

- Alicia Richards...: [00:04](#) Everybody, welcome to Clots and Coffee, who needs a refill? My name is Alicia Richardson, but today I am a clot and I have to my right here.
- Cesar Velasco: [00:15](#) I'm Cesar Velasco, but you can call me stent the retriever.
- Erin Secrovich: [00:20](#) And I'm Erin Secrovich but my friends call me TNK. And so thanks for joining us today.
- Jeanie Luciano: [00:28](#) And Alicia, I don't want to interrupt, but Gino's going to just tell people some of the business end of the meeting. And I'm going to do just a quick background, because we want people to know your expertise here besides dressing well, go ahead Gino.
- Alicia Richards...: [00:43](#) Okay.
- Gino Mollica: [00:45](#) Hey everyone, happy Thursday. Thanks for joining our webinar today, Clots and Coffee, Who Needs a Refill. Before we get started, I'm just going to go over a couple of items to know how to participate in today's event. The webinar is being recorded, and we're going to send an email within 24 hours after with the recording link. There are no continuing education credits associated with this webinar, but you may access a certificate of completion in your follow up email following the conclusion of the event. You also have an opportunity to submit questions, simply just type those into your questions pan on your control panel. You may send them in at any time during the presentation, we're going to collect them and then answer during the Q&A session at the end of today's presentation.
- Gino Mollica: [01:29](#) If you experience any technical issues during the presentation, most can be resolved by just refreshing your browser. If that doesn't work, please refer to the go to webinar customer service team information, which was found in your confirmation email sent about an hour ago. To view a live close captioning for this webinar, please utilize the hyperlink in the chat. I'm now going to pass it off to Jeanie Luciano, senior manager, for the guidelines stroke program.
- Jeanie Luciano: [01:56](#) And I just want to formally welcome our team from Penn State, here they are back by popular demand, a lot of you will remember them from Clots and Coffee last year. And as we met at ISC, I think it was Cesar that said we should do like, who needs a refill, because we certainly all need a refill this year. So it is my pleasure to introduce the team, so the newest member of the team is Erin Secrovich, so Erin is a Stroke program coordinator at Penn State Hershey Comprehensive Stroke

Center. She received her BSM from Drexel University in 2006, her nursing career includes six years as a neuroscience care nurses, and nine years in various nursing and quality leadership roles. She has a special interest in quality and process improvement.

Jeanie Luciano: [02:42](#) And then we have Cesar Velasco. So Cesar, our gentleman there with the lovely stent retriever hat, has been the stroke program coordinator for the CSC at Penn State Hershey in central PA since 2017. Cesar began his healthcare career as an emergency department patient care assistant while attending nursing school at Harrisburg Community College, he obtained his associate's degree in 2010, within five years, he assumed the role of stroke program coordinator for the dual community hospital health system. He began his healthcare experience and is credited with establishing their primary stroke center. In 2019, Cesar required his BSN from Eastern Mennonite University and became board certified by the association of neurovascular clinicians as an advanced stroke coordinator. Currently Cesar is the education chair for the ANVC, his advanced knowledge of acute stroke care management has led Cesar to focus on improving regional stroke systems of care with a focus on prehospital and emergency medicine.

Jeanie Luciano: [03:50](#) And last but not least the veteran of their group now, so Alicia Richardson. Alicia is a stroke program manager for a comprehensive stroke program in central PA at Hershey. Obtained her BSM from Plattsburgh State University in 2008, and her master's as a clinical nurse specialist from St. John Fisher College in 2012. In 2018, Alicia completed a postmaster's advanced practice neurovascular fellowship program, she has 13 years of neuroscience experience and is board certified as an advanced neurovascular practitioner. She is currently the president elect of the ANVC. Alicia has held numerous stroke leadership positions and has specialist interest in stroke systems of care and particularly in the hyperacute phase of stroke care. So clearly we have some highly qualified individuals here who are going to talk to you about their Clots and Coffee, so go ahead team.

