

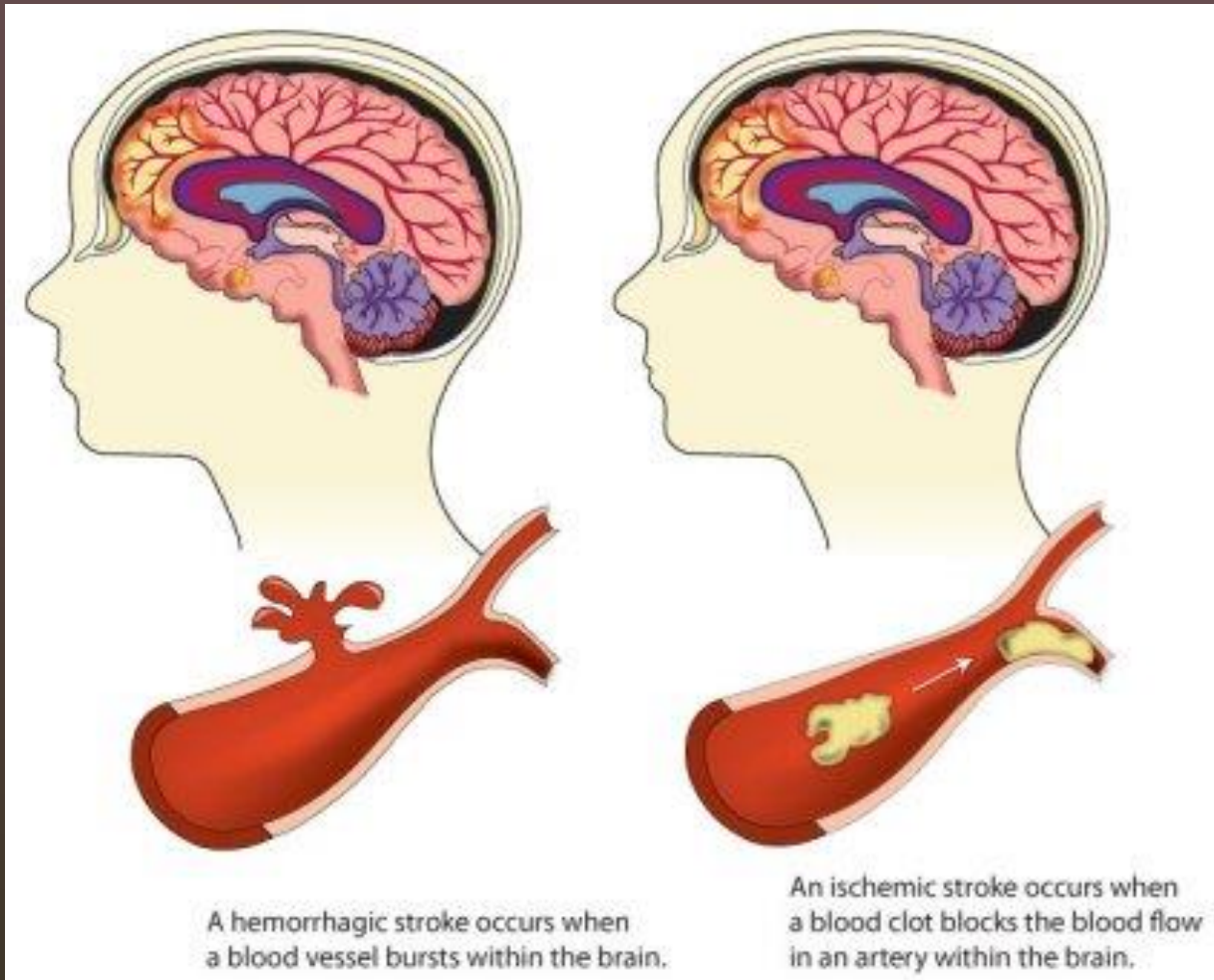
# STROKES

Johnson County Health Department

Amber Terhune, RN, BSN, Health Educator

January 2018

Several thin, white, parallel lines of varying lengths and slopes are positioned on the right side of the slide, extending from the top right towards the bottom left.



- ▶ Brain attack
- ▶ Cerebral vascular accident
- ▶ Blood supply blocked
- ▶ Blood vessel rupture

CDC. *Stroke: Types of Stroke*, 24 Aug. 2017.  
[https://www.cdc.gov/stroke/types\\_of\\_stroke.htm](https://www.cdc.gov/stroke/types_of_stroke.htm)

