

Sleep SMART ABCD² training

Slides modified from POINT trial with thanks to Dr. Clay Johnston

Application of ABCD² in Sleep SMART

- ABCD² is applied only to TIA patients
- TIA definition in Sleep SMART:
 - Focal neurological deficit/symptoms that lasts <24 hours due to focal cerebral ischemia
 - No associated acute infarction on the brain imaging that was performed

ABCD² Score

Score points for each of the following:

- Age \geq 60 (1)
- Blood pressure \geq 140/90 on initial evaluation (1)
- Clinical:
 - Focal weakness (2)
 - Speech impairment without weakness (1)
- Duration
 - \geq 60 min (2)
 - 10-59 min (1)
- Diabetes (1)

Final Score 0-7

ABCD² Score Definitions of the Components

- ABCD² Components
- Age
 - Age 60 years or greater is self-explanatory
 - Age 59 or less is scored 0 points, and
 - Age ≥ 60 , score 1 point

ABCD² Score Definitions of the Components

ABCD² Components

Blood Pressure

- Blood pressure in Sleep SMART will be a systolic pressure ≥ 140 mm Hg or a diastolic pressure ≥ 90 mm Hg, on the initial evaluation
 - Systolic BP <140 and diastolic BP <90 , score 0 points
 - Systolic BP >140 or diastolic BP >90 , score 1 point

ABCD² Score Definitions of the Components

ABCD² Components

Clinical

- Focal weakness is not the simple sensation of weakness, but rather a convincing description of demonstrable weakness by the patient or an observer, or weakness present on examination. Weakness all over, or in both arms or legs is not focal weakness
 - If unconvincing history or exam for focal weakness, score 0 points
 - If convincing history or exam for focal weakness, score 2 points

ABCD² Score Definitions of the Components

ABCD² Components

Clinical (2)

- Speech impairment may be either dysarthria or dysphasia, either described by the patient or accompanying observer, or present on examination
 - If no speech impairment, score 0 points
 - If a speech impairment is present without focal weakness, score 1 point

ABCD² Score Definitions of the Components

ABCD² Components

Duration

- If the duration of the focal TIA symptoms or signs is:
 - <10 minutes, score 0 points
 - 10-59 minutes, score 1 point
 - >60 minutes, score 2 points

ABCD² Score Definitions of the Components

ABCD² Components

Diabetes

- Diabetes in POINT is defined as diabetes diagnosed by a physician. It may be diet-controlled or require either oral medication or insulin.
 - If diabetes is absent, score 0 points
 - If diabetes is present, score 1 point

Sample cases

Case 1

- A 64 yo woman with diabetes had the sudden onset of left hemibody numbness that lasted 15 minutes, with no other symptoms. She takes lisinopril , glyburide and atorvastatin. Her BP on arrival was 135/85 mm Hg and her neurological examination was normal.
- What ABCD² score would you assign to her TIA?
- Would you offer her enrollment in Sleep SMART if no exclusions were identified?

Case 1, answer

A 64 yo diabetic woman had the sudden onset of left hemibody numbness that lasted 15 minutes, with no other symptoms. She takes lisinopril , glyburide and atorvastatin. Her BP on arrival was 135/85 mm Hg and her neurological examination was normal.

- What ABCD² score would you assign to her TIA?
 - Age \geq 60 years: 1 point
 - Diabetes: 1 point
 - Duration \geq 10 min: 1 point
- Total Score: 3 points
- Would you offer her enrollment in Sleep SMART if no exclusions are met?
 - No. Score \geq 4 is required for entry

Case 2

- A 75 yo man with CAD had the sudden onset of left-sided weakness and slurred speech that lasted for 15 minutes, with no other symptoms. He takes atenolol, HCTZ, glyburide and aspirin. His BP on arrival was 145/85 mm Hg and his neurological examination was normal.
- What ABCD² score would you assign to her TIA?
- Would you offer her enrollment in Sleep SMART if no exclusions were identified?

Case 2, answer

A 75 yo man with CAD had the sudden onset of left-sided weakness and slurred speech that lasted for 15 minutes, with no other symptoms. He takes atenolol, HCTZ, glyburide and aspirin. His BP on arrival was 145/85 mm Hg and his neurological examination was normal.

- What ABCD² score would you assign to his TIA?
 - Age \geq 60 years: 1 point
 - BP \geq 140 mm Hg: 1 point
 - Focal weakness: 2 points
 - Diabetes: 1 point
 - Duration \geq 10 min: 1 point
- Total Score: 6 points
- Would you offer him enrollment in Sleep SMART if no exclusions are met?
 - Yes. Score is \geq 4