

Stroke Care Resource

Name: _____

LEARN THE SIGNS OF STROKE

FACE is it drooping?
ARM can you raise both?
SPEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

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Section 1:

How to use the Stroke Care Resource

→ A guide for the stroke care team

The Stroke Care Binder is intended to guide **you and the stroke care team member** in your **discussions** with **patients** and their **families**.

Please treat it as a **living document**: **remove** the sections that are **not** relevant to your patient and **add individualized information** as required.

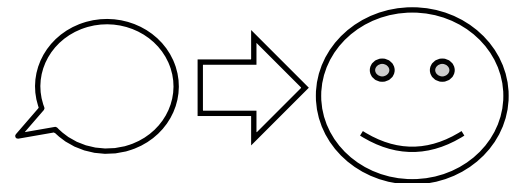
Education using the Stroke Care Binder is meant to be **supported by face-to-face communication** with members of the stroke care team. You will notice that there are spaces for family/significant others to add their own notes and questions.

An individual with aphasia may have **difficulty speaking, understanding, reading** and/or **writing**. These problems may make conversation related to health care especially challenging.

The following **strategies** are based on the techniques of Supported Conversation for Adults with Aphasia™ (SCA™) developed by the Aphasia Institute and will **enhance communication** along with the Stroke Care Binder:

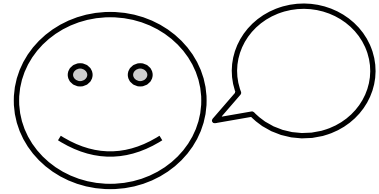
Getting your message **IN**

Techniques to support patient understanding:



- **Gesture** while you are talking.
 - **Write key words** to summarize what you are saying.
 - Use **pictures** and **objects** to supplement your message.
 - **Draw simple pictures** to help the patient understand.
-

Getting their message **OUT**



Helping the patient ask/answer questions:

- Write **key words** for the **patient to point to** (give a choice of 2 or 3).
 - Provide **pictures** for the **patient to point to**.
 - Ask **YES/NO** or closed-ended **questions**.
 - Give the patient **time** to respond.
 - **Ask** the patient to give you clues or to “**show me**” (gestures).
-

Acknowledge competence and frustration:

→ I know that you know!”

VERIFY the information exchanged in the conversation.

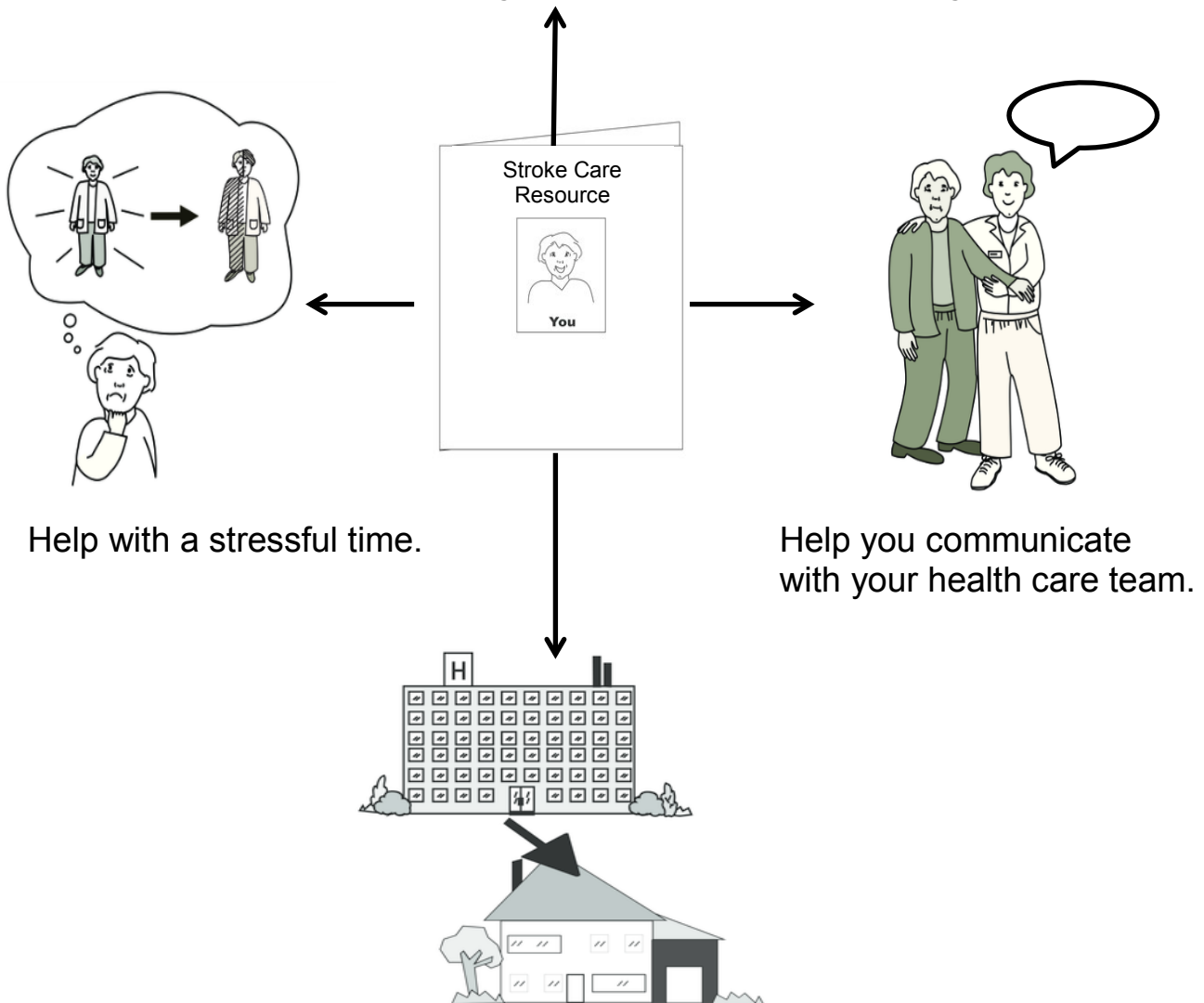
→ Check to make sure that YOU have understood.

