

Course Information

- **Target Audience: SEH Volunteers.**
- This CBL includes **19** content slides.
- You *must* review each slide for completion credit.
- This module includes **1** assessment.
- Final assessment requires **passing score of 80%**. You have **unlimited** attempts.
- ***Technical issues?*** Contact the helpdesk at **(859) 301-2541** or SDExpress.Helpdesk@stelizabeth.com
- ***Content questions?*** Contact Jennifer.Fraiture@stelizabeth.com.
- **Shared computer?** Clear history and cookies (via browser settings). *Not doing so could impact CBL completion on transcript.*

Stroke Updates

**2025
Version**

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Objectives

The **non-clinical** learner will be able to:

- Identify signs and symptoms of a stroke and Transient Ischemic Attack (TIA).
- Identify the importance of rapid recognition and treatment.
- Describe the risk factors for a stroke.



What is a stroke?

- Is a disease that affects the arteries leading to and within the brain.
- Occurs when blood vessels that carry oxygen and blood to the brain become blocked or rupture.
- Part of the brain cannot get the blood and oxygen it needs, so it and brain cells die.

WHAT IS A STROKE?

A stroke, sometimes called a “brain attack,” occurs when blood flow to the brain is interrupted.



2 MAJOR KINDS OF STROKE

MOST COMMON:

Ischemic stroke

is caused by a blockage of blood vessels in the neck or brain, most often caused by a blood clot or severe narrowing of the blood vessels.

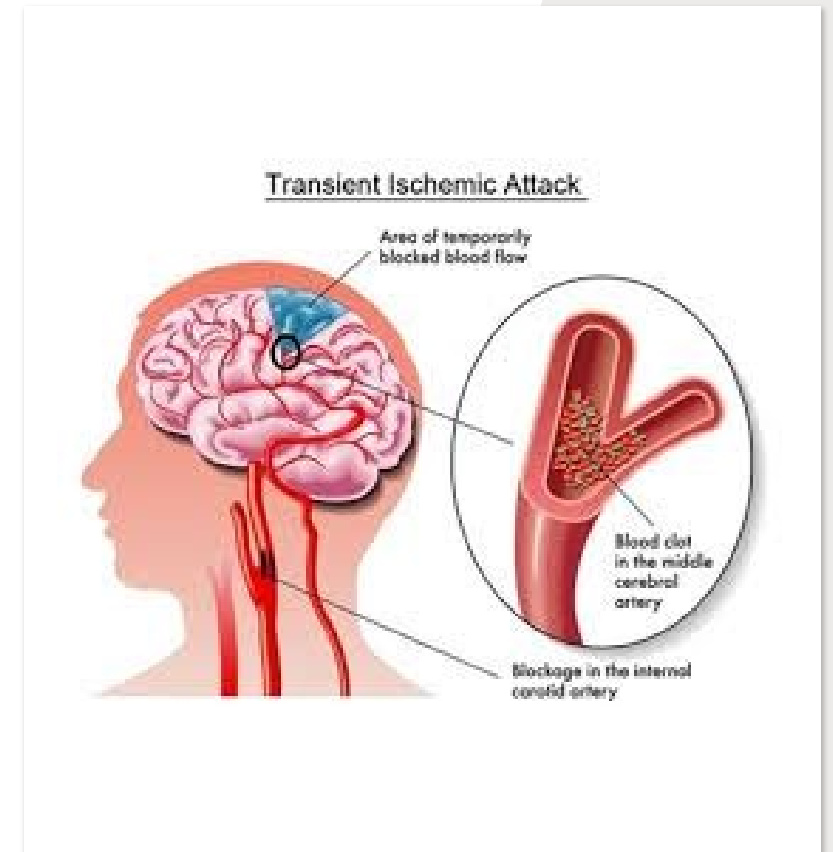
SECOND MOST COMMON:

Hemorrhagic stroke

is caused by a blood vessel in the brain that breaks and bleeds into the brain.

Transient Ischemic Attack (TIA)

- Occurs when a blood clot *temporarily* clogs an artery in the brain.
- These are “warning strokes” or “mini-strokes.”
- Symptoms of a TIA are the same as a stroke except they only last a short time.





Transient Ischemic Attack (TIA)

- Unlike a stroke, there is no lasting damage to the brain.
- Around 1/3 of people who have a TIA have a more severe stroke within one year.
- Call 911 immediately if you have any of these symptoms!

