

West Suffolk Hospital NHS Foundation Trust

Stroke Passport

Addressograph

Consultant:

Date of Admission:

Date of Stroke:

Date of Discharge:

Discharge Destination:

West Suffolk Hospital Stroke Office:

01284 713621

West Suffolk Hospital Stroke Unit
(G8):

01284 713563



Has their face fallen on
one side?
Can they smile?



Can they raise both
arms and keep
them there?



Is their
speech slurred?



Time to call **999**
if you see any single one
of these signs.

Stroke Research

G8 Stroke Unit is research active and we have a number of trials currently open which are sponsored by the **British Heart Foundation** and the **Stroke Association**. Taking part in Research can help to **develop new treatments and therapies** for **stroke**, the vision is for there to be **fewer** strokes, and people **affected** by stroke to get the **help** and **treatment** they need to live the **best life** they can.

You may be approached by our **Stroke Research Nurse** during your hospital stay or soon after you are discharged home. If you would **prefer not** to be approached then please **inform a senior member of staff** who will notify the **Research Team** of your **wishes.**

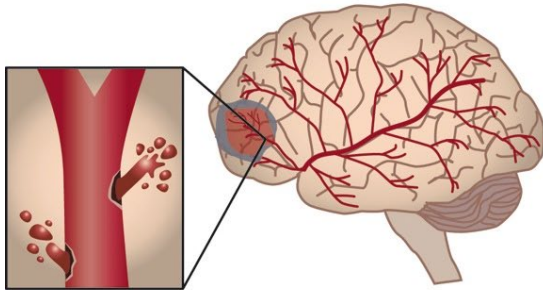
Information about Stroke

A Stroke happens when the **blood supply** to part of the **brain** is cut off.

There are **2 types** of Stroke. **Ischaemic Stroke** (most common) and **Haemorrhagic Stroke**

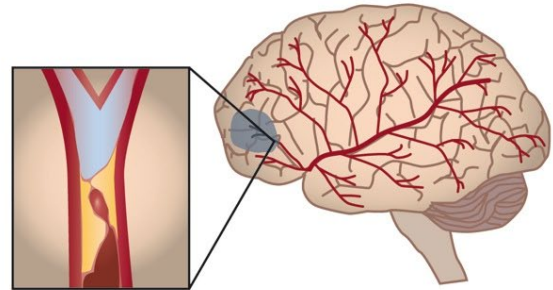
Type of stroke

Haemorrhagic stroke



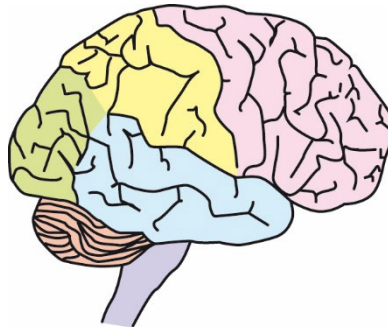
A bleed into surrounding brain tissue

Ischaemic stroke



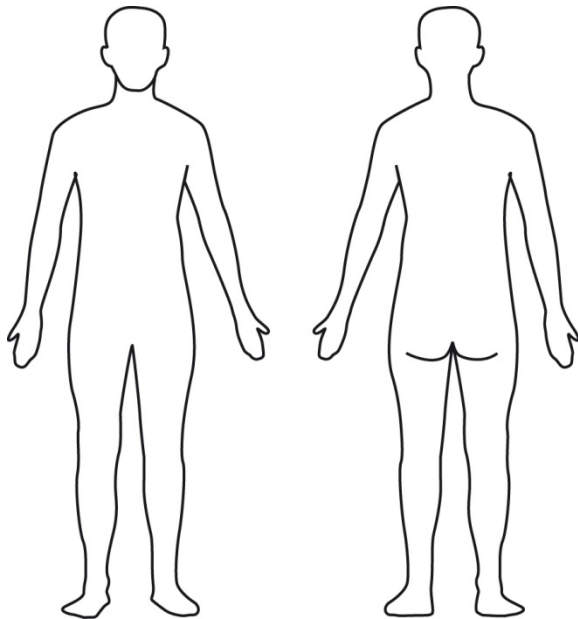



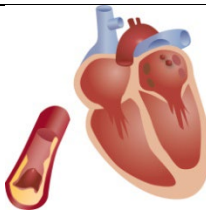




A blockage disrupts the blood flow in the brain.








