SMART Goal

Development of knowledge and understanding of Strokes

Strokes

- I want to become more familiar with identifying stroke onset, symptoms, different types of strokes, and immediate actions to take in patients with strokes.

- This will help my future practice as an RN when working in emergency situations.

- My goal is to reach this by Week 11 of the semester, I plan to achieve this by:
  - Researching prior to Week 10.
  - Stroke resources on Blackboard.
  - Youtube videos.
  - Neurological assessment activity & required worksheets.

Stroke

- Strokes are a medical emergency characterized by a blockage of blood supply to part of the brain, or when a blood vessel in the brain bursts.

- This can lead to lasting brain damage, long-term disability or death.

- Symptoms:

  - Trouble speaking or understanding others.

  - Paralysis or numbness of the face, arm, leg.

  - Vision problems.

  - Headache.

  - Trouble walking.

FAST

Types of Strokes

- Ischemic Stroke – Blocked artery.
  - Most common type of stroke
  - Occurs when the brains blood vessels become narrowed or blocked causing reduced blood flow.

- Hemorrhagic Stroke – leaking or bursting of a blood vessel.
  - Can result from: uncontrolled hypertension, overtreatment with anticoagulants, trauma, etc.

- Transient Ischemic Attack (TIA)– sometimes known as a 'ministroke'
  - Temporary period of symptoms similar to those in a stroke.
  - Temporary decrease in blood supply to part of the brain.
  - Does not cause permanent damage.

National Institutes of Health (NIH) Stroke Scale

1. Level of Consciousness
   a. Alert, drowsy etc.
   b. Questions - Month, age (can they answer?)
   c. Commands – open/close eyes. (can they obey?)
2. Best Gaze
   - Eyes open can follow gaze
3. Visual
   - Introduce visual stimulus
4. Facial Palsy
   - Show teeth, raise eyebrow, squeeze eyes shut
5. Motor Arm Left & Right
   - Elevate extremity to 90 degrees and score drift/movement

NIH Stroke Scale

1. Motor Leg Left & Right

2. Limb Ataxia

   - Finger to nose, heel down shin

3. Sensory

   - Pin prick to face, arms, trunk, legs, compare sharpness

4. Best Language

   - Name items, describe picture, read

5. Dysarthria

   - Evaluate speech clarity by patient reading or repeating words

6. Extinction & Inattention

   - Use info from prior testing to identify neglect.

References

Mayo Clinic. (2023). *Stroke*. https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113