Stroke: Signs and Symptoms



- Facial drooping
- Numbness in arm, leg, or face
- Weakness in arm, leg, or face
- Slurred speech
- Trouble speaking or understanding speech
- Confusion
- Sudden trouble seeing out of one or both eyes
- Severe headache
- Nausea
- Difficulty walking or maintaining balance
- Dizziness

SIGNS OF A STROKE.

BE FAST

Balance - Watch for sudden loss of balance.

Eye - Watch for sudden vision loss.

Face - Look for uneven smile.

Arm - Check if one arm is weak.

Speech - Listen for slurred speech.

Time - Call 9-1-1 at the first sign.

- **DON'T DRIVE.**
- **DON'T DELAY.**
- **CALL 911 RIGHT AWAY.**

The sooner you call 911, the better chance of recovery.

What is the Impact of a Stroke?

- About **795,000 Americans** suffer a new or recurrent stroke each year.
 - a stroke occurs every **40 seconds**
- Stroke is the **#5 leading cause of death in the United States.**
 - stroke kills nearly 142,000 people each year.
 - 1 of every 19 deaths.
- Stroke is the **leading cause of functional impairment.**





**STROKE HAS
NO AGE LIMITS.**

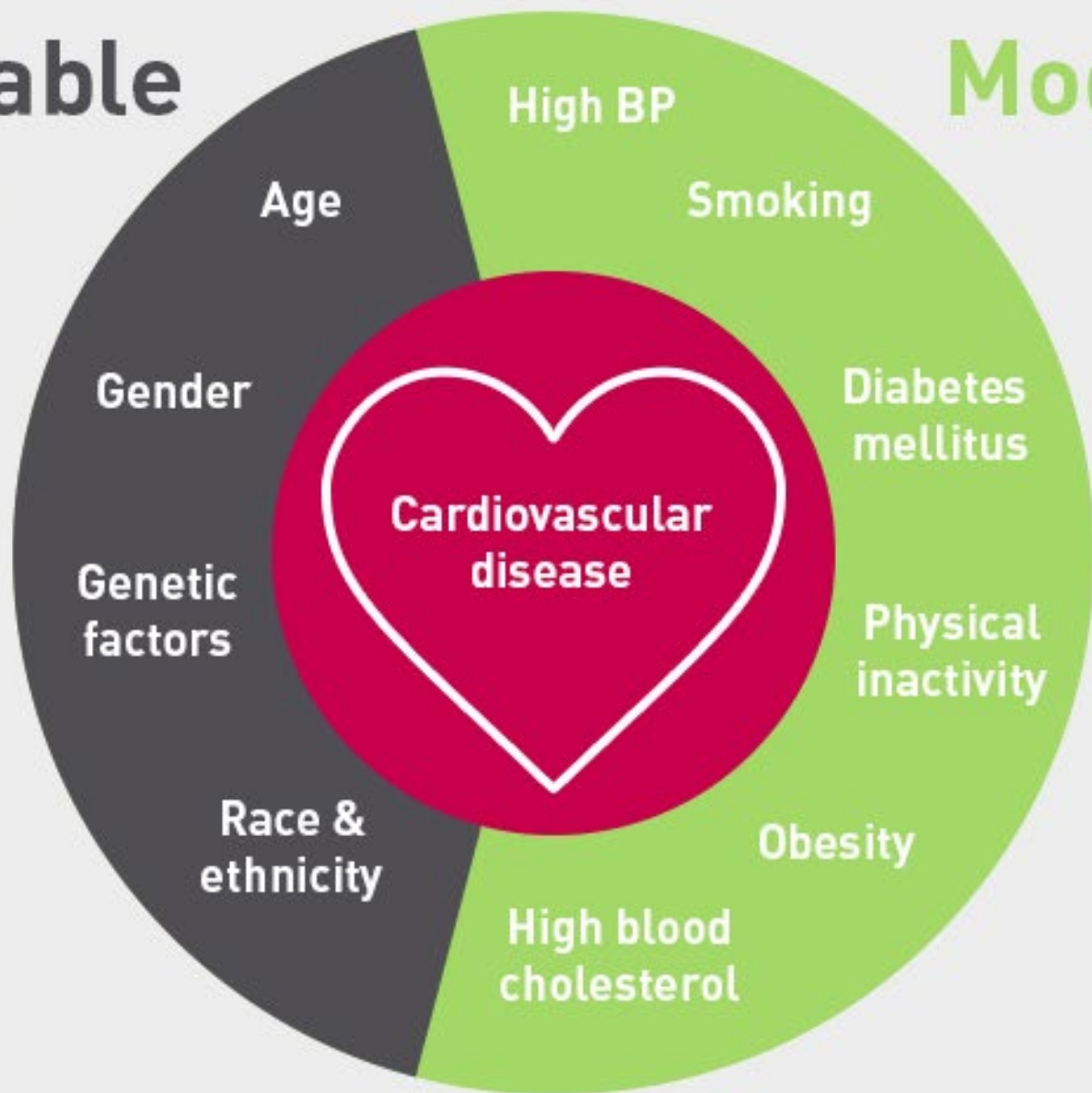
**It can happen to
children, even infants.**