Section 2: Introduction

Please keep this resource with you to:



Learn more about your stroke and recovery



Get you ready for discharge and access services in your community.

Section 3: Welcome to the Acute Stroke Unit

Where

Acute Stroke Unit – 7 South
Hamilton General Hospital
237 Barton Street East
Hamilton, Ontario L8L 2X2
905-527-4322, ext. 46700

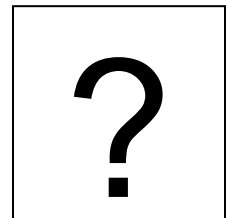
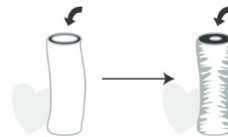


What will we do here?

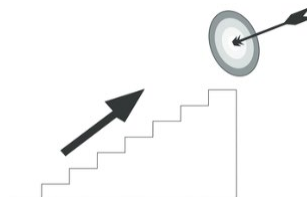
Learn about the type of stroke you had.

The location of the stroke in your brain.

Your risk factors for stroke



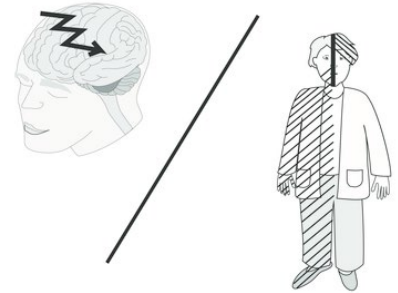
Plan next best steps with you.



Section 4: My stroke



Date of my stroke:

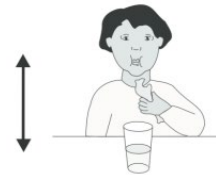


What I remember:

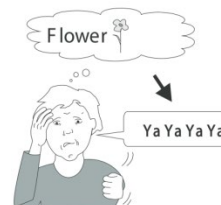
- ☐ Problems with **balance, coordination,** and **strength** of arm or leg.



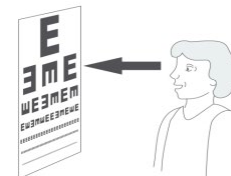
- ☐ Problems **chewing** and **swallowing**.



- ☐ Problems **speaking**.



- ☐ Problems **seeing**.

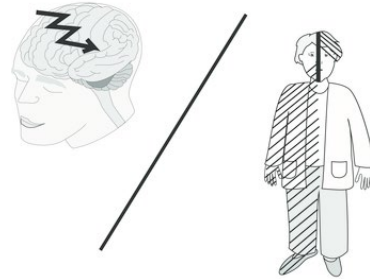


- ☐ Something **else**.



