



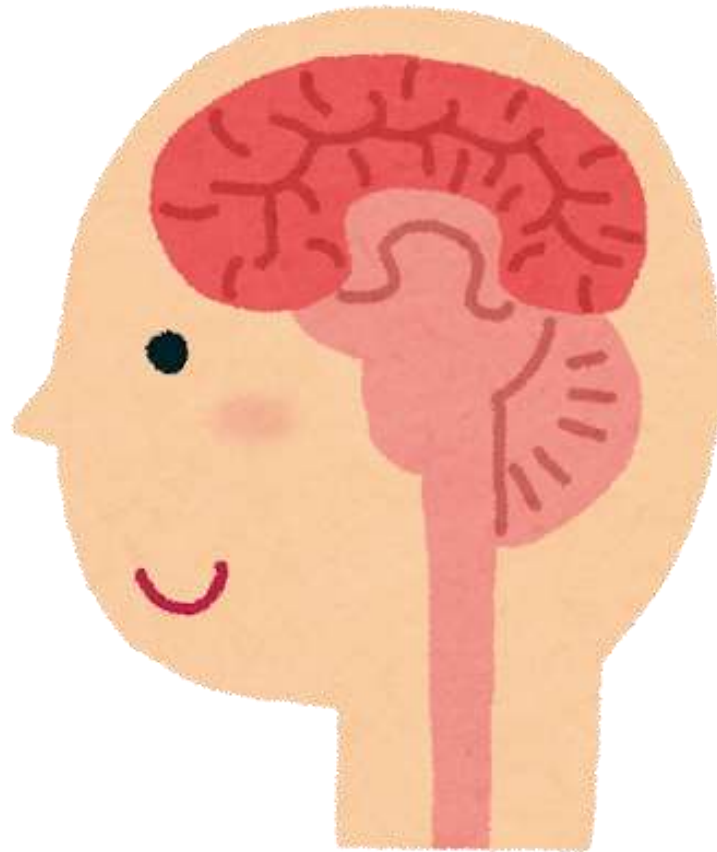
Health education Number:NEURO-101

Set date:2003.09.16

Review date:2020.09.25

Revise date:2024.01.25

## Understanding stroke



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

To deliver intelligent and holistic medicine and to provide the best healthcare  
Compassion Quality Innovation Accountability