Where your stroke occurred



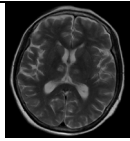
Left:

Right:

Body diagram parts affected :				
		Effects of your stroke:		
		👤 Physical		
		❤️ Emotional		
		👁️ Visual		
		💬 Communication		
		🍽️ Swallow		
		🧠 Cognition		
		🚽 Continence		
Risk factors for stroke:				
				
Smoking	Drug or alcohol use	↑ High blood pressure	Heart disease / Atrial Fibrillation	
				
Too much salt in your diet	Too much sugar in your diet	Too many processed, ↑ high fat foods	Diabetes	

↓ Reduce risk by:			
			
Quit smoking. Call 01473 229292 or speak to your GP .	↓ Reduce alcohol. Have 2 alcohol-free days a week. Don't use drugs.	Maximum 14 units a week. OR No more than 2 units a day.	Eat a healthy diet . Aim for 5 portions of fruit and vegetables every day . Take advice on keeping active and regular exercise.
Exercise – keep active!			Each serving contains <div> <div>CALORIES 300</div> <div>FAT 7.7g</div> <div>SATURATE 2.0g</div> <div>SUGAR 42.7g</div> <div>SALT 2.0g</div> </div> of your guideline daily amount
		Take prescribed medications .	Manage diabetes and blood sugar levels , speak to GP or diabetes clinic and dieticians if you have any concerns.
	↓ Reduce salt		↓ Reduce sugar

Any suspected **causes** of your **stroke**:

Investigations and results:

CT/MRI scan - brain
imaging techniques

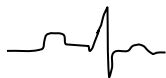
X-ray / Video Fluoroscopy

Blood tests

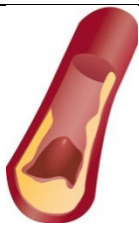






Carotid Doppler scan
– checks for
blockages in your
arteries in your neck

ECG – trace heart rhythm



Echocardiogram – heart
ultrasound to check how well
heart is working

Medications:		Prescribed for you:
	Anticoagulants ↓ Reduce blood clotting	Yes ✓ <input type="checkbox"/> No x <input type="checkbox"/>
	Antiplatelets: Blood thinning medication:	Yes ✓ <input type="checkbox"/> No x <input type="checkbox"/>
	Statins: ↓ Lower cholesterol: cholesterol target = < 4 Avoid grapefruit if prescribed a statin or some anti-hypertensives, such as calcium channel blockers. If you have muscle ache with statins call you GP and stop taking the tablets. 	Yes ✓ <input type="checkbox"/> No x <input type="checkbox"/>
	Anti-hypertensive: ↓ reduce blood pressure	Yes ✓ <input type="checkbox"/> No x <input type="checkbox"/>
Follow up and further investigations:		
Outpatient appointments		Date and time  
Where		
24 hour/ 7 days ECG heart monitor – Cardiology will send you an appointment		
Echocardiogram – an ultrasound of your heart. Cardiology will send you an appointment		
Consultant follow up in approximately 4-6 months – you will be sent an appointment		

Frequently Asked Questions and Contacts

Driving



You **cannot** drive for **AT LEAST 1 MONTH** after a **stroke**.

This is different for **HGV** licences, check with the DVLA.

You have a **legal obligation** to **tell the DVLA and your insurers** of your **stroke**.



In 1 month from the date of your **stroke** IF you feel **ready and able**, you need to visit your **GP**.

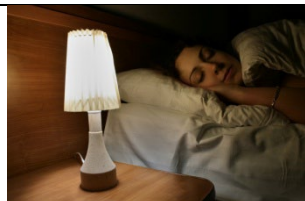
Your **GP** can decide if it is safe for you to drive.

They will discuss whether **medically**, you are **able to drive**.

If, however you have a **visual field deficit/impairment of vision** following your Stroke, you must **NOT** drive unless you have been approved to do so by **West Suffolk Hospital Ophthalmology department**.

You must **tell the DVLA** if your **doctor** tells you that **you are not fit to drive after 1 month** www.dvla.gov.uk. Many people take **longer** than **1 month** to recover enough to drive safely again.

