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What to do after a stroke?



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All information above has been reviewed by Neurology specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

I. Early warning signs of stroke

Early Symptoms of Stroke "FAST", representing four assessment items, simple formulas can allow people to quickly identify the early symptoms of stroke.

F



Face

Grind your teeth and look for facial asymmetry or crooked mouth corners.

A



Arm

Raise your hands flat for 10 seconds to see if there is weakness or unilateral arm drooping.

S



Speech

Speak or answer questions, looking for lisp or inability to express.

T



Time

When symptoms of a stroke are suspected, determine the time of onset and seek emergency treatment as soon as possible.

II. Emergency treatment in case of occurrence

When faced with a suspected stroke situation, people must be caught off guard. First of all, you must keep calm and confirm the patient's consciousness, breathing and reaction status. The processing steps are as follows:



keep calm



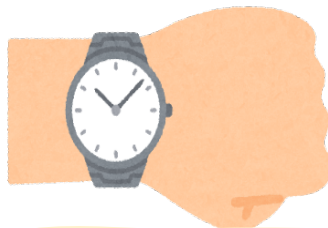
**Do not give medicines
and food**



**Loosen the patient's
tight clothing and
remove the dentures**



**Assist in side lying
to keep the airway
open**



**Write down the
patient's symptoms
and time of onset**



**Get to the hospital as
soon as possible**

Image source:<https://www.irasutoya.com/>

III. Precautions for daily care



1. Balanced diet, regular and quantitative.
2. Add more water, at least 2000cc a day, and take a lot of fiber food and exercise moderately to prevent constipation.
3. Avoid smoking, drinking and caffeinated beverages.
4. Reduce consumption of irritating foods, such as: strong tea and various spicy condiments (onion, ginger, garlic, chili, pepper, curry), etc.
5. Keep your mood stable.
6. Measure blood pressure, blood sugar and cholesterol regularly.
7. Follow the medication instructions and take the medication.



If a stroke causes you to be unable to take care of yourself in daily life, you should pay attention to the following

1. If the patient cannot turn over by himself, he should be assisted to turn over every two hours to avoid pressure injury.
2. If the patient's balance and coordination are poor, someone needs to accompany the side, and the assister must be on the weaker side of the limb.
3. In winter and when the temperature difference between morning and evening is large, keep your body warm to avoid vasoconstriction.
4. Pay attention to personal hygiene and wipe the whole body daily.
5. If you have urinary incontinence, you can fix it with a diaper or wrap it in a diaper, and wash your stool with clean water and use a diaper pad.



IV. Active Rehabilitation -PAC,Post Acute Care)

Six months is the best period for post-stroke movement control training. Since January 2014, patients with cerebral apoplexy have been provided with referral care after acute hospitalization to promote rehabilitation after the acute period and make disability immediate recover early.



1. Nursing service content:

Physiotherapy, Occupational Therapy and Speech Therapy.

2.Application method:

When the condition is stable and the person has positive recovery potential, after being evaluated by a specialist nurse or a stroke individual manager, provide information and assist in referral.

Image source:<https://www.irasutoya.com/>

V. Conclusion

Prevention is better than cure. You should pay attention to a balanced diet, control blood pressure and blood sugar, exercise appropriately, and get rid of bad habits such as smoking and drinking to reduce the incidence of stroke and its serious harm. Learn how to identify the early symptoms of stroke "FAST" Four assessments are represented for early detection and immediate medical attention.

VI. References

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- Hsieh, M.J., Chen, Y.J., Tang, S.C., Chen, J.H., Lin, L.C., Seak, C.J., Lee, J.T., Chang, K.C., Lien, L.M., Chan, L., Liu, C.H., Hsieh, C.Y., Chern, CH.M., Chen, J.CH., Chiu, T.F., Hung, SH.CH., Ng, CH.J., & Jeng, J.SH.(2020).2020 Guideline for prehospital stroke management, emergency evaluation and treatment of patients with acute ischemic stroke a guideline for healthcare professionals from the taiwan society of emergency medicine and taiwan stroke society. *Formosan Journal of Stroke*,2(4), 257-275. [https://doi.org/10.6318/FJS.202012_2\(4\).0001](https://doi.org/10.6318/FJS.202012_2(4).0001)

Let's take a test to confirm that you have a thorough understanding.

1. The early symptom of stroke is "FAST", F stands for face, A stands for hand, S stands for speech, and T stands for time.
Yes No Have no idea
2. When a stroke occurs, you should remain calm and should not give any folk remedies or medicines on your own. You should note the time of occurrence and seek medical attention immediately.
Yes No Have no idea
3. In addition to taking medicine on time to prevent stroke, you can still smoke and drink alcohol in daily life.
Yes No Have no idea
4. In the acute stage of stroke, many literatures point out that the best period for motor control training after stroke is within six months, so active rehabilitation treatment should be carried out after the condition stabilizes.
Yes No Have no idea
5. Prevention is better than cure. You should pay attention to a balanced diet, control blood pressure and blood sugar, exercise appropriately, and change bad lifestyle habits such as smoking and drinking to reduce the incidence of stroke and the serious harm it causes.
Yes No Have no idea