Section 5: What is a stroke?

A stroke is a **loss of brain** function.



It is **caused** by a **blockage of blood flow** through an artery.

OR



A rupture of blood vessels in the brain.

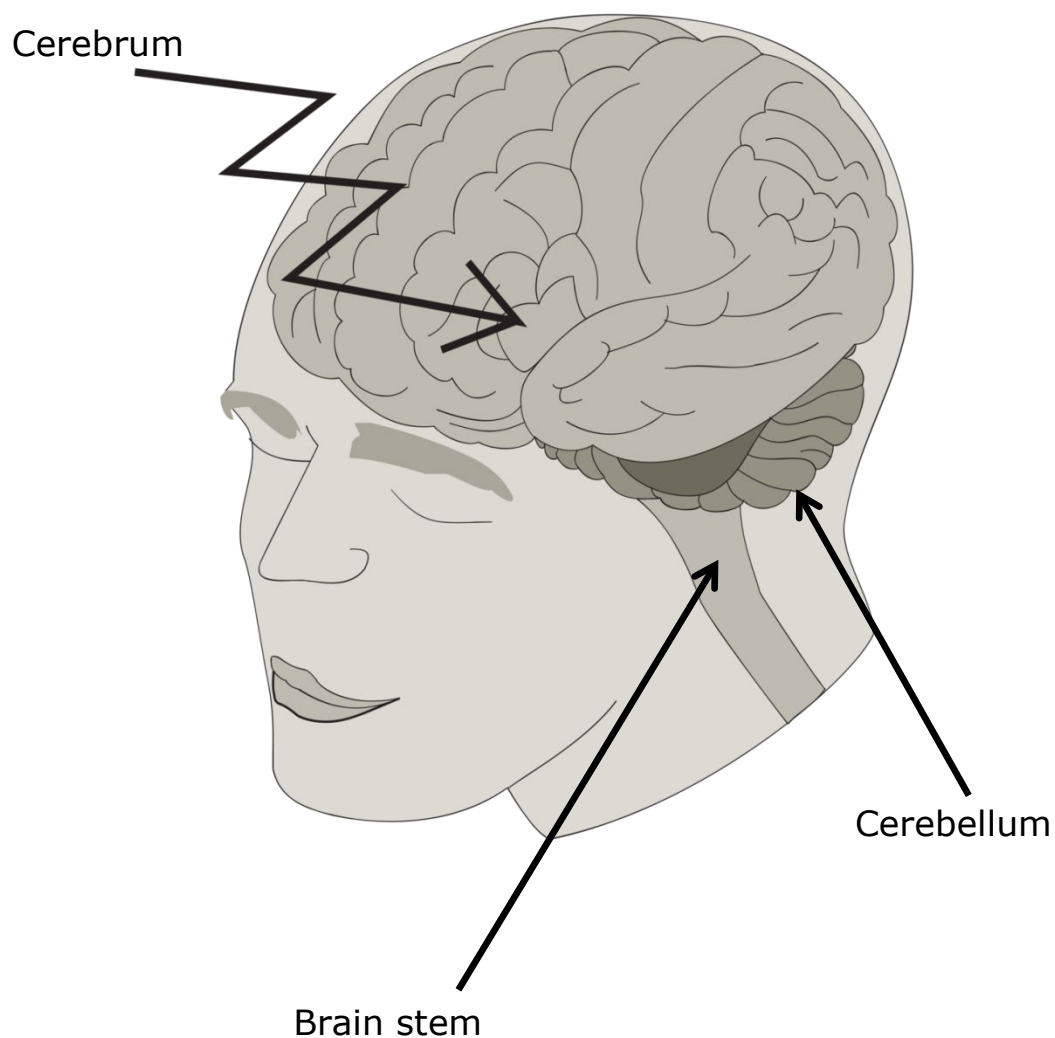


Effects also depend on **how much** of the brain is **affected**.