# WHAT IT IS

# STROKE BY THE NUMBERS

Every  
**40 seconds**  
someone  
has a  
stroke



**55,000**



About 55,000 more  
women than men  
have a stroke each year



**1 in 4** strokes  
are in people  
who have had  
a previous stroke

**#5**

**Cause of  
death  
in the USA**



**80% OF ALL STROKES  
CAN BE PREVENTED**



American  
Heart  
Association

life is why™

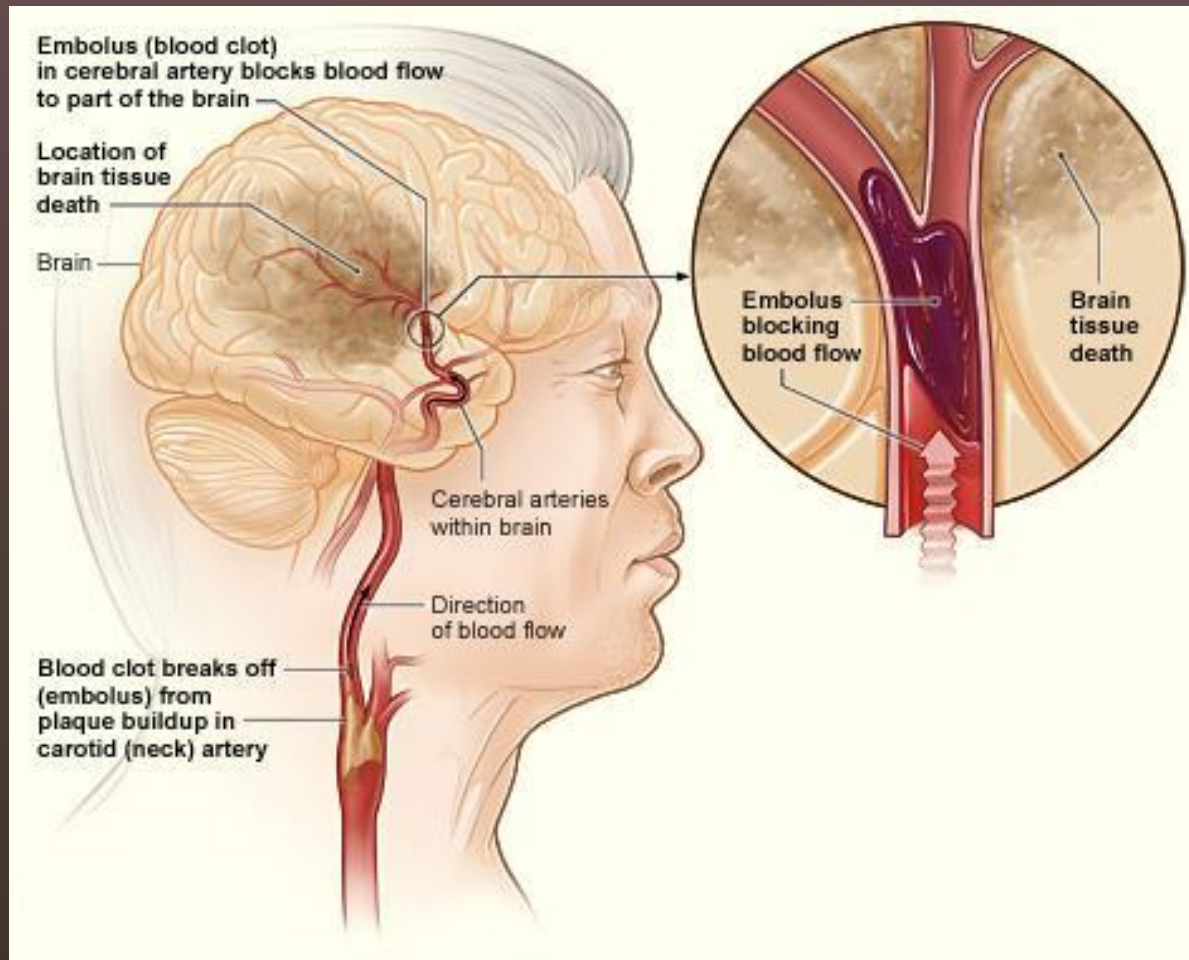


American  
Stroke  
Association®

**Together  
to End Stroke™**

Image Gallery. Stroke Statistics, 2017.  
<http://keywordsuggest.org/gallery/382542.html>

