



Stroke





Objectives

- * Identify signs & symptoms of a stroke
- * Identify what to do when you suspect someone is having a stroke



BEFAST is a mnemonic you can use to quickly remember the signs & symptoms of a stroke



Balance

Watch for sudden loss of balance or coordination.



Eyes

Check for vision loss in one or both eyes.



Face Drooping

Does one side of the face droop or is it numb?
Ask the person to smile.



Arm Weakness

Is one arm weak/numb? Ask the person to raise both arms. Does one drift downward?



Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Ask him/her to repeat a simple phrase like, "the sky is blue."



Time to **CALL 911**

If the person shows any of these symptoms, even if they go away, call 911 and get to the hospital immediately.

Other symptoms to look for: Sudden weakness of the leg | confusion or trouble understanding | trouble walking | severe headache with no known cause.



B.E.



* **Balance-** Look for sudden loss of balance or coordination



* **Eyes-** Check for vision loss in one or both eyes



F.A.S.T.



* **Facial Drooping**- Is one side of the face drooping or numb? Ask the person to smile, is it equal?



* **Arm Weakness**- Is one arm weak/numb? Ask the person to lift their arms. Does one drift downward?



* **Speech Difficulty**- Is their speech slurred? Is the person difficult to understand. Ask the person to repeat a simple phrase like, "the sky is blue"



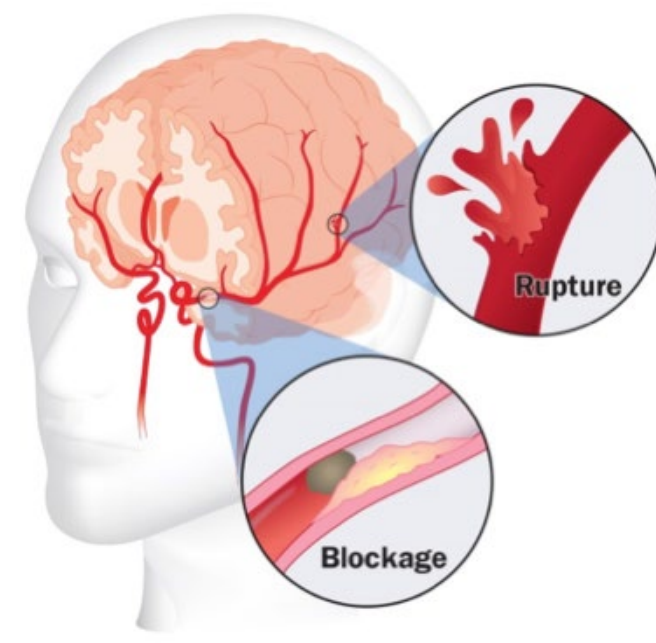
* **Time to Call**- **9-1-1** or **Code Stroke**



What is a stroke?

- ✱ Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts

EMERGENCY





Facts

- * Someone in the United States has a stroke every **40 seconds**. Every **4 minutes**, someone dies of stroke.
- * Every year, more than **795,000 people** in the United States have a stroke.
- * Approximately 87% of all strokes are ischemic strokes



TIME IS BRAIN

- * For every one minute a stroke is untreated 1.9 million neurons are lost





Signs & Symptoms

- * Difficulty walking
- * Paralysis
- * Coordination difficulty
- * Blurry vision
- * Vision loss
- * Difficulty speaking
- * Slurred speech
- * Fatigue
- * Dizziness
- * Facial abnormalities
- * Confusion
- * Headache
- * Altered sensation
- * Numbness/weakness



Risk Factors

Within control

- * High Cholesterol
- * High Blood Pressure
- * Diabetes
- * Obesity
- * Sedentary lifestyle
- * Smoking
- * Artery disease
- * Atrial fibrillation
- * Sickle Cell

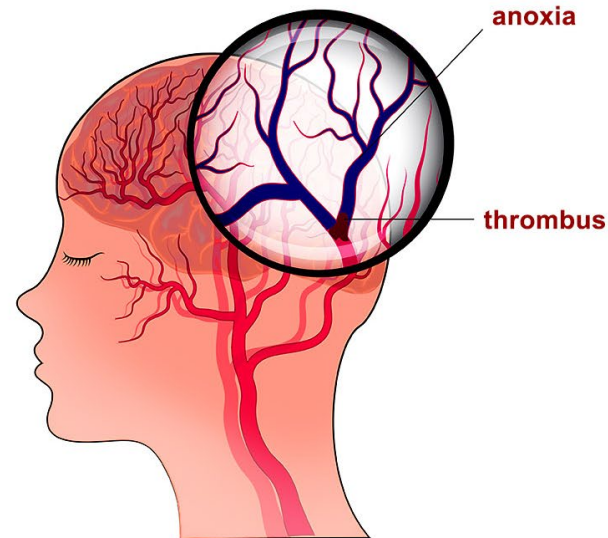
Not within control

- * Age
- * Family history
- * Race
- * Gender
 - * Women are at higher risk
- * History of TIA, Stroke, Heart Attack