Location of stroke

A stroke can happen in **different areas** of the brain:

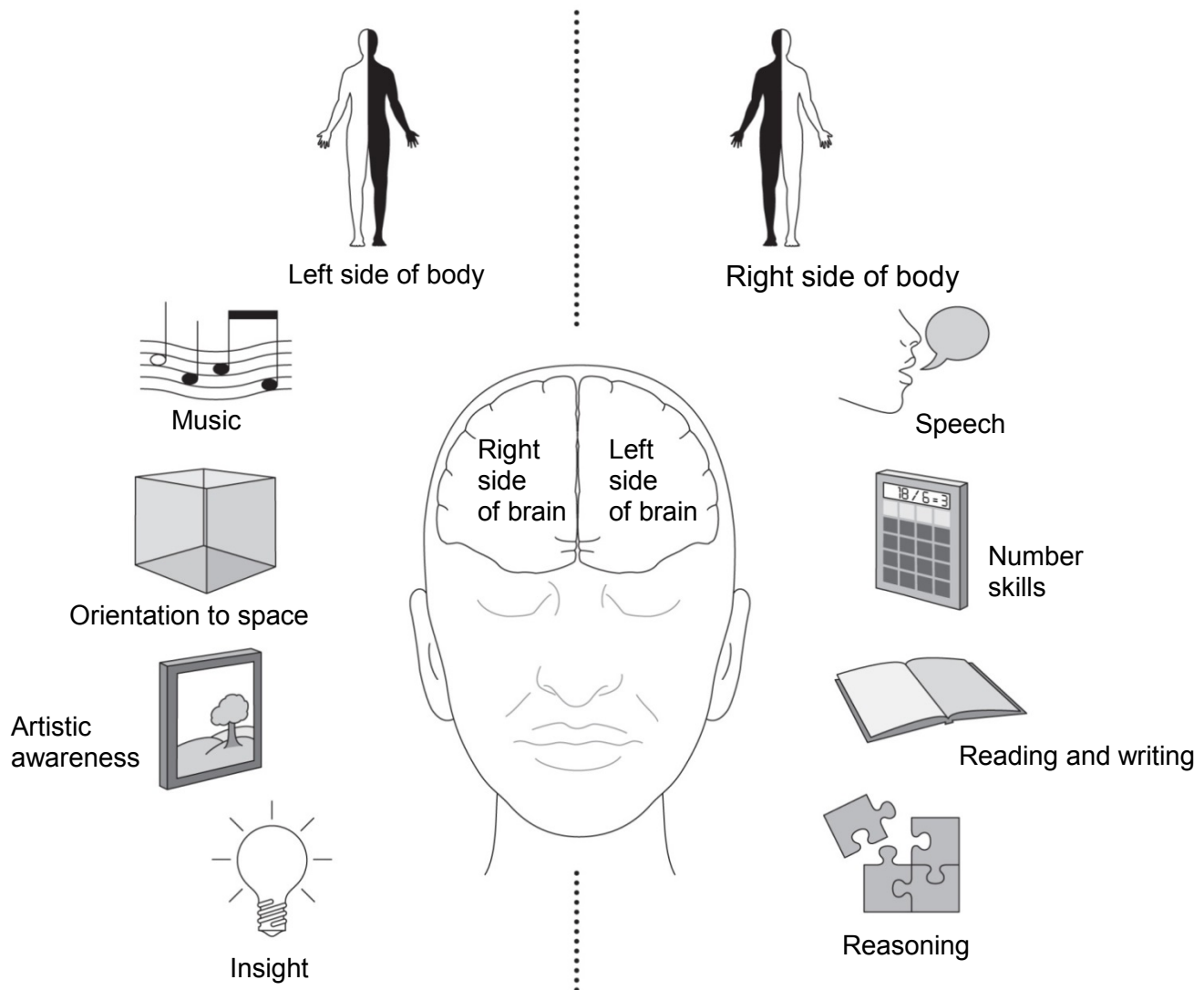
Where?



Stroke in the cerebrum

The **cerebrum** is located in the **front half** of the brain and is divided into 2 parts: **left and right side**

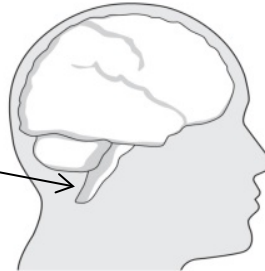
The effects of your stroke depend on what side of your brain is affected.



Stroke in the brain stem

The **brain stem** is at the **base of the brain** sits above the spinal cord.

Injured brain stem



Problems with:

Weakness or paralysis in both arms and legs.