Stroke Prevention

- Did you know **up to 80% of strokes are preventable?**
- **Strokes can happen to anyone at anytime.** It is a myth that strokes only happen to the elderly.
- Strokes are sometimes referred to as a **“brain attack”**.

Non-modifiable risk factors

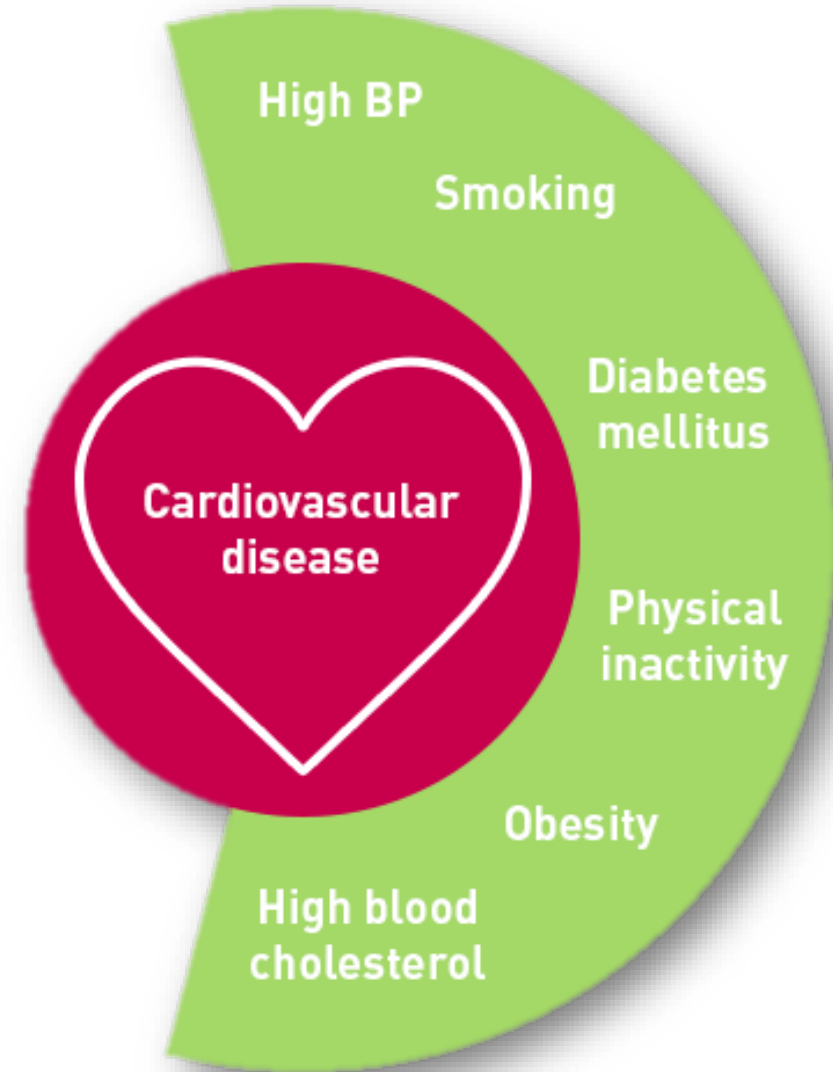
Modifiable risk factors



Risk Factors You **CAN** Change

Modifiable Risk Factors

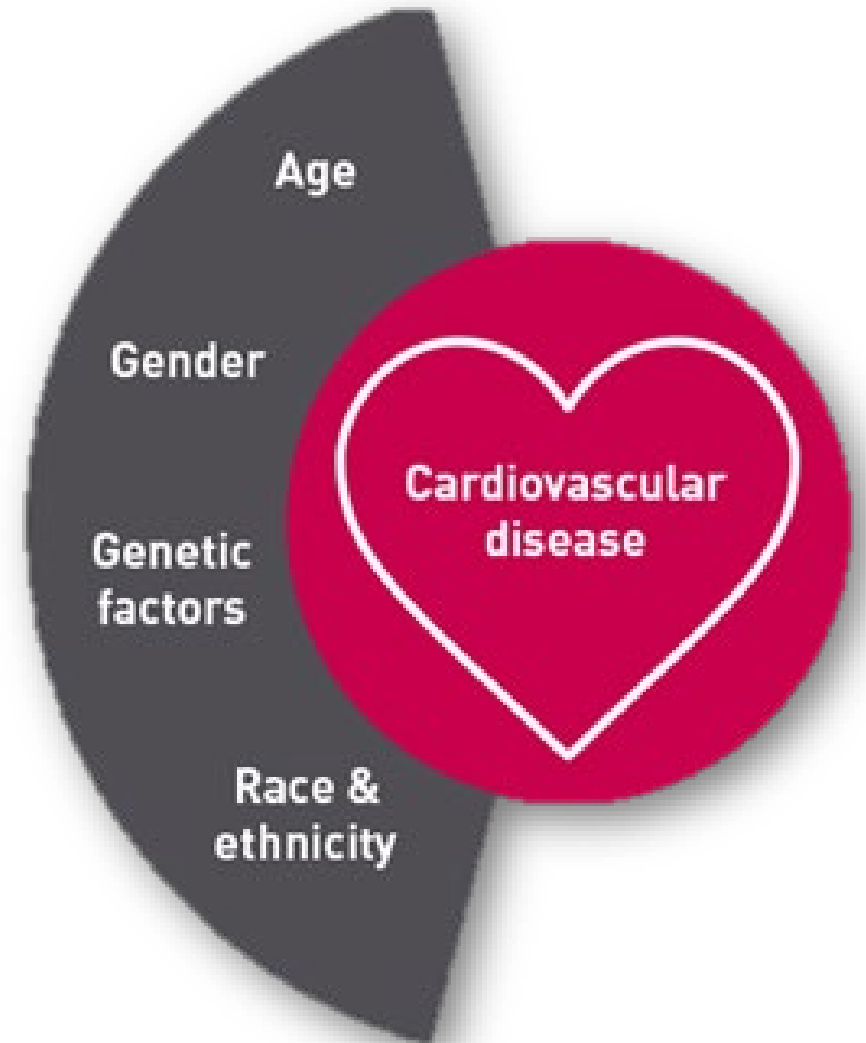
- High Blood Pressure
- Cigarette Smoking (quit)
- Diabetes (manage)
- Carotid or other artery disease
- Atrial Fibrillation
- Poor diet
- High Cholesterol
- Peripheral artery disease
- Physical Inactivity/Obesity
- Other Heart Disease
- Alcohol/Drug Abuse



Risk Factors You **CANNOT** Change

Non-modifiable Risk Factors

- Age
- Gender
- Race
- Sickle Cell Disease
- Family History
- Prior stroke, TIA, or heart attack



Women and Stroke

- **One in 5 women** will have a stroke.
- About **55,000 more women than men** have a stroke each year.
- Stroke is the **No. 4 cause of death in women.**
- Stroke kills **over 80,000 women** a year.