Returning to work / daily activities:



You may feel **very tired**, this is very common. This often **improves** with time. Try not to overdo it, take it gradually.

You do not need to avoid having sex after a stroke ♥.

If you work, you may **not** be able to **return to work** straight away or at all. This depends on your recovery and what your job requires. Your **employer** may be able to make **adjustments** to your **job**, the **tasks** you do or **your hours**.

Emotional effects of stroke:



Having a stroke can be a **shock**. People **often** feel **anxious, upset** or **low in mood** afterwards. You may feel **more emotional, tearful** or **laugh inappropriately**.



These feelings may also be an **effect /result** of your stroke.



If you feel **depressed** or **unable to cope** speak to your doctor, nurse or therapists. **It is important to discuss these feelings**. Help is available.

The **Stroke Association** has **information, advice** and local **support groups** available.



General contacts:

Age UK Suffolk

Offer advice and support to people over retirement age, ☎ call: **01473 351234**

✉ email: office@ageuksuffolk.org

For information on **benefits** ☎ call: **01449 674222** or

✉ email: benefits@ageuksuffolk.org

Avenues East (formerly OPTUA)

Local **disability information** and **advice service** run for and by disabled people in Suffolk. Offices in **Bury St Edmunds** and **Stowmarket** offer: benefits advice, disability issues information, transport advice (blue badges), employment issues. ☎ Call: **01449 672781** or ✉ email: advice@avenuesgroup.org.uk

One Life Suffolk

Offer advice on **smoking cessation & healthy lifestyle** ☎ call: **01473 718193**

✉ email: info@onelifesuffolk.co.uk

Suffolk Family Carers

Support for **family members** or **friend** if they take on aspects of **your care** regularly.

They offer someone to talk to, information and advice, a chance to meet other people in a similar situation.

☎ call: 01473 835477 or 💻 web: www.suffolkfamilycarers.org ⓘ Stroke contacts

Different Strokes

Support for **younger stroke survivors**, nearest held in Colchester, Cambridge and Norwich.

☎ call: 0845 130 7172 or ✉ email: webcontact@differentstrokes.co.uk

The Stroke Association

The Stroke Association can provide **information** about most aspects of stroke and **life after stroke** including: 🗣 **communication difficulties**, 👁 **visual problems**, 👤 **relationships** etc.

Their local office is in **Bury St Edmunds**, use the national helpline,

☎ call: 0303 3033 100.

Stroke Association Support Groups:

Stowmarket Support Group

Contact: Alan Moore ☎ 01359 258953

✉ email: amoore.hillands80@btinternet.com

Thursday 10am – 12 noon

Held at: Salvation Army, Violet Hill, Stowmarket, Suffolk IP14 1NE

Second-chance Self Help Group

Contact: Penny Baker ☎ 07514 057962

✉ email: winstonians@hotmail.com

Tuesday 10.30am – 12.30pm

Held at: Great Barton Village Hall, Elm Close, Bury St Edmunds IP33 1YQ

Haverhill Support Group

Contact: Catherine Clerkin ☎ 01440 783104 / Kathie Butcher ☎ 01638 508086

✉ email: k.f.butcher@btinternet.com

Friday 1.30 - 3.30pm

Held at: The Fire Station, Lordscroft Lane, Haverhill, CB9 0ER

Affiliated groups:

Stroke Working Age Group (Bury St Eds)

Contact: Julie Bentley ☎ 07999 464648 / Lisa King ☎ 07968 130117

First Friday of every month

Life after Stroke Centre, 5 Hillside Road, Bury St Edmunds, IP32 7AE

Cheerful Friday Club (Newmarket)

Contact: Maureen Doggett ☎ 01353 699949

✉ email: maureendoggett@btinternet.com

Last Friday of every month 2 – 4pm

The Catholic Parish Centre, Exeter Road, Newmarket, CB8 8LT

Success After Stroke Club (Gt Cornard)

Contact: Sarah Jane Lewis ☎ 07434 931962

✉ email: info@successafterstroke.org.uk

Tuesday / Wednesday / Friday – various times

Stevenson Centre, Broom Street, Gt Cornard, CO10 1JT

If you have any trouble contacting any group, please contact:

Life After Stroke Centre ☎ 01284 760006 or

www.stroke.org.uk/findingsupport