## STATISTICS

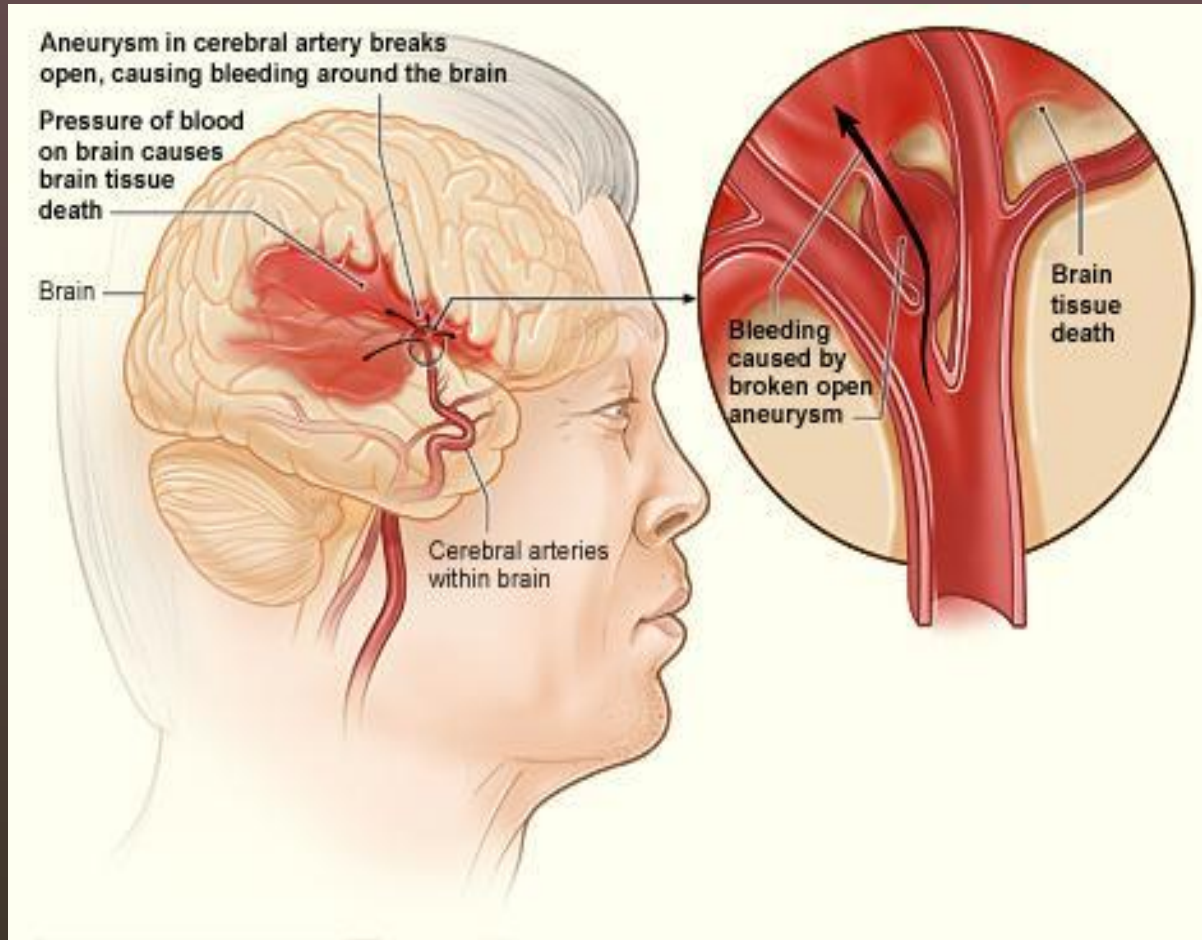


- ▶ Blood flow blocked to brain
- ▶ Thrombotic
- ▶ Embolic

NIH. *Stroke: Types*, n.d.  
<https://www.nhlbi.nih.gov/health-topics/stroke>

# ISCHEMIC STROKE



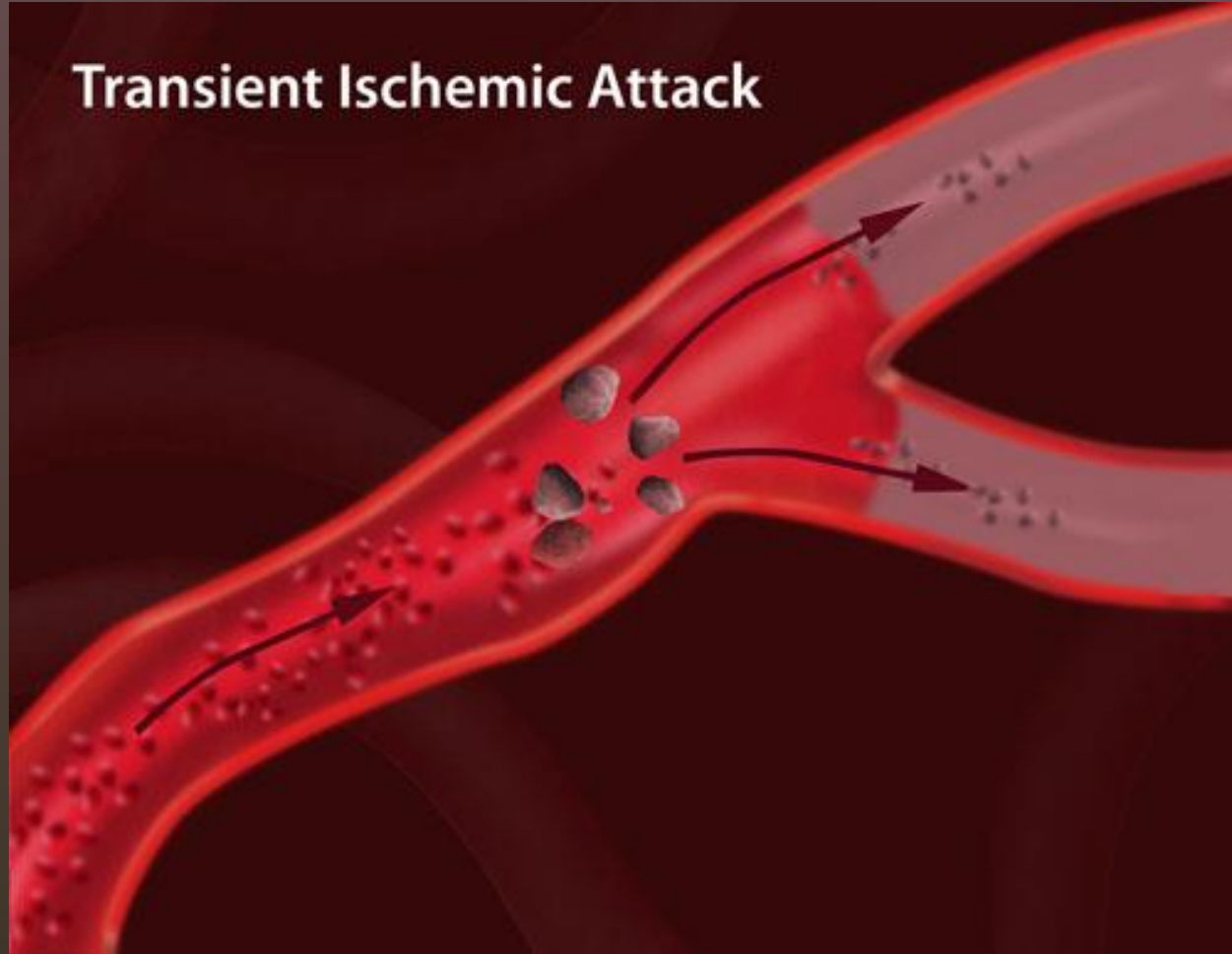


- ▶ Leaking or bursting of blood vessel
- ▶ Intracerebral
- ▶ Subarachnoid

NIH. *Stroke: Types*, n.d.  