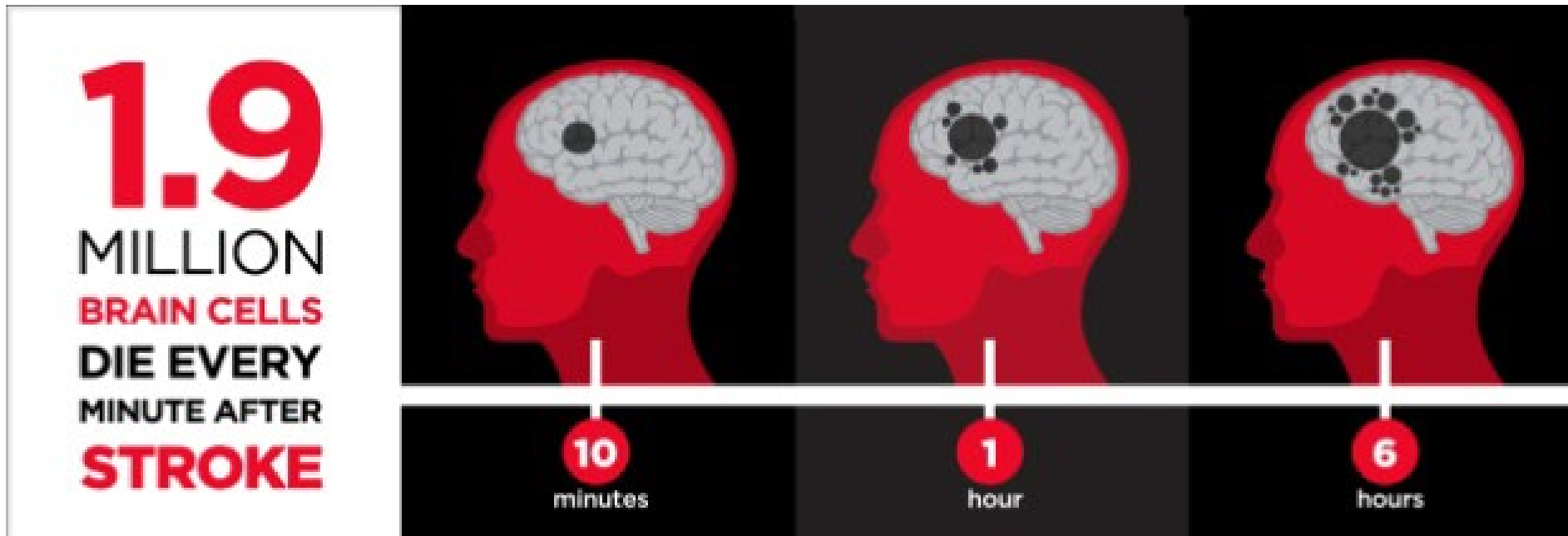
Stroke is a Medical Emergency!

If you notice one or more of the warning signs for stroke, **BE F-A-S-T**:

Get help immediately by:

- ✓ Calling **9-1-1** from outside our inpatient facilities
- ✓ **2-2222** from within any of our inpatient facilities.





Time Lost is Brain Lost!

Learn to
Recognize a
Stroke...

- ✓ Know the warning signs of a stroke and teach them to others.
- ✓ There are treatments to reduce the risk of damage from a stroke.
- ✓ The earlier treatment is started, the better the outcome!

Stroke Recovery

- Stroke recovery is a **lifelong process**, and it is **different for everyone**.
- Stroke survivors may need to relearn skills that are suddenly lost when part of the brain is damaged.
- There are nearly **7 MILLION stroke survivors** in the **United States**.



Joint Commission Certified Stroke Centers

- St. Elizabeth Edgewood, Florence, and Ft. Thomas are certified by The Joint Commission as **Primary Stroke Centers**.
- St. Elizabeth Covington and Grant are certified **Acute Stroke Ready Hospitals** by The Joint Commission.

We provide the highest level of care for our stroke patients.



Code Stroke

If an **inpatient** exhibits any signs and symptoms of a stroke, call a **Code Stroke** @ **2-2222!**



Call a **Code Stroke** EVEN when there is a physician on the unit
(Many processes are implemented behind the scenes when a **Code Stroke** is called)

References

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Review

1. Which of the following is a **symptom** of stroke?

- A. Facial droop
- B. Arm weakness
- C. Slurred speech or difficulty speaking
- D. All of the above

2. If you observe a patient with the signs and symptoms of stroke at Edgewood/Covington/Florence/Ft. Thomas/Grant/Dearborn, call **2-2222**

- A. True
- B. False

Review

3. Which of the following is a **risk factor** for stroke?

- A. High blood pressure
- B. Smoking
- C. Obesity
- D. All of the above

4. **TIA**'s place you at a higher risk to have a stroke.

- A. True
- B. False

Review

5. Which acronym describes how to assess for a stroke?

- A. P-U-L-L
- B. P-A-S-S
- C. B-E-F-A-S-T
- D. R-A-C-E
- E. F-A-S-T

6. St. Elizabeth **Edgewood, Florence** and **Fort Thomas** are certified by The Joint Commission as **Primary Stroke Centers**

- A. True
- B. False

Review

7. Up to **80%** of strokes are **preventable**.

A. True B. False

8. Strokes only happen to the **elderly**.

A. True B. False

9. If medical help is sought early enough, treatments exist for some strokes that may reduce, reverse, or even eliminate the damage from a stroke.

A. True B. False

10. Once someone suffers a stroke with disability, those disabilities are **permanent** for the rest of their life.

A. True B. False

11. I confirm that I am a **non-clinical** (no patient contact) associate/volunteer.

A. True B. False