
STROKE

Risk Factors

- Diet high in saturated, trans-fat, cholesterol, high-sodium, & high calorie diet
- Tobacco use, smoking
- Excessive alcohol use
- Physical Inactivity
- Sedentary Lifestyle



Left Brain Effects

- Paralysis of the right side of the body
- Aphasia (affects ability to use or understand words)
- Apraxia of speech (difficulty in executing voluntary movement necessary for speech)
- Slow cautious behavior

Right Brain Effects

- Paralysis on left side of the body
- Left side neglect
- Quick impulsive behaviors

Resources:

Communication Advice from Experts: Individuals with Aphasia

http://www.strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/@sta/documents/downloadable/ucm_312545.pdf

Learn About the Types of Aphasia

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/CommunicationChallenges/Types-of-Aphasia_UCM_310096_Article.jsp#.W8d_6mhKjid

EFFECTS OF STROKE & HEALTH PROMOTION

Emotional & Behavioral Effects

- Anxiety
- Depression
- Pseudobulbar Affect (PBA) (crying or laughing at unexpected, sometimes inappropriate times)

Physical Effects

- Fatigue
- Seizures
- Spasticity
- Foot Drop, Claw Toe, & Hammertoe
- Balance Issues. & Vision Problems



Sleep

- 50% of stroke survivors have some type of sleep problem
- Promotes neuroplasticity (ability of brain to create new neural connections)
- Deprivation leads to depression, memory problems, & night-time falls

Exercise

- Increases good cholesterol
- Controls blood pressure & blood sugar
- Combats obesity

How much should I exercise?

- 5 of the 7 days per week, for at least 30 minutes each day

Resources:

Effects of Stroke

http://www.strokeassociation.org/STROKEORG/AboutStroke/EffectsofStroke/Effects-of-Stroke_UCM_308534_SubHomePage.jsp

Life After Stroke

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/Life-After-Stroke_UCM_308546_SubHomePage.jsp

MEDICATION



Common Medications

- Anticoagulants (Lovenox, Eliquis, Coumadin)
- Antiplatelets (Plavix, Aspirin, Aggrenox)
- Anticonvulsants (Keppra, Tegretol)
- Angiotensin II Receptor Blocker (ARBs) (Cozaar)



Management

- Organization via pill boxes
 - Alarm reminders
 - Educate loved one on purpose of medication

Information to have on hand

- Past illnesses and/or diseases
- Medications
- Family history
- Allergies
- Previous surgeries



Emergency Kit

- List of key contacts (physicians, family members, pharmacies)
- List of medications, including doses & frequencies
- Copy of your loved one's health insurance card

Resources:

Medication Assistance Programs

<https://www.needymeds.org/>

<https://www.rxassist.org/>

<https://www.medicare.gov/>

SAFETY AND HOME MANAGEMENT

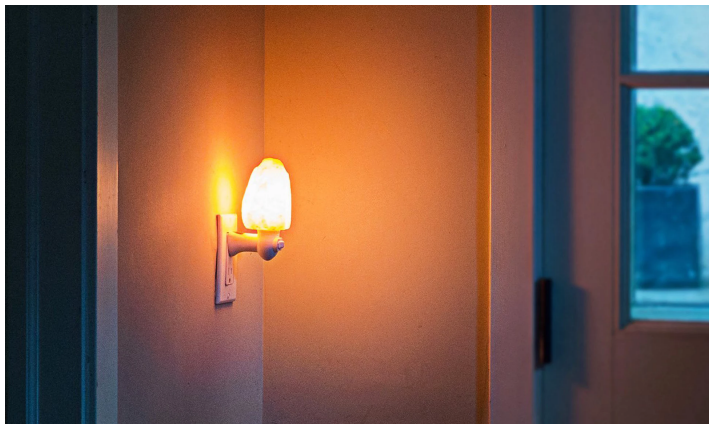
Home Adaptions to Prevent

Falls

- Clutter free environment
- Open walkways
- Adequate lighting
- Allergies
- Previous surgeries

Adaptive Tools

- Grab rails in the shower
- Shower transfer bench
- Slip resistant mats/shower shoes
- Rounded knives for one-handed cutting
- One-handed cutting boards to make cooking easier



Addressing One-Sided Neglect

- Improving awareness by placing objects (e.g, water, TV remote, phone, glasses) on the neglected side encourages you to scan your environment

Resources:

Tips for Daily Living

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/TipsforDailyLiving/Tips-for-Daily-Living-Library_UCM_456235_SubHomePage.jsp

Physical Challenges

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/PhysicalChallenges/Physical-Challenges-After-Stroke_UCM_308548_SubHomePage.jsp



STRESS MANAGEMENT

Time for Yourself

- Incorporating time for an enjoyed hobby once a week
- Eating a balanced nutritious diet
- Consistent exercise routines
- Start a journal to relieve stress and organize thoughts
- Spend time with family and friends



Seek Active Support

- Define exactly what you need
 - Write down what is most difficult to accomplish
 - Seek the appropriate person to help with tasks
- Consider seeking professional health services
 - Long-term care
 - Home health care providers
- Seek respite care



Find Support from Others

- Reach out to family and friends
- Build a network with other stroke survivors & caregivers
- Seek professional health
 - Mental health professionals
 - Pastoral counselors

Resources:

Rx for Caregivers

http://scmag-digi.strokeassociation.org/strokeconnection/2013fall?sub_id=Hxp7yoJkrwSy&pg=14#pg14

Mindfulness Meditation for Caregivers

http://scmag-digi.strokeassociation.org/strokeconnection/2013fall?sub_id=Hxp7yoJkrwSy&pg=14#pg14

Respite Support

<https://archrespice.org/index.php>

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