<https://www.nhlbi.nih.gov/health-topics/stroke>

# HEMORRHAGIC STROKE

## Transient Ischemic Attack

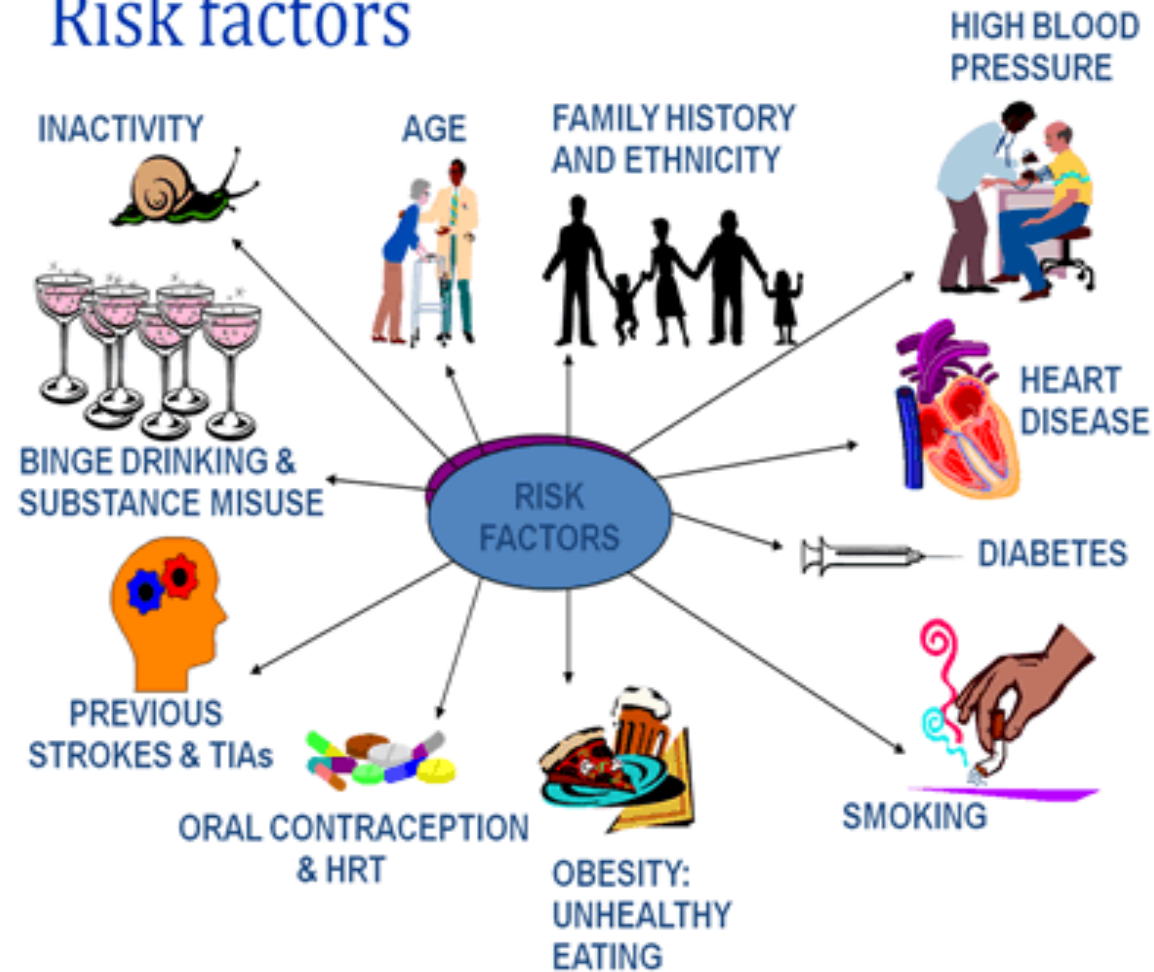


- ▶ Warning or “mini” stroke
- ▶ Temporary blockage
- ▶ No permanent damage

Centre for Neuro Skills. What is a Stroke?  
2018. <https://www.neuroskills.com/brain-injury/what-is-a-stroke-.php>

