

**Abstract for 28<sup>th</sup> World Congress of Internal Medicine,  
Taipei, Nov 10-13, 2006.**

**European Consensus Statement on Stroke.**

Stroke is one of the leading causes of death and disability in Europe. As the population in Europe age, the burden of the disease on society will increase.

The First "Helsingborg Declaration on Stroke Management" was published in Journal of Internal Medicine 1996; 240: 173-180 (Aboderin I and Venables G.)

To update the European Stroke Strategies a second Consensus Conference was arranged in Helsingborg, Sweden, March 22-24, 2006, with a statement of the overall aims and goals of stroke management to be achieved by the year 2015. This Conference was arranged by the International Society of Internal Medicine (ISIM), endorsed by the European Stroke Council (ESC) and International Stroke Society (ISS), and co-sponsored by the World Health Organization (WHO) Regional Office for Europe.

The goals included:

For Organization of stroke services

- All patients in Europe with stroke will have access to a continuum of care from organized stroke units in the acute phase to appropriate rehabilitation and secondary prevention measures.

For Management of Acute Stroke

- More than 85% of stroke patients should survive the first month after stroke.
- All patients with acute stroke *potentially eligible for acute specific treatment* should be transferred to hospitals with technical capabilities and expertise to administer such acute treatments.

For Prevention

- The mortality of stroke should be reduced by at least 20 % from the level of 2005.
- All countries should aim at reducing major determinants of stroke in their populations, most importantly hypertension and smoking.
- All patients who have suffered a TIA or stroke should receive appropriate secondary preventive measures.

For Rehabilitation after stroke

- Three months after the stroke onset, over 70 % of the surviving patients should be independent in Activities of Daily Living (ADL).

For Evaluation of stroke outcome and quality assessment

- All Member States should establish a system for routine collection of data needed to evaluate the quality of stroke management, including patient safety issues

The Helsingborg Declaration 2006 will be presented in detail.

Thomas Kjellström