

Flashcards For Stroke Patients PDF

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What is a stroke?

A stroke is a medical condition that occurs when the blood supply to a part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients.

What are the two main types of stroke?

The two main types of stroke are ischemic stroke, which occurs when a blood vessel supplying blood to the brain is obstructED, and hemorrhagic stroke, which occurs when a blood vessel in the brain leaks or ruptures.

What are common symptoms of a stroke?

Common symptoms of a stroke include sudden numbness or weakness in the face, arm, or leg, especially on one side of the body; confusion; trouble speaking or understanding speech; difficulty seeing in one or both eyes; and difficulty walking, dizziness, or loss of balance.

What is the FAST acronym used for?

The FAST acronym is used to help identify the signs of a stroke: F for Face drooping, A for Arm weakness, S for Speech difficulties, and T for Time to call emergency services.

What should you do if you suspect someone is having a stroke?

If you suspect someone is having a stroke, you should call emergency services immediately and note the time when the symptoms started.

What are some risk factors for stroke?

Some risk factors for stroke include high blood pressure, diabetes, high cholesterol, smoking, obesity, physical inactivity, and a family history of stroke.

How can strokes be prevented?

Strokes can be prevented by managing risk factors such as maintaining a healthy diet, exercising regularly, controlling blood pressure and cholesterol levels, avoiding smoking, and managing diabetes.

What is the importance of rehabilitation after a stroke?

Rehabilitation after a stroke is important to help patients regain lost skills, improve their quality of life, and promote independence.

What types of therapies are involved in stroke rehabilitation?

Types of therapies involved in stroke rehabilitation include physical therapy, occupational therapy, speech therapy, and recreational therapy.

What role does nutrition play in stroke recovery?

Nutrition plays a crucial role in stroke recovery by helping to improve overall health, support healing, and reduce the risk of future strokes.