Stroke

In the

Hospital
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**Stroke** happens when:

- Bleed in the brain
- Brain stops getting blood
- Brain no longer receives oxygen

**Stroke can** cause:

- Aphasia
- Problems swallowing
- Limb weakness
- Limb paralysis
What to expect in the hospital?

• CT Scan

• Swallowing Evaluation

• Speech/Language Evaluation

• Everyday Activities Evaluation

• Physical Evaluation
**Why** these evaluations?

- **CT scan** will show proof of stroke

- **Stroke can affect**
  - Ability to eat
  - Ability to talk and understand
  - Ability to walk
  - Ability to do things independently
Who will you see?

- Doctor
- Nurse
- Speech Therapist
- Occupational Therapist
- Physical Therapist
What will they do?

Doctor

• Determine stroke
• Assess severity of stroke
• Prescribe medication

Nurse

• Give Medication
• Teach signs of stroke
• Bathe you
• Help you use the bathroom
• Answer questions
Speech Therapist

• Listen to you talk
• Observe your understanding
• Check your swallowing

Occupational Therapist

• Observe sensation and balance
• Assess activities of daily living
  • If you can get dressed
  • If you can shower
Physical Therapist

• Watch you **walk**
• Observe ability to **use arms**
• Assess **strength** in limbs
Will you see the therapist again?

**Yes** if you have:

- Difficulty walking
- Difficulty talking
- Difficulty eating
- Difficulty balancing
- Difficulty with everyday activities

**No** if

- Difficulties were *present* before the stroke
- Difficulties *have resolved* since the stroke
Having trouble **understanding or talking**?

Stroke can cause **APHASIA**

Aphasia **affects language:**

- Reading
- Writing
- Speaking
- Understanding

**Aphasia does NOT affect:**

- Intelligence
How to improve **understanding**?

- **Watch** facial expression and gestures
- **Ask to** **repeat**
- **Eliminate** distractions

How to improve **talking**?

- **Think** about response
- **Say** one point at a time
- Use **drawing, gestures or pictures**
- **Describe** what you are thinking
- **Ask** for choices
How caretakers can help improve communication:

• **Eliminate** background noise

• Use **clear and concise** phrases

• Ask **yes/no** questions

• Offer **choices**, only two at a time

• Use **drawing, gestures or pictures**

• Be **patient**
Need to **get help**?

- Do **NOT** get out of bed
- Think of what you **need**
  - Use the bathroom?
  - Want to sit in the chair?
  - Are you hungry?
- Use the **call button**
- Use a **simple and easy** phrase
- **Wait** for assistance
Promoting recovery of stroke:

• Start to recover right away

• Get lots of rest

• Stay hydrated

• Eat healthy!

• Participate in therapies

• Practice therapeutic activities throughout the day
Recovery after discharge

• Recovery can continue for years

• Depends on severity of stroke

• Continue therapy

• Seek support groups

• Stay active in community

• Continue with life before stroke as best you can