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

## I. What is a stroke:

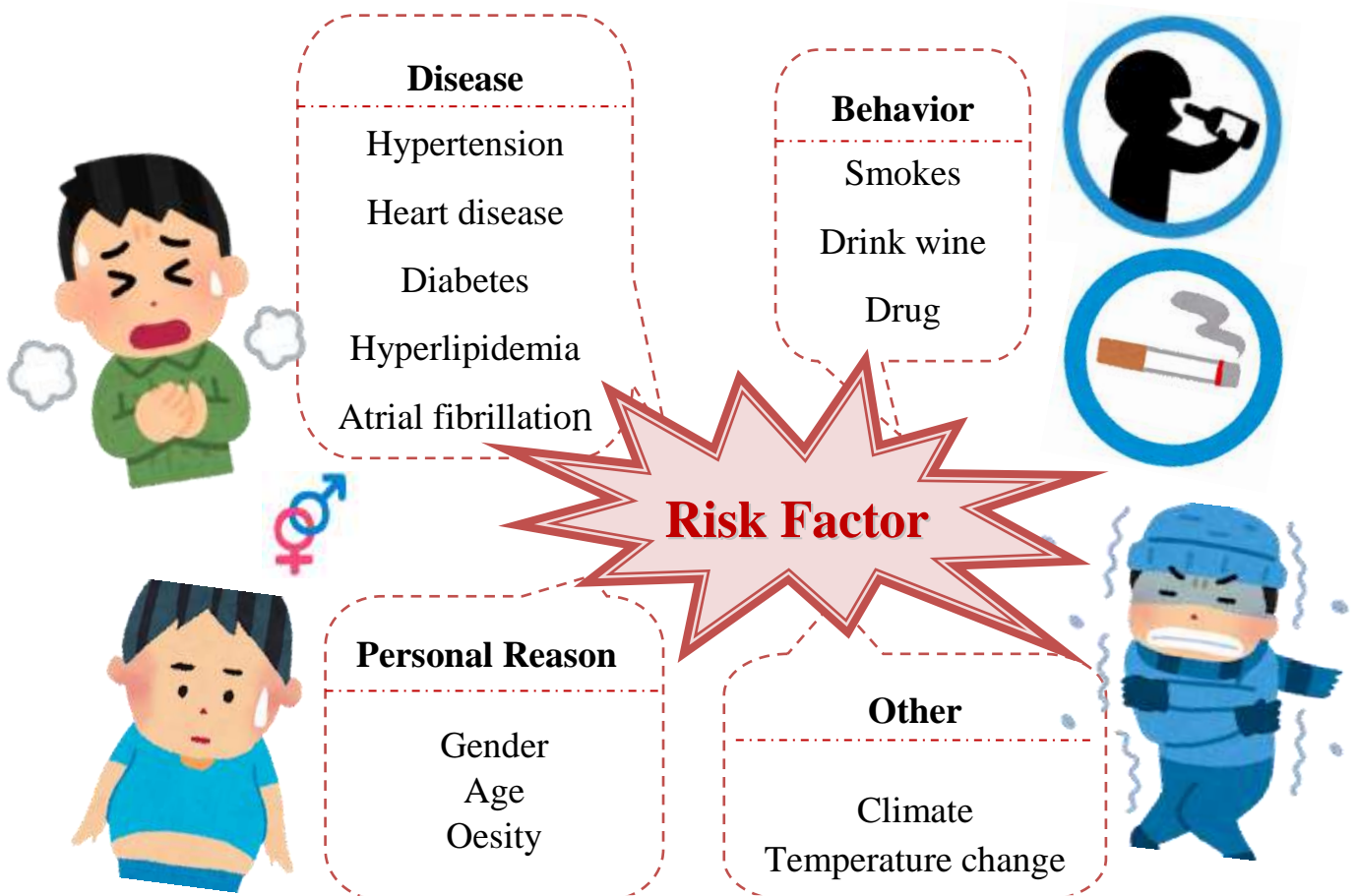
Stroke is caused by blockage of blood vessels in the brain (ischemic stroke) or rupture of blood vessels (hemorrhagic stroke), resulting in limb weakness and limited joint mobility, which reduces the patient's daily life ability and easily leads to mild to severe disability or even cause death.



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

## II. Risk of stroke







There are many risk factors for stroke, which can be divided into disease, behavior, personal and other factors, all of which will increase the risk of stroke.



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

### III. Complications of stroke:

Stroke patients, due to changes in activity or even bed rest, can easily affect the organs of the whole body, such as: cardiovascular, lung, gastrointestinal tract, urinary tract, skeletal muscle and skin and other common comorbid symptoms.

		
<p><b>Cardiovascular</b></p> <p>Vascular blockage Edema of hands and feet</p>	<p><b>Lungs</b></p> <p>Difficulty breathing, shortness of breath, easy coughing when eating by mouth, and pneumonia.</p>	<p><b>Gastrointestinal</b></p> <p>Constipation Bloating</p>
		
<p><b>Urinary tract</b></p> <p>Unable to urinate, it is easy to cause urinary tract infection.</p>	<p><b>Musculoskeletal</b></p> <p>Stiffness or contracture of shoulders, knees, and hip joints, drooping feet.</p>	<p><b>Skin</b></p> <p>Due to poor limb mobility, it is easy to cause pressure injury.</p>

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

#### IV. General symptoms of stroke:

Stroke is caused by damage to brain tissue, so there will be various symptoms, such as:



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

#### V. Stroke rehabilitation:

Stroke is a common complication, which can easily lead to a decline in the quality of life. Therefore, regular rehabilitation and drug treatment should be started as soon as possible to reduce the sequelae caused by stroke.