# TRANSIENT ISCHEMIC ATTACK

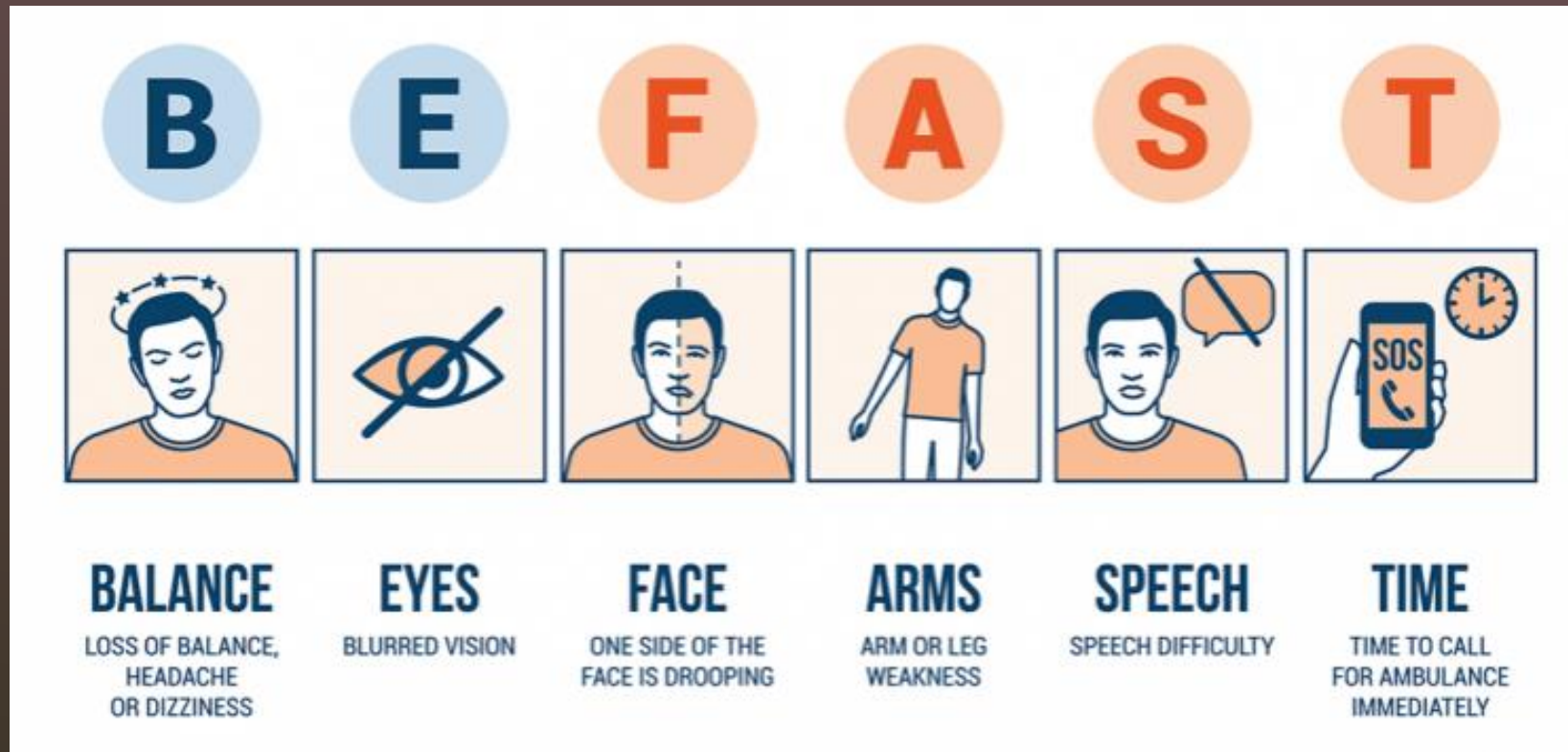
# Risk factors



- ▶ Sickle Cell Disease
- ▶ Sleep apnea
- ▶ Stress
- ▶ Sex

Debbie et. al. VisiHow. *Prevent and Recognize the Symptoms of a Stroke*, n.d.  
<http://visihow.com/Prevent and Recognize the Symptoms of a Stroke>

# RISK FACTORS



Centra Health. *Time to Get  
Stroke Savvy*, 1 May  
2017. <https://www.centrahealth.com/time-get-stroke-savvy>