Breathing



Heart

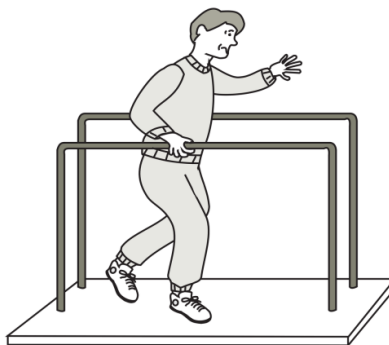


Problems with:

Control of body temperature



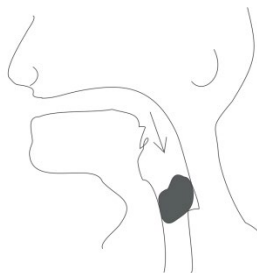
Balance and coordination



Chewing



Swallowing



Problems with:

Speaking



Seeing



Stroke in the cerebellum

Strokes in this area can cause problems with

**Walking, co-ordination
and balance**



Dizziness



Nausea



Vomiting



Headache



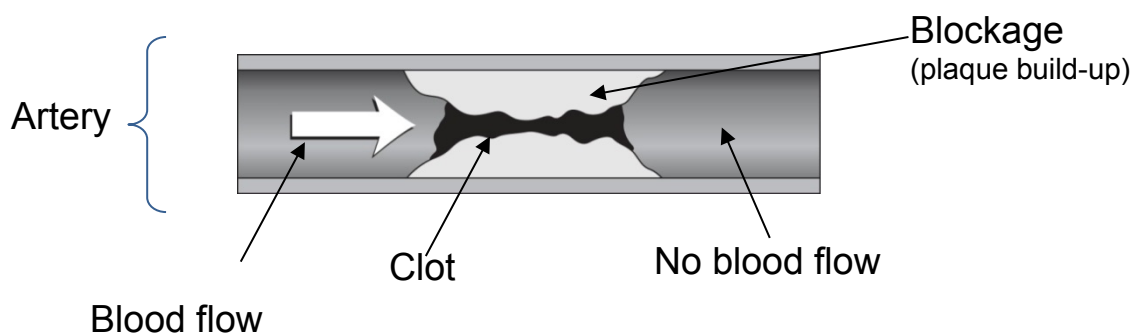
Types of stroke

Type of stroke that I had:

- ☐ Ischemic
- ☐ Hemorrhagic
- ☐ Transient Ischemic Attack

Ischemic stroke

1. **Embolic** : Blood clot or blockage of artery in body leading to decreased blood flow to the brain.
2. **Thrombotic**: Disease or damaged arteries in the brain blocked by blood clot.



Hemorrhagic stroke

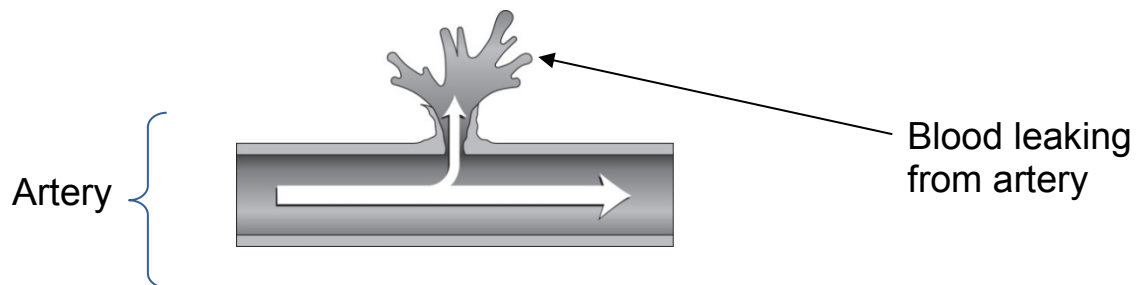
Hemorrhage: Burst artery in the brain causing damage from blood.



Arteries within the brain

1. Intracerebral

Artery in the brain breaks and **blood enters** brain.



