



## GUEST EDITORIAL

# Comprehensive stroke management: a new window of opportunity

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Cerebrovascular disease is one of the major contributors for global mortality and morbidity and the leading cause of mortality in Portugal. Education for patients and healthcare professionals in this area cannot be overemphasized and it is the key to reduce disease burden in future years. This is the motto of this course: from ischaemic to haemorrhagic stroke, from hyperacute to chronic management, from physician to patient, our aim is to provide an overview of comprehensive stroke management.

Recent breakthroughs in selection of patients for hyperacute therapy of ischaemic stroke have shifted the concept of a time-based window to an individualized one, while keeping the general “time is brain” concept. Furthermore, primary and secondary prevention approaches for ischaemic cerebrovascular disease have witnessed advances towards a more tailored approach (e.g. dual antiplatelet therapy, prolonged cardiac monitoring, and diversified anticoagulation regimens). Since cerebrovascular disease care is considerably more than its acute management, we also focus on the continuum of care that goes beyond the stroke unit, with perspectives from acute to chronic rehabilitation, nursing and palliative care specialists.

Multidisciplinary care impacts health outcomes in stroke patients. Therefore, we bring together diverse healthcare professionals from different institutions so we can align our views, with expert contributions from Neurology, Family, Internal, Intensive Care and Rehabilitation Medicine, Neurointervention, Neurosurgery, Cardiology and Immunohemotherapy. Furthermore, in this year's course we continue to welcome the Portuguese stroke support association as part of the integrated stroke care management.

In keeping with the motto of education, we provide four different workshops touching different facets of stroke patient's management, from critical patient monitoring to endovascular stroke treatment. Highlights from the “Action Plan for Stroke in Europe 2018-2030” will be presented to include and motivate all participants in a common goal for the forthcoming years.

In this year's course, we have also expanded the time available for oral presentations and case discussion. We feel honoured by the quality, quantity and diversity of submitted presentations, a sign that stroke healthcare professionals share our enthusiasm in this era of great changes but also great opportunities to improve stroke care.

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