# SYMPTOMS

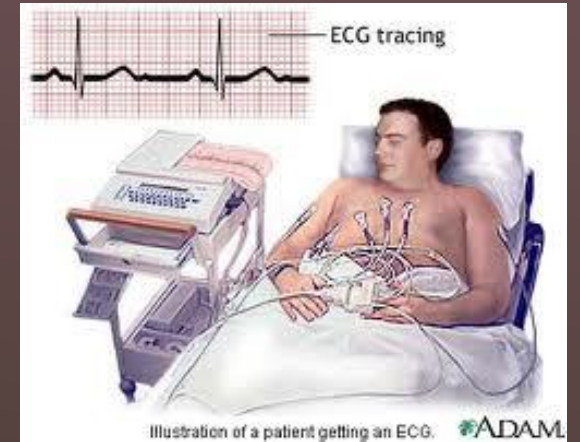
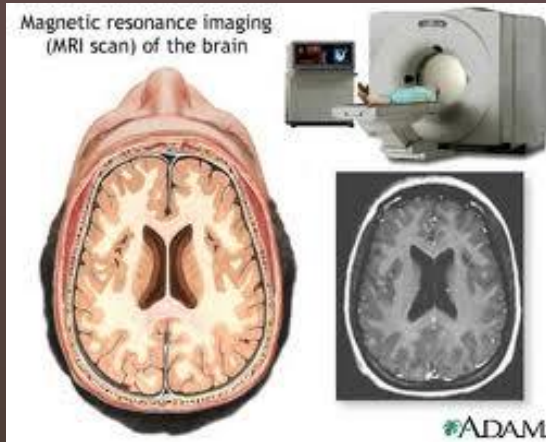




# TIME LOST IS BRAIN LOST

Health University of Utah. *What Are the Signs of Stroke?*  
2018. <https://healthcare.utah.edu/neurosciences/neurology/signs-of-stroke.php>

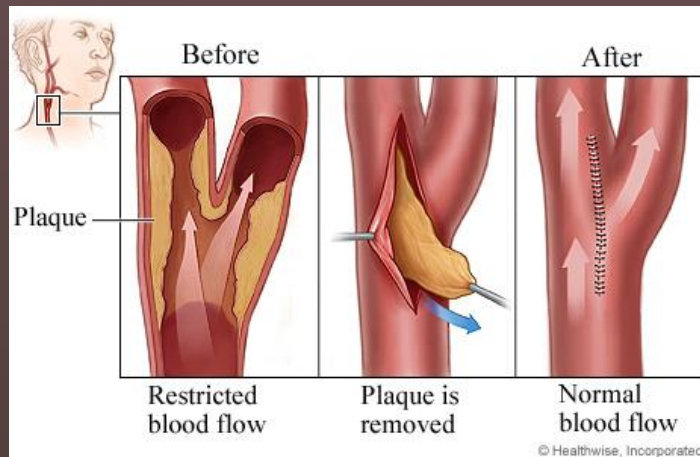
## CALL 911 IF STROKE SUSPECTED



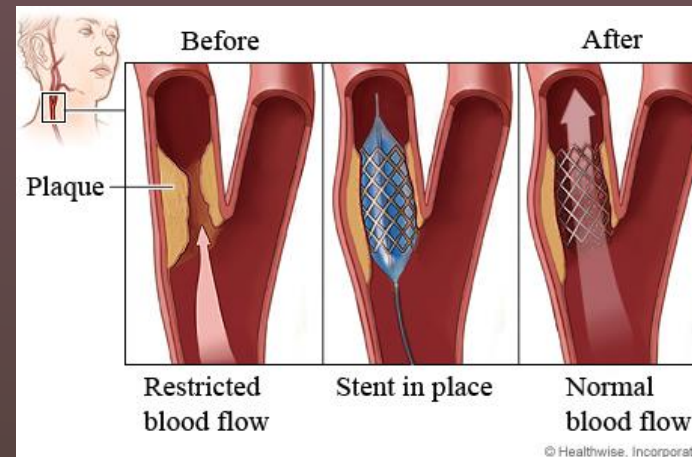
Kenny, Marilyn. Stroke Thriver's. *Stroke*, 2010.  
<http://thestrokehrivers.blogspot.com/p/what-is-stroke.html>

► Physical exam ► Blood tests ► Echocardiogram ► Cerebral angiogram

# DIAGNOSTIC TESTING

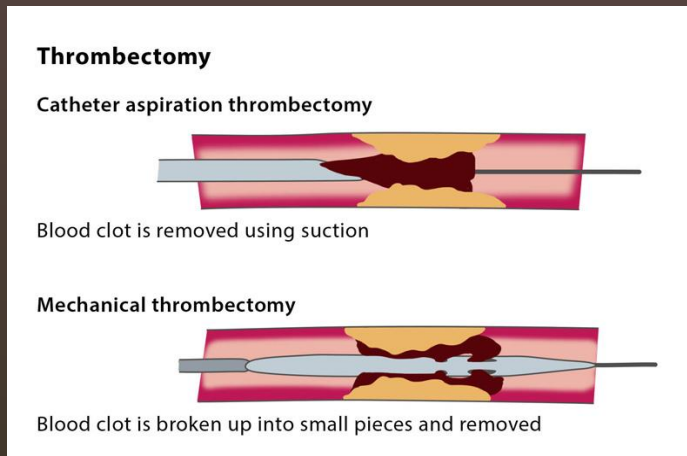


Thompson, E. Gregory et. al.  
My Health Alberta. Carotid  
Endarterectomy, 3 Apr. 2017.  
[https://myhealth.alberta.ca/  
health/tests-  
treatments/pages/conditions  
.aspx?hwid=abk6997](https://myhealth.alberta.ca/health/tests-treatments/pages/conditions.aspx?hwid=abk6997)