Alicia Richards...: [04:51](#) Thank you. And this is definitely the least evidence based type of presentation we've ever given, but also the most fun and entertaining. And so hopefully you walk away with that as well and feel maybe inspired to do something similar in your program. So Clots and Coffee, just to give you a little background, and if you joined us last year, then you have a pretty good idea of what the concept is. But for those of you

who might be joining us for the first time, basically Clots and Coffee was developed sparked off of an idea another colleague of ours did for Halloween. They had dressed up as TPA and a clot for Halloween. And Cesar and I one day were sitting down and talking about how cool it would be to do that for the month of May for stroke awareness month.

Alicia Richards...: [05:37](#) And then we went down this rabbit hole of like, what could we give people and how could we give a clot? And how could we give something that was representing, at the time, we were giving TPA. And so we came up with this Clots and Coffee concept where the clots are represented as donut holes from Dunkin donuts, and we are not endorsing Dunkin donuts specifically, but they represent our clot and the coffee represents our thrombolytic. And we essentially roam the hospital in these quite entertaining costumes, and we basically do impromptu education with staff. We say, would you like some clots and coffee and already looking like this, they are already like, what are you guys doing? And it's that conversation opener like, oh yeah, sure, I'll have a donut and some coffee. And then we say, well, first you have to answer a question.

Alicia Richards...: [06:30](#) We have to quiz your stroke knowledge before we can give your beverage and your treat to enjoy. And so then we also have some little giveaways on our little cart that holds all our coffee and our clots. And we give them little giveaways, give certificates to our Starbucks, coffee shop, or to the cafeteria, lots of different little ways, we have little gifts to entice them to answer these questions. And we essentially roam the areas where stroke patients are the most, our emergency department, our neuro intervention suite are stroke units. And then, as we've done this for years now, we've done this for four years, we've added more people and more costumes and upgraded our costumes along the way. So last year I did not have a hat, because my hat was, I forget what my hat was, but this year I've got a clot hat and we've got new capes and new t-shirts to really represent exactly what we are because we do get sometimes mistaken for other things, especially my costume gets mistaken for-

Cesar Velasco: [07:42](#) What could you possibly look like?

Alicia Richards...: [07:44](#) ... the coronavirus sometimes or some grapes, fruit is usually a guess of what I am. So now with the hat, I think, that will help people to know that I'm a blood clot. And we do lots of joking and lots of puns as we roam around playing off of this concept. So that's the overview of what it looks like and we will demo.

Erin will give you some question samples to demo what we typically do when we roam around.

- Erin Secrovich: [08:17](#) So we have lots of questions, many, many pages of questions, and that way we can tailor them to what unit we're on and what the expectation is of their stroke knowledge. So, as somebody would come up to our cart, ask us about what we're doing, I would say, okay, so first you have to answer some questions. So the first question I might ask is, what is the time window for thrombectomy? Yes.
- Cesar Velasco: [08:39](#) Well I'm Stan the retriever, so I think I should know this, 24 hours.
- Erin Secrovich: [08:47](#) Yes it is within 24 hours.
- Cesar Velasco: [08:50](#) Yeah. Do you mind if I reach in and get an M one?
- Erin Secrovich: [08:54](#) Absolutely, why don't I soften that up for you real quick?
- Cesar Velasco: [08:59](#) I appreciate the teamwork, we're really effective together, aren't we?
- Erin Secrovich: [09:03](#) We sure are.
- Alicia Richards...: [09:09](#) And then this would be when I start to pierce myself. Sorry, we were drinking. But we do enjoy popping the balloons along the way, and the idea is that I am a deflated, very dissolved clots by the end of the day and I have lots of deflated balloons hanging off of me and I'm very sad about this, that I have been broken up by the end of the day.
- Erin Secrovich: [09:34](#) It's exciting too, because people want to take selfies with us and they'll be like, oh, I remember you from last year, and they'll pull up their selfie from the year before. So yeah, it's really, really fun. So another example, if we were going to get more specific, we could say something like, name that stroke. So where is the stroke happening? Help us localize it. So sudden right-sided weakness, aphasia and a right facial?
- Cesar Velasco: [10:01](#) Do you know this one?
- Alicia Richards...: [10:05](#) Where are you? I wasn't listening entirely, I'm sorry.
- Erin Secrovich: [10:10](#) Rightside weakness aphasia and a right sided aphasia?
- Alicia Richards...: [10:12](#) I'm on the left MCA.

