

YOUR STROKE JOURNEY - PART I

RECOVERING IN HOSPITAL

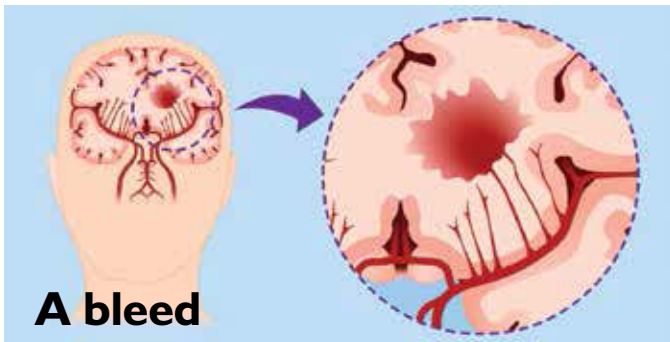
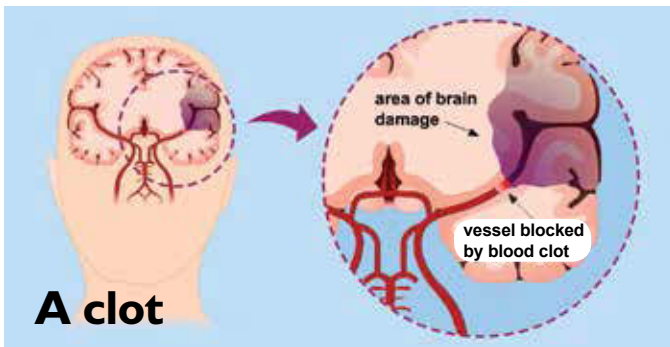
Chest
Heart &
Stroke
Scotland



What is a stroke?

A **stroke** happens when the **blood supply** to **part** of the **brain** is **interrupted**.

There are **two** types of **stroke**:



- Some **cells** will **recover**
- Some **cells** will be **damaged** or die
- **Other cells may take over** from damaged cells

How **stroke** affects **you**

How **stroke** affects **you** depends on:



- Which **part** of the **brain** has been **damaged**
- How **severe** the **stroke** was
- **Age** and **general health** before the stroke

Here are **some** of the most **common effects**:



- **Weakness** or **paralysis** down one side of the body



- Difficulty **communicating** – you may not be able to speak or understand



- Difficulty **swallowing** – you may be advised to avoid certain foods or drinks



- **Concentration** and **memory** problems

After your Stroke

After your **stroke** you may be **recovering**:



In **hospital**

- You may need medical and nursing care or further tests



At **home**

- You may receive support from health professionals so that you continue to improve

Tests and Investigations

The doctor will arrange some **tests** to:



- Find out what **caused your stroke**
- Help decide what is the **best treatment** for you

People may have all or some of the following **tests**:



Scans



Blood tests



Chest X-ray

Moving around

Starting to **move around** is important because it:



- **Reduces** your **risk** of **blood clots**



- Makes it **easier to eat and drink**



- **Reduces** your **risk** of developing **chest infections**



- Helps **prevent** your **arms and legs** becoming **stiff and sore**

How you may feel



- **Confused** about what is happening



- You have difficulty **remembering** information



- **Anxious** or **depressed**



- **Tired** more **easily**



- **Angry** or **frustrated**

You may find it **helpful** to have **someone** around to help with **questions**.

Your Medication



- **Take your medication regularly** as prescribed
- **Medication** can be provided in **other forms** if you have **difficulty swallowing**

You may be prescribed **medications** to **thin your blood** or **prevent clots** forming.

This will help to **reduce your risks of further strokes.**



- You may also be prescribed **medication** to reduce your **blood pressure** and lower **cholesterol**

Reducing your Risk



Stop **smoking**



Eat a **healthy diet**



Keep a **healthy weight**



Keep as **active** as you can



Drink **alcohol sensibly**

Planning to go home



Your therapist(s) may take you to do a **home visit**



Together you will see **how well you can manage** in your **own home**



You may require some **equipment** to help you at home

Help from Chest Heart & Stroke Scotland (CHSS)

Stroke Nurses provide **support** during the transition from hospital to home.

CHSS Community Stroke Services offers a range of **Communication Support Services** throughout Scotland for people with communication difficulties following stroke.



CHSS Advice Line is staffed by **nurses** and provides confidential, independent **advice**.



Phone: 0808 801 0899
(**Free** from landlines and mobiles)



Email: advice@chss.org.uk

There are two parts to this series:

Your Stroke Journey – Recovering in hospital

Your Stroke Journey – Recovering at home



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To find out more about stroke visit our website at:

www.chss.org.uk

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