1. Assist the range of motion of the limbs and joints.
2. Improve posture positioning and assistive device coordination, avoid permanent contractures or deformations.
3. Ability to assist daily independent self-care.
4. Limb mobility and walking safety.



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

## VI. Prevention of stroke:

To prevent the occurrence of stroke, we can reduce the risk of stroke through good living habits and full understanding of risk factors.

### 1. Food and health care

**Eat  
more**

- (1) Steam, boil, scald.
- (2) Low or no cholesterol content, such as: mutton, chicken breast, skim milk, fish...etc.
- (3) Vegetable oil, such as: olive oil, sunflower oil.
- (4) Fruits and vegetables.
- (5) Whole grains, legumes.
- (6) Dietary fiber.

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



**Avoid  
eating**

- (1) Fried, fried.
- (2) High cholesterol content, such as: viscera, fatty meat, fish eggs, cream...etc.
- (3) Animal fat, such as: butter, lard.
- (4) Sugar, sweets.
- (5) Monosodium glutamate and sauces.

## 2. Daily health care:

Stroke can be prevented and reduced by adjusting daily routines and daily habits. Therefore, it is very important to maintain good living habits.



### Disease control

Diabetes, high blood pressure or hyperlipidemia should be treated as soon as possible. Take the medicine according to the doctor's instructions, and do not stop the medicine casually.

### Change behavior

No smoking, no alcohol. Keep your emotions on an even keel. Get enough sleep and rest. Appropriate and regular exercise.



### Stroke prevention



### keep fit

Maintain ideal body weight. Keep your bowel movements open.

### keep warm

When showering, the water temperature is maintained at 39~42°C.

Add appropriate clothing to keep your body warm

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

## VII. Conclusion

Stroke rehabilitation needs to be carried out for a long time. The quality of life after stroke can be improved and improved through the referral of the medical team to rehabilitation institutions, continuous rehabilitation treatment and drug use, positioning, stretching exercises and wearing assistive devices. To prevent stroke, we must have good and regular living habits and fully understand the risk factors in order to know how to prevent and reduce the probability of stroke.



(Imagesource:<https://www.irasutoya.com/>)

## VIII. References

- Chen, Y.W., Chang, T.Y., Cheng, Y.Y., Liu, C.H., Chen, P.L., Huang, K.L., Sung, Y.F., Su, H.C., Chen, J.C., Chou, C.L., Chen, W.S., Chen, S.C., Tang, F.T., Chen, R.S., Lee, T.J., & Jeng, J.S.(2021). Guideline for post-stroke spasticity management. A guideline for healthcare professionals from the taiwan neurological society, taiwan academy of physical medicine and rehabilitati-on and taiwan stroke society. *Formosan Journal of Stroke*,3(1),1-27. [https://doi.org/10.6318/FJS.202103\\_3\(1\).0001](https://doi.org/10.6318/FJS.202103_3(1).0001)
- Diji, K., Zhicheng, X. (2020). Pathophysiology and treatment of stroke:Present status and future perspectives. *International Journal of Molecular Sciences*,21(20), 7609. <https://doi.org/10.3390/ijms21207609>

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

1. Stroke is classified into "ischemic stroke" or "hemorrhagic stroke".  
Yes   No   Have no idea
2. There are many risk factors for stroke, such as: three highs, atrial fibrillation, smoking, drinking, weather, obesity, age, and drugs.  
Yes   No   Have no idea
3. In fact, stroke does not cause symptoms such as limb weakness, double vision, or slurred speech.  
Yes   No   Have no idea
4. For stroke patients, early intervention in rehabilitation therapy can improve limb weakness and movement coordination.  
Yes   No   Have no idea
5. Stroke can be prevented through daily health care, such as regular exercise, smoking cessation and alcohol consumption, a balanced diet, maintaining weight, etc.  
Yes   No   Have no idea