- Erin Secrovich: [10:15](#) Yay. Let's MCA. How long has it been? What's your last known well?
- Cesar Velasco: [10:19](#) It seems like it's been beyond 24 hours, so I might have to pull you out of here.
- Alicia Richards...: [10:28](#) Sometimes we actually put the questions in the balloons and then ask them to pop the balloon and find the question. Sometimes we like printing the questions though, because then you can be very specifically targeting the questions to the audience. So, if we're in our pediatric unit, we might ask a pediatric stroke question rather than adult question and things like that. So we've moved away from putting the questions in the balloons because of that.
- Erin Secrovich: [10:55](#) Yeah.
- Cesar Velasco: [10:56](#) And as you saw demonstrated, we don't try to take ourselves too seriously. But the benefit to that is it breaks the ice for some nurses and even medical providers who might not know whether or not they want to interact and gives them comfort of knowing it's a fun game, get to know us, ask questions. And really breaks the ice for opportunities for us to go to places that we haven't gone before, where Alicia's pretty much been everywhere as a clot, you know what I mean?
- Alicia Richards...: [11:25](#) My favorite spot CMCA.
- Cesar Velasco: [11:27](#) There we go.
- Alicia Richards...: [11:28](#) Yeah. My favorite. So I wanted to share some photos with you all. So let me see if I can share my screen. Hope, everybody can see you that.
- Jeanie Luciano: [11:51](#) Yes we can.
- Alicia Richards...: [11:53](#) Good. So here's some pictures from last year and we shared these, I think, at our last webinar with you all last year, this is us in action doing the education. We've got our little cart there up in the left hand corner, we always attach a big giant Be Fast sign to it, decorate it, and that's what holds all of our coffee and the donuts and all of the little giveaways that we have. And then there's us interacting with some staff. Erin now will wear a badge that says, we had elta place at the time, so her badge said, hello, my name is elta place, but you can call me TPA. And now this year we're going to have to come up with something a little bit different for TNK, because we did switch to TNK this

year. But it's just really fun, and I wanted to then now share what you all did last year after watching this webinar.

- Cesar Velasco: [12:50](#) Yeah. What was exciting is, we encouraged many of you as we will today, if you take these ideas and make them your own, cherish those moments by taking a lot of pictures and share it and post it online. We got a lot of feedback from you all about the successes that you had during nurses week, neurocritical care week and of course stroke awareness month. And you all send us pictures either by email directly, or you tagged this by using hashtag Clots and Coffee. I think we've gotten as far as wide. And so the success of the program of developing this has inspired many of you all that we find to be superheroes in what you do day in and day out. And I think this has just been a good example of how an idea can start to flourish into something bigger. And we hope that next year, maybe, we go a little beyond the hospital and we've talked about even doing outreach community events dressed up as Clots and Coffee.
- Cesar Velasco: [13:47](#) So shout out to some of the people that were able to provide us with their names associated with the photographs that they sent us. Forgive me if I mispronounce your names. Amber Simonetii at Mat-Su Regional Medical Center in Arkansas, Melanie McCauley and Nikki Biddick Bennett at University of Wisconsin. I think we had also, I mentioned somebody from Hawaii that was with the Hawaiian Stroke Coalition, we lost our images there.
- Alicia Richards...: [14:14](#) And I have to get them back.
- Cesar Velasco: [14:17](#) There we go. Can you see our slides?
- Jeanie Luciano: [14:21](#) We can see your slide with the shoutouts, the list. Yeah.
- Cesar Velasco: [14:24](#) Okay, great. And then we had Southern Illinois Healthcare in Illinois, Hawaii Stroke Coalition in Hilo, Hawaii, which I'm pitching that the team makes an impromptu tour there at some point just saying maybe American Heart and Stroke Institution could help fund that. And then St. John's hospital in New York, so New York representing, and Morgan Boyer at Penn State Health St. Joseph Medical Center in Central Pennsylvania. So if you come up with great ideas to use clots and coffee process at your hospital, please hashtag Clots and Coffee stroke awareness month and send us even emails of your pictures, and we'll post you for next year.

