
Stroke

Learning Objectives:

1. Recognize signs and symptoms of Stroke
2. Understand what to do if a Stroke is suspected

AGENDA

This lesson can be added to the Adult Hands Only CPR lesson, following Step 6: "Introduce and Demonstrate Pulse Point app"

- Provide background information about Stroke
- Describe symptoms of strokes
- Describe what to do if a stroke is suspected
- Answer FAQ about strokes

MATERIALS NEEDED

- Written Materials or giveaways

ACTIVITY

1. PROVIDE BACKGROUND INFORMATION ABOUT STROKE

- About 3,000 patients each year are transported by ambulances for stroke symptoms (KC and Seattle combined)
- Stroke is the 6th leading cause of death in King County
- Stroke can happen to any age, but more prevalent in older folks

2. ASK, "WHAT ARE SOME SYMPTOMS OF A PERSON HAVING A STROKE?" THERE IS AN ACRONYM TO HELP REMEMBER SYMPTOMS- F.A.S.T.:

- F= Face Drooping
- A= Arms- Hold both arms in front of you; one arm may be difficult to lift or slowly fall or drift
- S= Speech- Slurred or confused
- T= Time since you last saw person well or "normal." Time to call 9-1-1. Why is knowing the time important? It determines the type of procedure to use to treat a stroke. Call 9-1-1 immediately. The longer you wait for treatment, the less chance of full recovery.
- There are other symptoms
 - Sudden Confusion
 - Sudden trouble walking, dizziness, loss of balance or coordination
 - Sudden severe headache- worse than a migraine
 - Decreased field of vision



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3. EXPLAIN WHAT TO DO IF A STROKE IS SUSPECTED

- Call 911
- Don't eat or drink
- Don't take aspirin
- Have a list of medications easily accessible for first responders
- Bystander- report last known time person seemed well/"normal"

4. ANSWER QUESTIONS ABOUT STOKES. FAQ:

- There are two types of strokes
 - Ischemic Stroke- Most common (80%). When an artery is blocked by blood clots or a gradual build-up of plaque
 - Hemorrhagic Stroke- Caused when arteries rupture and there is bleeding into the brain
- TIA (transient ischemic attack) is temporary blockage of an artery. It's a strong risk factor of future strokes
- EMS response typically takes 3-5 minutes, paramedics 7-8 minutes after initial call
- You should not give a stroke patient anything to eat or drink
- Risk Factors- High blood pressure, diabetes, heart disease, physical inactivity, obesity, high cholesterol, smoking
- Prevention- Exercise, eat a healthy diet, and maintain a healthy weight

Adaptations for limited English/VPSI communities:

- Instructors teach lesson in native language of students
- Use Interpreters to assist with lecture portion of lesson plan
- Supplement with written materials in native language
- Remember that the "FAST" acronym may not translate into other languages. Adapt or delete reference to the acronym "FAST," based on the language used by the student



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