

Stroke

Stroke is a medical emergency!

Any patient, visitor or co-worker may have signs or symptoms of a stroke! If you suspect a stroke, notify EMS/911 immediately outside of the hospital or notify appropriate personnel if you are working in a hospital.

Do not hesitate as time is **critical!**

Signs/symptoms of Stroke:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause

Remember:

Stroke is a medical emergency!

If a patient, visitor or co-worker presents with any of these symptoms, do not hesitate.

Act immediately as time is brain!

DEVELOPMENT TEAM

This toolkit was developed by the DSSN Training and Education Workgroup under the leadership of Jackie Moreland, Chair.

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This toolkit is available for download on the Delta State Stroke Network's website at www.deltastatesstroke.net. CD copies may also be available. Contact the Heart Disease and Stroke Prevention Program at your state health department:

Alabama: (334) 206-3977
Arkansas: (501) 661-2627
Louisiana: (225) 342-8094
Mississippi: (601) 576-7207
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Stroke

Awareness and Education Toolkit for Healthcare Providers



A toolkit to increase professional awareness and knowledge of stroke, including risk factors, signs and symptoms, triage care, protocols for treatment, rehabilitation options, patient quality of care issues, and other issues.

Developed by the Delta States Stroke Network

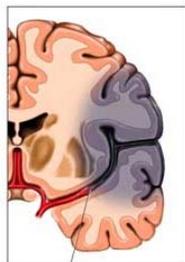


TOOLKIT OVERVIEW

Stroke Awareness and Education Toolkit for Healthcare Providers

A stroke is sometimes called a “brain attack.” A stroke occurs when part of the brain doesn't get the blood it needs because the blood supply to the brain is cut off or a blood vessel bursts. Without oxygen, brain cells begin to die and death or permanent disability can result.

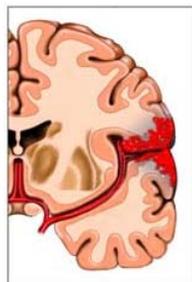
There are two types of stroke:



Ischemic Stroke

Ischemic stroke (the most common type) — This type of stroke happens when blood is blocked from getting to the brain. This often happens because the artery is clogged with fatty deposits (atherosclerosis) or a blood clot.

Hemorrhagic stroke — This type of stroke happens when a blood vessel in the brain bursts, and blood bleeds into the brain. This type of stroke can be caused by an aneurysm — a thin or weak spot in an artery that balloons out and can burst.



Hemorrhagic Stroke

A “mini-stroke”, also called a transient ischemic attack or (TIA), happens when, for a short time, less blood than normal gets to the brain. A person experiencing a TIA may or may not have visible signs of stroke. A TIA lasts from a few minutes up to a day and can be a sign of a full stroke to come.

The impact of a stroke depends on the type of stroke, the area of the brain where the stroke occurs, and the extent of brain injury. A mild stroke can cause little or no brain damage. A major stroke can cause severe brain damage and even death.

Toolkit Overview

- ▶ **Stroke Definition and Overview**
- ▶ **Statistics – Measuring the Burden of Stroke**
- ▶ **Risk Factors and their Relevance**
- ▶ **Signs and Symptoms**
- ▶ **Triage and Diagnosis**
- ▶ **Protocols for Treatment**
 - ▶ Best Practices
 - ▶ Diagnostic and Treatment Tools
 - ▶ Rehabilitation Options
- ▶ **Stroke Prevention**
- ▶ **Quality Improvement for Patient Care**
- ▶ **Professional Education**
 - ▶ Online Stroke Education for Healthcare Providers
 - ▶ PowerPoint Presentation
- ▶ **Patient Education**
 - ▶ Health Literacy Issues
 - ▶ Multimedia Resources
 - ▶ Patient Education Quick Reference Guide
 - ▶ Ideas for Community Education Activities
- ▶ **Bibliography and Other Useful Resources**
- ▶ **Examples of Education Materials**

The Stroke Awareness and Education Toolkit for Healthcare Providers is available for free download on the Delta State Stroke Network's website at www.deltastatesstroke.net. A limited number of copies of the toolkit on CD are available thru the State Health Department Heart Disease and Stroke Prevention Programs in Alabama, Arkansas, Louisiana, Mississippi, and Tennessee. See the back of this brochure for contact information.

Stroke Prevention

80% of strokes can be prevented. Some stroke risk factors cannot be changed, such as age, family history, and ethnicity. But there are several risk factors you can control.

Reduce or eliminate these stroke risk factors:

- ▶ **High blood pressure** — High blood pressure can be controlled by making lifestyle changes, such as eating less salt and exercising more. Sometimes medicine is also prescribed to help lower blood pressure.
- ▶ **High Cholesterol** — High cholesterol levels may be lowered by eating a healthy diet with regular exercise. Medication may also be needed to reduce cholesterol.
- ▶ **Smoking** — People who smoke double their risk of having a stroke. **Quitting smoking reduces stroke risk almost immediately.** Call 1-800-QUIT-NOW to reach the local tobacco cessation quitline in your state.
- ▶ **Diabetes** — Diabetes can be controlled by maintaining healthy eating and exercise habits, and may require medication or insulin.
- ▶ **Obesity** — The Body Mass Index (BMI) assessment tool can help determine healthy weight <http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/index.htm>.

Start reducing your stroke risk today!

Eat plenty of fruits, vegetables, and whole grains. Take advantage of the local produce in your community.

Understanding your personal risk and how to manage it can save your life.

Get plenty of exercise. You don't have to belong to a gym. Take a brisk walk on your lunch break or take the stairs instead of the elevator. Every step counts!