

The Burden of Stroke in Iceland

Based on the findings of *The Burden of Stroke in Europe* report conducted by King's College London for the Stroke Alliance for Europe



Population: 320,060

Treatment landscape:

1 hospital in Iceland treats almost all stroke patients in the acute phase (National Hospital in Reykavik). No stroke unit exists, but there is a neurological department

No national guidelines for stroke treatment exist, however, the National Hospital uses certain guidelines based on best practices from other countries

Almost all patients have their early rehabilitation at the rehabilitation unit of the National Hospital in the capital (otherwise in local hospitals outside the city)

Post-acute rehabilitation is in rehabilitation centres and outpatient clinics, and includes both physiotherapy and speech therapy

Stroke in Iceland:

Incidence:

41.9
strokes per

100,000
inhabitants
annually

190

strokes per year

Prevalence:

298.2
strokes per

100,000
inhabitants

1,251

strokes

Mortality:

30.0
deaths per

100,000
inhabitants
annually

152

deaths due
to stroke per year

Risk factor prevalence:



High blood
pressure

23.6%



High
cholesterol

69.8%



Smoking

17.5%



Raised
glucose

7.1%



Atrial fibrillation
(AF)

1.9%

Anticoagulant treatment rates:

No data has been published to demonstrate the use of oral anticoagulants in Iceland, however:

- There is much interest in starting thrombectomy once the necessary expertise is available