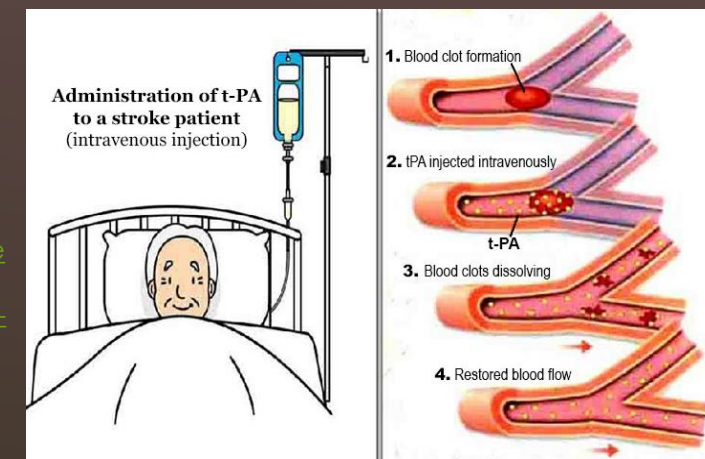
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x?hwid=abk7000](https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abk7000)

Jitendra. American Medical  
Coding. *Excellent Tips to Code  
Mechanical Thrombectomy in  
Dialysis AV Fistula*, 18 Sep. 2016.  
[https://www.americanmedicalcodi  
ng.com/code-mechanical-  
thrombectomy-dialysis-av-fistula/](https://www.americanmedicalcoding.com/code-mechanical-thrombectomy-dialysis-av-fistula/)



Takano, Junji. Bulletin. *The  
'Magic Bullet' for Treating  
Stroke + FAST Chart*, 4 Sep.  
2013.

[http://www.homeopathyhome  
.com/forums/forum/holistic-  
therapies/discussion/12520-the-  
magic-bullet-for-treating-  
stroke-fast-chart](http://www.homeopathyhome.com/forums/forum/holistic-therapies/discussion/12520-the-magic-bullet-for-treating-stroke-fast-chart)



# ISCHEMIC TREATMENT



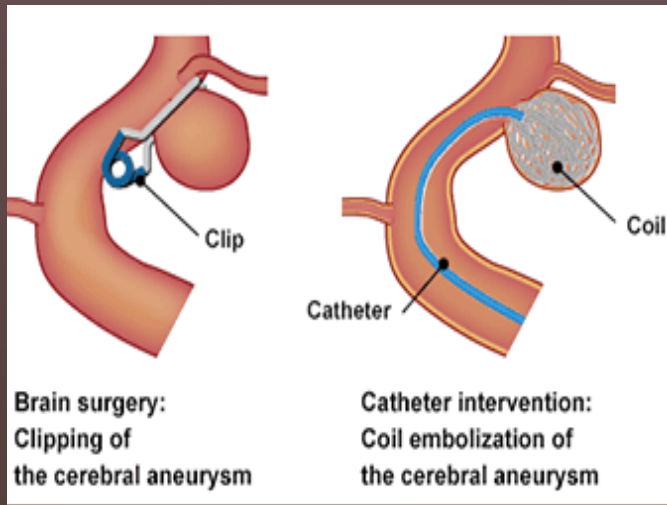
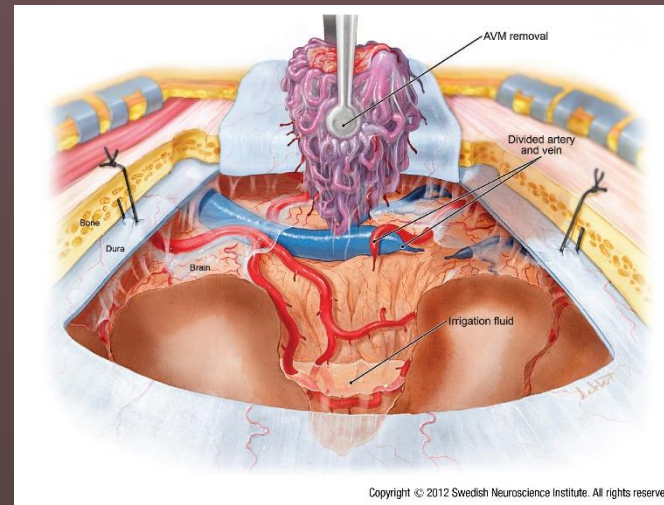
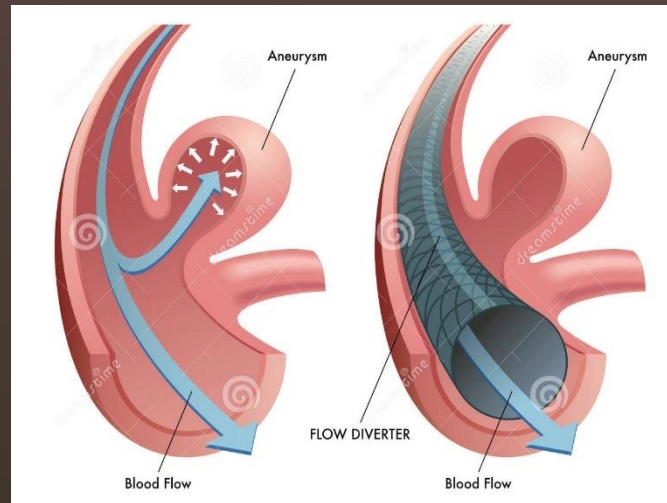


