neurology at the Hospital of the University of Pennsylvania. “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.”

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### 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](http://heart.org).

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