- Jeanie Luciano: [15:00](#) I have a question for your team here. So does it help when you have candidates come to interview for jobs if they come dress the part?
- Alicia Richards...: [15:13](#) Yes, it does.
- Erin Secrovich: [15:14](#) It probably would.
- Alicia Richards...: [15:15](#) So Erin actually joined our team as a second stroke coordinator and literally I think three days later we were doing the clots and coffee. And so we said, "Hey, so we do this thing in stroke month and do you want to be part of it, and what do you want to dress?" And so she jumped right in and you saw in those pictures that's Erin jumping in on day three joining us. And we actually have a stroke navigator that just joined our team and we did not make her do our clots and coffee just yet, but she also will be joining our team and coming up with a costume was really fun for her. So we think we're going to have her carry a giant clock around her neck, like flavor style, and she's going to be the emphasis on time.
- Alicia Richards...: [16:01](#) And so she's going to keep drilling people on what's the time window? And how fast are we trying to be? And all of those time elements for time is brain is what her costume will be. So we're excited, I think, there's lots of different things you can do with this and keep being creative and keep expanding it. Like Cesar mentioned, we've talked about doing this when we do lectures places and when we are out in the community doing education, because it really is a giant crowd puller on the unit. So we're thinking the same thing would probably happen if we dressed up like this for community outreach as well, it'd be like, what are you doing? Why are you doing this? What are you dressed as? And it would be a way to start talking about stroke awareness and probably an effective way.
- Cesar Velasco: [16:48](#) Well, a good example of that is last year we ran out of coffee going through the whole hospital and we had a refresh at our local cafe, the Starbucks that we have at our hospital. And I believe Alicia was standing in line in costume and a patient or caregiver visitor came by and said, what are you doing? And she's like, "Oh, I don't mean to butt in line." And then she described that she was a clot and that it was stroke awareness month, and what we were talking about, and I think ironically, they talked about the signs and symptoms of stroke. They were able to identify signs and symptoms of stroke. And so it was a good example of people in the community willing to engage

with you if you not take yourself so seriously, but give them some really worthy education on stroke.

- Cesar Velasco: [17:29](#) I have to mention too that, Erin did jump into this role pretty quick when she joined us, and it was ironic because we were right around the corner from introducing the new kid on the block, which was TNK. And I think you had a really cool way of questioning people if they knew the difference between TNK versus TPA, do you want to talk about that?
- Erin Secrovich: [17:48](#) Yeah. So it's a really good opportunity to take whatever's relevant in your hospital that you need to educate a lot of people on and build it into your program. So we were getting ready to transition to TNK, and so we had boxes of coffee and we had regular decaf. And so we had one marked TPA and one marked TNK. And so when we would ask people, oh, which do you prefer? And they said, well, what's the difference? It was a good opportunity for us to talk through the difference between TPA and TNK and what that was going to look like in our future. So it's really just fun to figure out ways to improv and just play off of each other and play off of your staff or community members, whoever it is that you're talking to.
- Cesar Velasco: [18:26](#) I think it as coordinators, when you're doing things day in and day out, it sometimes can be challenging and stressful, and you're going from meeting to meeting or you're following up with patients, this also gives us a relief to be creative and people to see us in a different light and that we are approachable and that as scary as we look today, we are approachable and we love what we do. That's the one thing that I think year after year that we've done that, the comments that we received from each department has been, you guys really love what you do and we do, and I think that speaks volumes for all of you that participate because don't really be just as engaging as you are.
- Jeanie Luciano: [19:01](#) And who would ever thought anybody would look forward to stroke education. And so we understand that Erin, as the new person brought the new capes in, could you stand up and show us your capes guys? Yeah. So Erin, as the new person brought these new capes in. They're quite an impressive team. As the logical people that stroke coordinators end up being, someone is asking if there's any problems with the latex in the balloons?
- Alicia Richards...: [19:36](#) No. And I think these are latex free, I believe. But no, we have not had that come up, but that is a good question, something to think of when you're purchasing balloons, for sure.