2. Subarachnoid

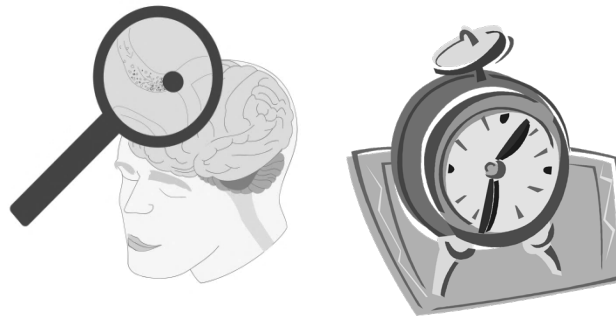
A weak artery wall (aneurysm) in the brain ruptures causing **bleeding** of compartment **around** the brain.



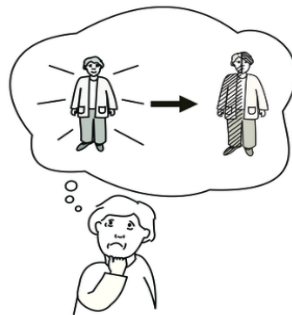
Blood surrounds the brain

Transient Ischemic Attack (TIA)

Short-term lack of blood flow to the brain that lasts between **30 seconds** to **24 hours**.



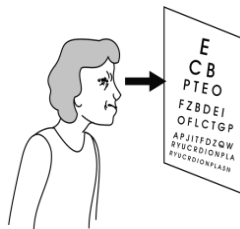
TIA's are often called '**mini-strokes**' and are a **medical emergency**.



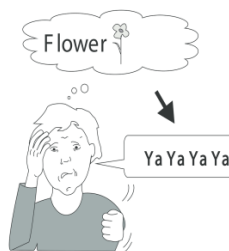
Signs of TIA



Weakness



Vision
problems



Trouble
speaking



Dizziness



Headache

Section 6: Medications and tests



Medication _____

Can tape
sample
picture here

What for?



Blood Pressure



Blood Clot



Atrial Fibrillation



Plaque in Arteries



Other

**When do I
take it?**



Breakfast



Lunch



Dinner



Bed Time

How many?

☐☐☐☐

**Side effects
(What could happen?)**



Vomiting/nausea



Dizziness



Upset stomach



Sleepy



Diarrhea









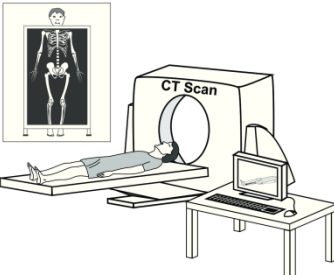
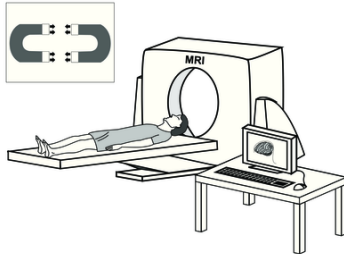
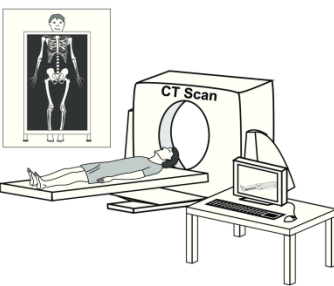
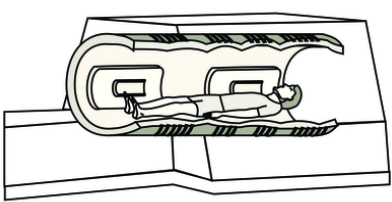
Constipation

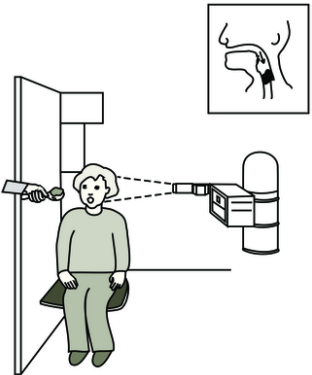


Something else

Tests you may have

What: Type of test	Why: Purpose	Picture:
Blood tests	Check blood for any problems such as cholesterol or blood sugar levels.	
Carotid Doppler	Look for narrowing of the arteries in your neck. This checks blood flow to the brain.	
Electrocardiogram (ECG/EKG)	Record the electrical activity in your heart.	
Holter Monitor	Record heart rhythms over a 24 to 48 hour period.	
Echocardiogram	Look at the structure and function of your heart.	

