

**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