- Jeanie Luciano: [19:48](#) They would also like to know, and I guess this is for you, Alicia, I'm sure you had help, but how do you get the balloons to stick to your costume?
- Erin Secrovich: [19:56](#) Great question.
- Alicia Richards...: [19:56](#) So they are all pinned on by safety pins. Like the end of the balloon is on a safety pin and under a red shirt, and I pin them all on with me not in the shirt and then slip the shirt on. And then I wear red pants too, but you don't have to have red pants. But yeah.
- Jeanie Luciano: [20:18](#) Like a true mother, she knew how to attach those balloons. There's a question about, how much do you think it actually costs for you to do this each year?
- Alicia Richards...: [20:29](#) Yeah, that's a great question and I should have covered that, because that does always come up, like where does the funding come from for this? So I would say, it depends on how big you want to do it. In the first year we didn't know how big of a hit it would be and we only got a couple boxes of coffee and a couple packs of 100 munchkins. And so that probably cost \$50. And then now, because it is such a massive hit, we order 10 to 15 boxes of coffee and probably seven or 800 donuts. But we are a large institution and we have gone around to many, many, many departments, you would not need to be as big of a scale as that. It would be up to you, how outreaching you would want to be with it.
- Alicia Richards...: [21:18](#) We are fortunate enough to have a stroke budget where we have employee recognition and employee education dollars, so that we're able to get reimbursed for the coffee and the donuts that we use for this, because we just put it under the education umbrella. I mean, that's what it is. I mean, we're out there giving education, so that's how we fund it. But I know that can be a challenge for some individuals, if you don't have a stroke budget and you don't have the funding for it, you wouldn't want to pay for it yourself necessarily, so that can be a concern. But I would suggest reaching out to your administration with the concept and seeing if they're willing to put some money to this and I mean, at the highest end it's \$200. So we're not talking tons of money here.
- Jeanie Luciano: [22:11](#) And you're right, you could start small and get bigger too, right?
- Alicia Richards...: [22:14](#) Yeah, exactly.

Jeanie Luciano: [22:16](#) [inaudible 00:22:16]

Cesar Velasco: [22:17](#) I was going to say, I'm sure people can think of grassroots approaches if you're a baker or there's streets that you like to make. I'm sure people have done cookies or fruit if you want to be more health conscious. I think that there's a lot of opportunities you can do. And in getting the engagement of your administration support is also key. I'm wondering if eventually, someday we get our co-medical directors join us in this fun.

Erin Secrovich: [22:39](#) Good idea.

Cesar Velasco: [22:40](#) Because I think that would be interesting, we have a neurologist and a neurosurgeon who are co-medical directors and maybe we can get them dressed up in something like this in the outreach community events.

Alicia Richards...: [22:49](#) Great idea.

Cesar Velasco: [22:50](#) I'll write that down.

Jeanie Luciano: [22:53](#) But I think we could look forward to seeing you guys at the doors at ISC next year, at least, a nursing symposium day, right?

Alicia Richards...: [23:00](#) Yeah. You know what? I think we all should dress up that way. Just totally take over ISC, everybody's dressing like a clot.

Cesar Velasco: [23:10](#) Well, maybe we should take a poll online, if you all would like to see us dressed up at ISC next year in 2023 at the nursing symposium, put your vote into the chat now. And if we can get at least 100 people to agree, we'll do that.

Jeanie Luciano: [23:24](#) You're getting a bunch who are agree already. So people are asking where you got your caps.

Erin Secrovich: [23:35](#) The caps? I made them.

Alicia Richards...: [23:37](#) And now that will be here of sometime.

Cesar Velasco: [23:42](#) She has the count on Etsy.

Erin Secrovich: [23:46](#) No, it's very easy. It's literally like sewing a pillow case, you sew a rectangle and then you just flip it over on the end and sew a little theme right here and then thread a piece of ribbon through it. So I mean, it probably took about 15 minutes to make each cap.