What: Type of test	Why: Purpose	Picture:
TEE (Trans-esophageal Echocardiogram)	Takes a picture of your heart and detects if your heart is producing blood clots by inserting a tube into the esophagus.	
CT scan (Computerized Tomography)	Look at the kind of stroke you have had. It may show the affected area of the brain.	
MRI (Magnetic Resonance Imaging)	Look at areas in the brain affected by your stroke.	
CTA (Computerized Tomography Angiography)	Look at blood flow in the arteries of the brain to detect any blockage or narrowing in the arteries.	
MRA (Magnetic Resonance Angiography)	Look at the blood flow in the arteries of the brain. It can detect any blocking or narrowing of the arteries.	

What: Type of test	Why: Purpose	Picture:
Videofluoroscopic study of swallowing (VFFS) OR Modified barium study (MBS) OR Flexible endoscopic evaluation of swallow (FEES)	<p>Look at how you swallow food and drink. The test shows if any food or drink enters the airways into the lungs (aspiration).</p>	

Section 7: Goals

Goal #1

My Goal:



Target Date:



Steps to reach this goal:



Goal #2

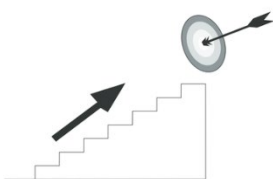
My Goal:



Target Date:



Steps to reach this goal:



Goal #3

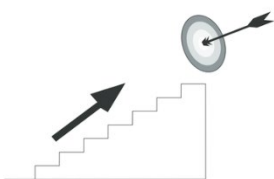
My Goal:



Target Date:



Steps to reach this goal:



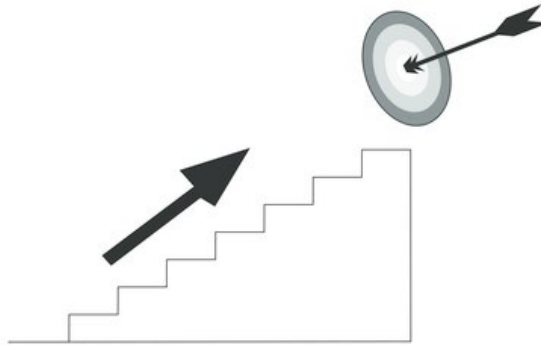
Section 8: Weekly update

Name: _____

Date: _____



Goals:



1. _____

2. _____

3. _____

4. _____

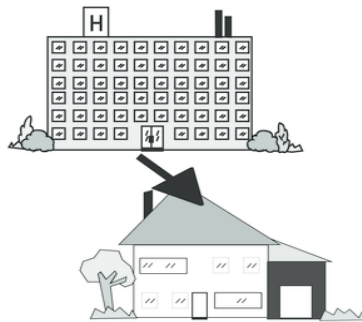
5. _____



Family Meeting: _____



Estimated Date of Discharge: _____






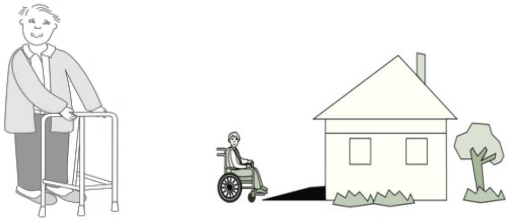





Notes/Other:



Section 9: Leaving the hospital



Things to think about when leaving the hospital		
Questions	Who to ask	
		
1. Follow up appointment?	Nurse	Doctor
		
2. Equipment or assistive aids required?	Physiotherapist (PT)	Occupational Therapist (OT)
		
3. When to visit the family doctor?	Nurse	Doctor
		

Section 10: Community resources

Hamilton/Burlington/Brant Haldimand Norfolk

Senior Activation Maintenance Program – www.samprogram.ca

Hamilton, King Street East, Location: 905-544-4550

Hamilton, Good Shepherd, Location: 905-525-1181

Flamborough Location: 905-689-5244

Halton Aphasia Centre – www.haltonaphasiacentre.com

Call: 1-905-877-8805

Joseph Brant Wellness Centre – www.jbmh.com

Call: 905-632-5358

Seniors Support Services Building – Caledonia – www.artc.ca and www.seniorssupport.ca

Call: 519-758-4630

Adult Recreation Therapy Centre – Brantford – www.artc.ca

Call: 519-753-1882

The Willet Hospital – Paris – www.artc.ca

Call: 519-753-1882

Private Speech Language Pathology Services:

www.osla.com (Find a speech language pathologist)

www.caslpo.com (Find a speech language pathologist)