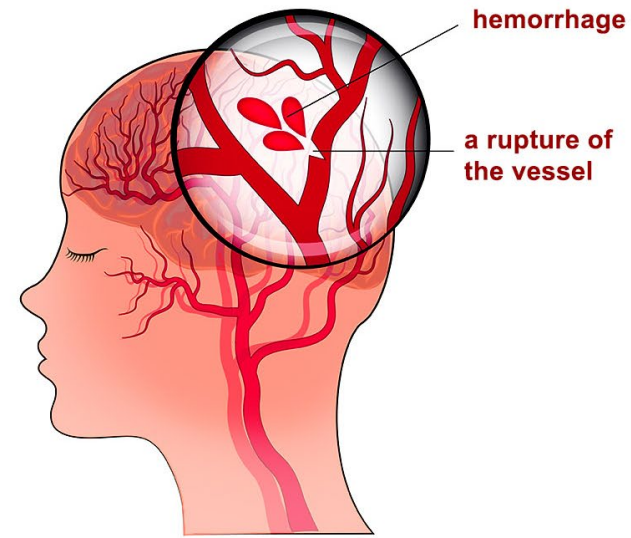


Stroke Types

- * *Ischemic*- clot obstructs the blood flow to the brain
- * *Hemorrhagic*- blood vessel ruptures, doesn't allow blood flow to the brain



Ischemic Stroke



Hemorrhagic Stroke



TIA (Transient Ischemic Attack)

- ✱ Also known as “mini-stroke”, caused by a temporary clot
- ✱ The symptoms are very similar to a stroke, but usually go away in a few minutes



Stroke Alert Process

- ✱ Any individual at MHMC who suspects someone may be experiencing stroke like symptoms may call **#1234** and initiate an overhead page of **Medical Alert Stroke**



Last Known Well (LKW)

- * The time the individual was last seen 'normal' for themselves
- * If the individual awoke with symptoms, the last known well is considered the time they went to sleep
- * Last known well time is used for determining the best treatment options for the patients
 - * Depending on the LKW time and the time the patient presents for evaluation the patient may be a candidate for a Mechanical Thrombectomy "clot retrieval" procedure or a "clot busting medication" known as Alteplase



Stroke Mimics

- * The following situations can mimic a stroke
 - * Alcohol Intoxication
 - * Infection
 - * Drug overdose
 - * Low blood sugar
 - * Migraines
 - * Seizure
 - * Tumors



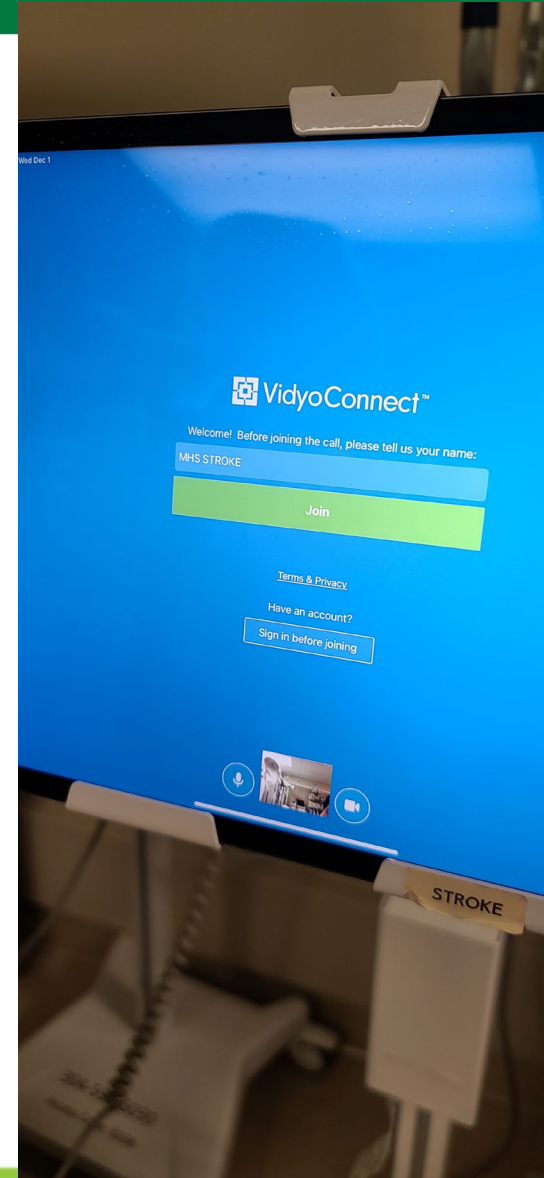
Dysphagia Screening

- ✱ All patients who are being treated as an actual or potential stroke must remain NPO until a dysphagia screening is completed



Access to Stroke Experts

- * Agreement with WVUH Neurology
- * Neurologists available 24/7
 - * Via bedside consultation
 - * Telemedicine





Clinical Practice Guidelines

- * The MHMC Stroke Program utilizes evidence based clinical practice guidelines to assist in providing the best possible care to our patients who may be experiencing a stroke
- * The clinical practice guidelines utilized can be found on
 - * Mon Net under Quick Links
 - * Policy Stat under Stroke policies



Questions

- ✱ If you have any questions regarding Stroke or the MHMC Stroke Program
 - ✱ Contact the Stroke Coordinator at extension #2802