- Jeanie Luciano: [24:06](#) Perfect. They're asking which areas of the hospital you cover?
- Cesar Velasco: [24:12](#) That's a great question. Well, we do all areas where we think our stroke patients will be touched by nurses and providers. So primarily our IR lab, so our interventional suite, our emergency department, our neurocritical care ICU, and then our step down unit, our acute care unit. But we've expanded, I think, you have on the list, some additional units that we're playing on for many reasons.
- Alicia Richards...: [24:35](#) Yeah. We do to CT MRI, the HVI, our Heart and Vascular Institute, because the majority of our inpatient brain attacks are from those units, pediatrics. So we have a children's hospital that's attached to our main hospital and so we see more pediatric stroke than some other individuals might, and so we do pediatrics as well.
- Cesar Velasco: [25:03](#) Labor and delivery we did for the first time last year and they really wanted education. It gave us an opportunity to set up education in areas that we hadn't visited before, labor and delivery was one too.
- Erin Secrovich: [25:15](#) One of the things we're doing differently this year, is last year we did one long day where we went straight through from like 6:00 in the morning until 4:00 PM, and it was a very long day and we were all very tired by the end of it. And this year we're actually doing it twice. And so we're doing two shorter days. We have divided up which units we're going to hit on each day.
- Jeanie Luciano: [25:36](#) That's wonderful. There's question here, have you guys done anything for hemorrhagic stroke?
- Alicia Richards...: [25:42](#) We do. So as far as costumes know, but we do have a lot of hemorrhage related questions in our bank of questions, so we do touch on the hemorrhage side. But we would have to think about what costume could be for hemorrhages. I know, that's a good one.
- Erin Secrovich: [25:58](#) Could be an aneurysm.
- Alicia Richards...: [26:00](#) I know.
- Cesar Velasco: [26:01](#) Yeah. We could definitely find some way of dressing somebody up as an aneurysm.
- Erin Secrovich: [26:08](#) [inaudible 00:26:08]

- Jeanie Luciano: [26:07](#) You can include that in a request for additional staff that you need in an aneurysm and hemorrhage representation.
- Alicia Richards...: [26:15](#) Yeah, neurosurgery home medical director, he can be the aneurysm.
- Cesar Velasco: [26:19](#) Yeah.
- Alicia Richards...: [26:21](#) Yeah, that's a good idea. Yeah, we want to make sure we're not excluding the hemorrhages. So we've touched it in the questions we have, but student dedicated to hemorrhages right now.
- Jeanie Luciano: [26:34](#) And there's some shoutouts here of other hospitals, a hospital in Alaska and another hospital in Hawaii who says that they also did it, so you have guys to further travel than you think. But we would love to see your pictures if you'd like to send them to us.
- Cesar Velasco: [26:55](#) Yeah.
- Jeanie Luciano: [26:57](#) And there is a question which I think you guys answered about in your travels, do you have any opportunity to interact with patient families?
- Alicia Richards...: [27:05](#) Yes. We didn't know if these customs would be considered almost like offensive to patients and families at first, but through the years we've had really good feedback. I remember one time I was walking through the emergency department dressed as this and a guy came out and he said, "Are you a blood clot?" And I said, "Yeah, I am." And he goes "For what? Why are you dressed like that?" And I said, "It's stroke awareness month." And we do this, and I started explaining the clots and coffee thing, and he said, "I think that is fabulous because my mom had a stroke and she died from that. And people didn't know the signs and symptoms, and so I love that you are going around and making sure people know this. And the lady at Starbucks too, that I was in line with, she had had a stroke.
- Alicia Richards...: [27:49](#) And you never know who's had a stroke around you that is very moved by the fact that you're doing this. And so that's what inspired us to take it on the road to the community because we are realizing that they enjoy it, they don't think it's offensive. Like we thought it would be poking fun at something that's very serious. But that's not what we've received so far, and so we're going to try it soon and go and do community outreach that

way. And we can let you know how it goes, I think it will be well received.

- Cesar Velasco: [28:22](#) So we're going to try to make an effort or at least I'll try to take the lead of trying to post a lot of these images that we do the next couple of days, weeks. So we did it on Twitter, Instagram, and Facebook. And so we'll do the hashtag, clots and coffee, and we want you all to join us, and we did get a flutter of emails so we can make our emails available to you for anybody who's interested to reach out to us again and share us your stories of what you did and how successful you were. What things that you did differently.
- Jeanie Luciano: [28:55](#) There's questions, people asking if you would be willing to share a bank of questions that you use?
- Alicia Richards...: [29:02](#) Yeah, absolutely. We can definitely share that. [inaudible 00:29:07] some of them are very specific to our institution, but we're happy to share them and you can modify them for your needs, yeah, absolutely.
- Jeanie Luciano: [29:18](#) And there's a great comment in here, which I think is really telling like you have nursing staff that you go to the unit to educate and they're tapped, they're really busy. And have you found that this lightens it up enough for them to get them engaged?
- Alicia Richards...: [29:32](#) It does and it's really quick. So it doesn't pull them away from the bedside for very long, it's a brief interaction, here's some coffee, here's a donut, answer a stroke question and then if you've got to run, you've got to run. We find a lot, though people hang around and talk for longer and see if their peers can answer. And they do this team approach of answering the questions together, and we haven't found anybody being usually as soon as we walk on, they're like, yes, I'm working on Clots and Coffee Day, this is so exciting, and everybody rushes to us. We're like little celebrities.
- Cesar Velasco: [30:09](#) Yeah, the amount of selfies that we have to sit through, I get exhausted by the internet honestly.
- Alicia Richards...: [30:13](#) Oh, another place we didn't mention that you should definitely go to is your administration suite. That is a new place we have started to go to in the last couple of years. And I think that has been really a wonderful place to go to as well, make sure you interact with your CNO, your CMO, your CEO, your CFO, all of those C-suite people. It's just a lighthearted way to make sure

