

Stroke

What is a Stroke?

A stroke is when there is a lack of blood flow to part of the brain. There are two main causes:

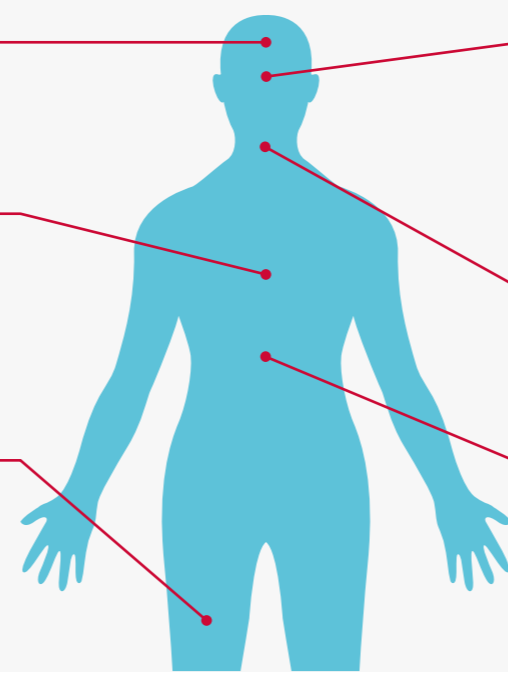
1. A blood clot, when the blood supply has stopped (approx. 85% of cases)
2. Or a weakened blood vessel that has burst which supplies blood to the brain.



Strokes are life threatening, call your designated telemedicine provider immediately.

Signs and Symptoms

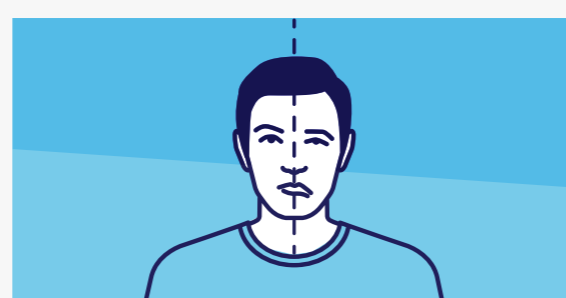
- Sudden severe headache or confusion, cause is unknown
- Sudden lack of coordination, patient will feel dizzy and will have trouble walking
- Sudden paralysis down one side of your body, can be localised
- Patient will experience sudden visual problems, could be in one or both eyes
- Sudden difficulty with speaking and swallowing
- The patient will feel numbness in part of the body



4 Quick Steps to Identify Strokes - Fast

Face

Say to the patient “show me your teeth”, does one side of their face drop?



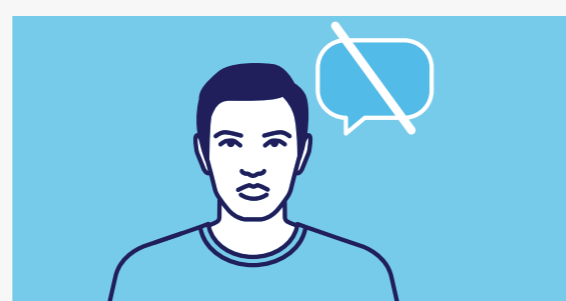
Arms

Say to the patient “raise both your arms”, are both of their arms at the same height?



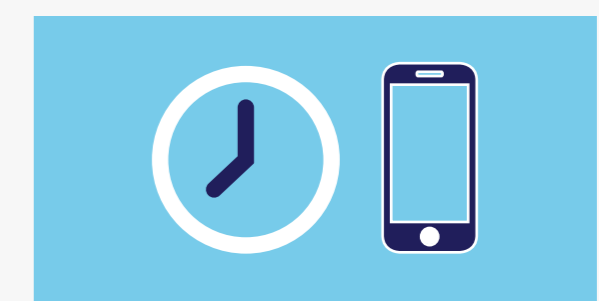
Speech

Ask the patient to say, “all hands on deck”, is their speech strange or slurred?



Time

If the answer is yes to any of these above then contact Telemedicine provider **IMMEDIATELY**



Action Plan – This is an Emergency

- Contact Telemedicine provider **IMMEDIATELY**
- If unconscious and not breathing, follow CPR instructions and give oxygen
- If unconscious and breathing place in recovery position
- If conscious, give medication as indicated by Telemedicine provider
- Do not give them anything to eat or drink because it may be hard for them to swallow
- Carefully observe patient and note down any changes in condition. Be sure to mention to the telemedicine provider if the person fell or hit their head.