

Stroke

Definition:

A stroke occurs when blood stops flowing to a part of the brain due to a clot or rupture of a blood vessel.

1. **Ischemic = Clot**
(Makes up approximately 87 % of all strokes)
2. **Hemorrhagic = Bleed**
Bleeding around brain
Bleeding into brain

Symptoms:

- Sudden and severe headache
- Trouble seeing in one or both eyes
- Sudden dizziness, trouble walking
- Sudden confusion, trouble speaking
- Sudden numbness or weakness of face, arm, or leg

Treatment for a stroke:

- If you observe any of the above symptoms, send the patient to the nearest ER. Every minute matters.
- If the first aid provider has the necessary equipment to perform a blood glucose test, it may help rule out hypoglycemia, a common stroke mimic.
- Do not wait until the symptoms disappear.
- Do not give aspirin because you don't know the type of the stroke; this will be given later if needed.
- Use the FAST (Face-Arm-Speech-Time) guide if you suspect a person is having a stroke:
 - F – Facial Drooping: the person is unable to smile, and his or her eyes and/or mouth are droopy.
 - A– Arm drift: the person is only able to elevate one arm.
 - S – Slurred speech: the person is unable to speak clearly.
 - T – Time to send the patient to the nearest ER.