they know what you're doing, and we even quiz them on their stroke knowledge. And so we do it just like we would for anybody else and it's really a good stop to make.

- Cesar Velasco: [30:48](#) I don't know if you guys remember, but I also know that the medical providers, not just the nurses and some of the administrative staff also reacted, we went through the heart and vascular unit and cardiologists resident cardiologists were looking at us like, what are you guys doing? And we went through the spiel of our clots and coffee offered them some information, then we quizzed them on stroke. I said, so, can you describe a couple of stroke symptoms? And of course they passed. But then what we heard in conversation was like, this is great, we should do something like this about the heart. And we got the same feedback from people in ortho, how can we help people understand the importance of what we do? So you will inspire other service lines. And of course we know the brain is the most important organ in the body. We keep reminding them of that, especially heart and vascular. And yeah, we have a good reputation with this.
- Jeanie Luciano: [31:42](#) Asking if you have a Facebook page and how can they follow you on Twitter?
- Cesar Velasco: [31:49](#) Hashtag clots and coffee. You'll see-
- Alicia Richards...: [31:53](#) Yeah, we don't have a Facebook page and we have a Penn State Health Facebook page.
- Cesar Velasco: [31:58](#) But we have a couple of pictures from our Clots and Coffee that I posted on Instagram and also on Twitter.
- Alicia Richards...: [32:04](#) It was off of his personal.
- Cesar Velasco: [32:06](#) Yeah.
- Alicia Richards...: [32:07](#) Personal one. So follow, Cesar Velasco.
- Jeanie Luciano: [32:10](#) And honestly, if you go on and search Clots and Coffee, you will get a lot of pictures up as well.
- Cesar Velasco: [32:19](#) Yes.
- Jeanie Luciano: [32:19](#) Cesar, there are questions concerning your stent crown that you are wearing, I'd call it a crown because you are the king there. So what materials have you used to make your stent crown?

Cesar Velasco: [32:33](#) Well, I can't take credit for this, this is the same original crown, which I don't think is going to be retired anytime soon, but I have to be very careful how I handle it, because I can cut my big ears or my fingers, this is chicken wire, right?

Alicia Richards...: [32:47](#) I got it at Lowe's, it's-

Cesar Velasco: [32:50](#) Oh, the wiring for it-

Alicia Richards...: [32:51](#) It's wearing for cementing.

Cesar Velasco: [32:53](#) Like masonry work.

Alicia Richards...: [32:54](#) Yes.

Cesar Velasco: [32:56](#) I didn't know what the material was except for one of the providers in the emergency department said, wow, you need to be careful with that. You're going to get stitches if you cut you [inaudible 00:33:05] and Alicia takes credit for actually making this, I'm not very crafty. So it's just a sun visor that then we clipped onto this crown.

Alicia Richards...: [33:16](#) Yes. It comes in like a big sheet and then I cut it with-

Cesar Velasco: [33:22](#) Wire cutters.

Alicia Richards...: [33:22](#) ... wire cutters to make the jagged edges look like a crown.

Cesar Velasco: [33:26](#) Yep.

Alicia Richards...: [33:28](#) And it is very sharp

Cesar Velasco: [33:29](#) And it's very heavy.

Jeanie Luciano: [33:31](#) Well, if you get cut with it's clearly a work related injury anyhow, right?