Image Gallery. Subarachnoid Aneurysm, 2017.  
<http://keywordsuggest.org/gallery/587470.html>

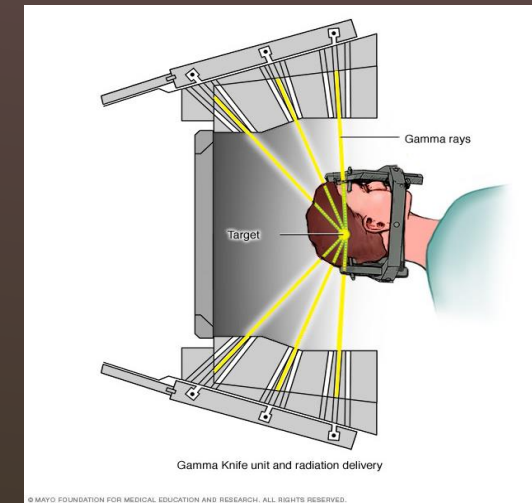


Newell, MD, David W. Seattle Neuroscience Institute. Cerebral Arteriovenous Malformations, 12 May 2017.  
<http://seattleneurosciences.com/blog/arteriovenous-malformations-of-the-brain/>

Dreamstime. Flow Diverter, n.d.  
<https://www.dreamstime.com/stock-illustration-flow-diverter-medical-illustration-function-image44633052>



Mayo Clinic. Stereotactic Radiosurgery, 30 Dec. 2017.  
<https://www.mayoclinic.org/tests-procedures/stereotactic-radiosurgery/about/pac-20384526#!>



# HEMORRHAGIC TREATMENT



## PHYSICAL

There are many types of vision problems and treatments; survivors can face balance and posture problems, disorientation, trouble focusing or a reduced blink rate.

Paralysis of the throat muscles; can disrupt the swallowing process and make eating, drinking, taking medicine and breathing difficult.

Weakness or paralysis that limits the ability to raise the front part of the foot.



Issues that can develop are sleep-related breathing disorders, changing sleep patterns, as in sleeping more during the day than at night, and insomnia.

Lack of ability to control bladder and/or bowel movements.

Weakness or the inability to move one side of the body.

## COGNITIVE



## LIFESTYLE



Pinterest. Explore Stroke Recovery, Coming Home, and More! n.d.  
<https://www.pinterest.com.au/pin/351421577144330024/>

# COMPLICATIONS



[www.stroke.org](http://www.stroke.org)

- 1 in 4 survivors has another stroke within 5 years

Pinterest. Explore Stroke Recovery, Coming Home, and More! n.d.  
<https://www.pinterest.com.au/pin/351421577144330024/>

# LIFE AFTER



KEEP YOUR  
BLOOD PRESSURE LOW



LOWER  
YOUR CHOLESTEROL



EAT HEALTHY FOOD



EXERCISE REGULARLY



TREAT SLEEP APNEA



MANAGE YOUR DIABETES



DRINK IN MODERATION



STOP SMOKING



AVOID STRESS



MANTAIN  
AN HEALTHY WEIGHT

urseslabs.com  
FOR ALL YOUR NURSING NEEDS

Belleza, RN, Marianne.  
Nurseslabs. *Cerebrovascular  
Accident (Stroke)*, 8 Nov. 2016.  
[https://nurseslabs.com/cerebro  
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# PREVENTION



Crew Tags. Medical Alert Horizontal Wallet Card, 2017. <https://crewtags.com/medical-alert-id/medical-alert-horizontal-wallet-id-card>



American Heart Association News. F.A.S.T. Stroke App Helps Save a Life, 7 Oct. 2015. <https://news.heart.org/f-a-s-t-stroke-app-helps-save-a-life/>

# BE PREPARED



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Centers for Disease Control and Prevention. "Stroke." *CDC.gov*, 13 Nov. 2017. <https://www.cdc.gov/stroke/index.htm>. Accessed 8 Jan. 2018.

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