Sample Micro-Teaching Session

Stroke!
Every 40 seconds, someone in the United States has a stroke. Twice: African Americans are twice as likely to have a stroke—and die of it—than are other Americans. Third: Stroke is the third leading cause of death. 3%: Only 3% of adults in a recent survey could identify even one stroke symptom.
Outcomes

By the end of this training session, you will be able to...

1. Define stroke and name the two types of stroke.
2. State two risk factors for stroke.
3. Be able to test for warning signs of stroke.
What Is a Stroke?

A brain attack, where vital blood flow and oxygen to the brain are cut off.

A stoppage of blood flow to one part of the brain.
Two Kinds of Stroke
Ischemic Stroke

- Inadequate blood flow caused by a blockage
  - blood clots
  - plaque and other fatty deposits
- About 87% of all strokes

Source: [http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/stroke_isc_web.jpg](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/stroke_isc_web.jpg)
Blood leaks into the brain from a broken blood vessel
- Approximately 13% of all strokes
  - Responsible for more than 30% of all stroke deaths

On your note taking guide, please give a synonym or one-word descriptor for

- Ischemic Stroke
- Hemorrhagic Stroke
Risk Factors for Stroke

- High blood pressure (120/80)
- Atrial fibrillation (fast, irregular heartbeat)
- Diabetes
- Family history of stroke
- High cholesterol
- Increasing age (55+)
- Race

- Lifestyle: diet, exercise, smoking, alcohol
Testing Strokes: Act FAST
Ask the person to smile. Does one side of the face droop?
A = ARMS

- Ask the person to raise both arms. Does one arm drift downward?
- Can the person hold both arms up?
S = SPEECH

- Ask the person to repeat a simple sentence.
- Does the speech sound
  - Slurred?
  - Strange?
If you observe any of these signs, it’s time to call 9-1-1 or get to the nearest stroke center or hospital.
Go find your partner.

Partner 1: *Act FAST* to diagnose the possibility of stroke in Partner 2.

Partner 2: *Act FAST* for Partner 1.
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Congratulations on becoming FAST actors!