Cesar Velasco: [33:37](#) Yes, I do think I get workman's comp for that.

Jeanie Luciano: [33:44](#) Okay. So I think we have covered most of our questions. You guys have been quite engaging. Do you have any parting thoughts, because I don't think most of us have as many creative genes as you guys do.

Cesar Velasco: [34:00](#) Erin, do you want to...

- Erin Secrovich: [34:05](#) I think just have fun, like the work that we do, the work that all of you do, it's hard work and it's exhausting at times and just allow yourself to have some opportunity to be creative with your peers and laugh and just remember why we do what we do. And I think something like this is really helpful.
- Alicia Richards...: [34:25](#) Yeah. It's one of our favorite days of the year, and it's actually exciting that we're doing it twice this year because it really is a really fun day that we look forward to. We definitely have to book it on our calendars way ahead of time and make sure that's our day that we're doing Clots and Coffee. And we keep it a secret from everyone else, we don't really tell people those are the days we're doing clots and coffee, because it's more fun to just show up and see the reactions from people. So yeah, it's a good time, and it's a time to be joking and really doing bad jokes about stroke and trying to make people laugh.
- Cesar Velasco: [35:02](#) Yeah. If I could retrieve that statement back from both of you, I would echo that it is a fun event to do every year. And like what Erin said, have fun, don't take yourself seriously, and think of this as just another way of being different in how you take your education out on the road internally and externally if you take this out into the community. I think it really has made more of icebreaker opportunity to meet leaders in various units and nurses that don't know us very well or have wanted to always ask us questions specific to stroke and or where we get our balloons and really let them know that we care and we appreciate what they do. And we forgot to mention that we sometimes do this with our EMS providers, we're thinking about visiting them and probably causing some craziness there too.
- Jeanie Luciano: [36:00](#) I love all your partying thoughts. And I think it's stroke month, but it's also May 1st nursing week and neuroscience nursing week. So I really commend you guys because you take the opportunity to touch people's lives every day, whether it be our patients and our providers and even our non-patient people in our hospital. So we really appreciate, and I'm sure your community appreciates what you do for them. And of course we at the American Heart Association totally appreciate your presenting to our group today. So please send us your pictures, hashtag Clots and Coffee, and maybe we'll get these people to show back up again next year, if we'd like to keep our friends close, right?
- Cesar Velasco: [36:54](#) Did we meet our goal of 100 people saying to show up at the nursing symposium?

- Jeanie Luciano: [36:58](#) We did. We have a lot of kudos in there that you guys are awesome. Thank you for sharing your education, there's lot of kudos out there for you guys.
- Alicia Richards...: [37:11](#) Your crown might be hard to pack.
- Cesar Velasco: [37:12](#) We'll see in Texas.
- Erin Secrovich: [37:13](#) Tell them please. [inaudible 00:37:13]
- Jeanie Luciano: [37:13](#) We'll have to check your crown because it's not going to make it through security. It's in Texas this year, I think it's in Dallas, if I'm not mistaken, which is the National Center for the American Heart Association. So I feel relatively sure if you had to leave your crown home, we could get one for you. So I'm going to hand it off to my colleague, Gino, to do our exit for us. But you guys, we appreciate you and we are just so impressed by your creativity.
- Alicia Richards...: [37:51](#) Well, thank you for having us.
- Cesar Velasco: [37:53](#) Thanks for having us.
- Gino Mollica: [37:55](#) Thank you guys so much for being with us today. Once again, everyone, before you leave today's webinar, you're going to receive a short email survey within six to eight hours, and we appreciate if you would complete that and provide your feedback. In that you also find your link to register for any other upcoming webinars. The next webinar will be Thursday, May 19th, we're going to have a discussion with Amy Graham, systems manager and clinical effectiveness at TriHealth, Cincinnati, former AHA staff member, and she's a stroke survivor. You'll also receive a follow up email with a link to today's recording as well as get your certificate of participation. And our kind folks will be sharing their questions with us, I will be sure to send that to all of the attendees today as well. I'll be happy of the American Heart Association, and our presenters, thank you so much for joining us today. Have a great rest of your day, everyone.
- Jeanie Luciano: [38:50](#) Thank you team. Bye bye.
- Alicia Richards...: [38:53](#) Bye.