

# About your Stroke

Patient information  
leaflet



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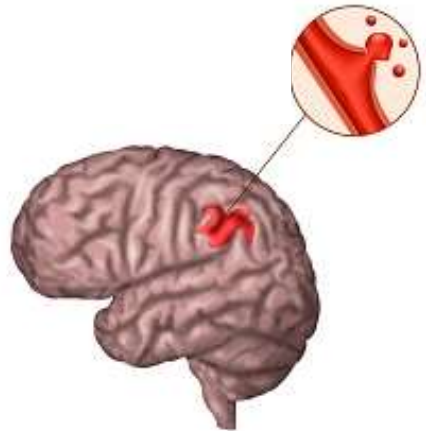
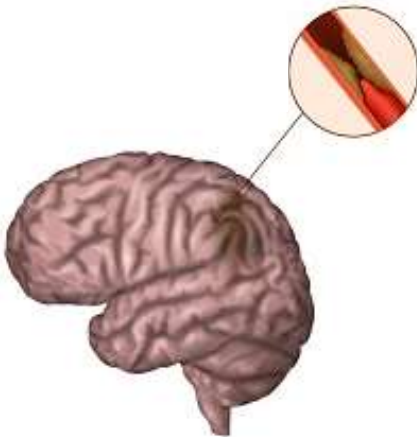
## Contents

What is a Stroke? .....	3
Immediate Treatment/tests .....	4
Some effects of a stroke .....	5
Who can help? .....	7
What can help in hospital? .....	9
Eating in Hospital .....	10
Common medicine in hospital.....	11
Recovery .....	12
Stroke prevention and Lifestyle .....	13
After Hospital.....	14
Community support after hospital .....	15
Useful websites to visit .....	16

# What is a Stroke?

A stroke happens suddenly when your brain has its blood supply cut off by either a...

## **Ischemic stroke** or **Haemorrhagic Stroke**



A stroke can make many things more difficult.

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# Immediate Treatment/tests

## How can we do this?



The hospital can conduct many tests that look for where a blood clot or brain bleed could have come from. You may have an **MRI scan or a CT scan**.



You may need to have a brain clot removed. This is removed by a 'thrombectomy'.



The hospital can test for an irregular heartbeat, which can cause small clots to form in the heart and travel to the brain.

# Some effects of a stroke



## **Communication**

This can be; problems with speech, knowing what to say, understanding what is being said and what is happening around you



## **Eating and drinking (dysphagia)**

Speech and Language Therapists can help you to be safer when eating and drinking. If it is not safe, the SLT, dietitians, and doctors will look at different ways of eating and drinking.



## **Muscle weakness**

A stroke can make your muscles weak. Physiotherapists and Occupational therapists can help to get your muscles stronger.

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# Some effects of a stroke



## **Changes in mood**

Feeling low or 'depressed' is common after a stroke.

Feeling low can get better quickly or take some time. Medication can also help you feel better.



## **Cognition, concentration and memory**

This means planning, preparation and thinking.

People can find it harder to focus and remember many things. Getting back to work takes time and needs planning.



## **Fatigue and tiredness**

Most people feel more tired after a stroke, even a small stroke. Slowly building up exercises can help with this.

# Who can help?

Therapists in the Acute Stroke Unit can help with difficulties in:



## Speech and language therapy (SLT)



Eating and  
drinking  
(dysphagia)



Words/language  
(aphasia)



Mouth  
muscles/speech  
(dysarthria)



Communication



## Occupational therapy



Cognition  
(thinking &  
processing)



Support  
with daily  
activities



Safe in the  
home +  
equipment



Return to  
Work



Vision and  
perception



## Physiotherapy



Walking



Standing



Strength



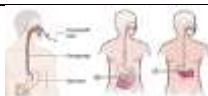
Falls risk  
assessment

# Who can help?

The therapists and medical team in the Acute Stroke Unit can help with:



Dietitians



Alternative eating



What food you can eat



What you should drink



Healthy weight



Doctors/consultants



testing



Investigate



Medical plan



Nursing team



mealtimes



Vital signs


















pain



## What can help in hospital?

Having as much information as possible about the person is helpful.




Family/friends might like to bring in:

 'this is me' form	 Clothes	 Shaver
 Toothbrush	 normal medication	 Pictures of loved ones
 Phone charger	 Toiletries	 Interests
 games	 Headphones	 Any comforters
 Glasses	 Dentures	 Slippers/shoes

# Eating in Hospital

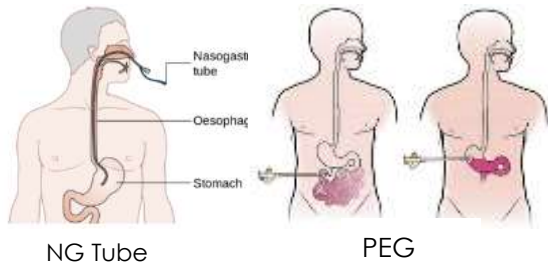
## Choosing food

A stroke can make eating and drinking harder.

Meal Times		
		
Breakfast - 7am	Lunch - 12 noon	Supper - 5pm

When you come into hospital, staff will make sure it is safe for you to eat and drink.

If it not safe to eat,  
you may eat  
through a tube until  
your swallow is safe.



If the stroke you have had has changed your swallow,  
your food may look different.

Texture Modified Dysphagia Food					
	Level 4 - Puree	Level 5 – Minced and moist	Level 6 – Soft and bitesize	Level 7 – Easy to chew	Normal
Food					

Staff will give you a menu to choose from - tell staff if you eat vegetarian, vegan, and gluten free, dairy free food.

## Common medicine in hospital

Common medicines in the hospital that you might be taking to help with your stroke.



### **Aspirin**

Makes your blood thinner, can help to prevent more strokes. Can irritate the stomach.



### **Clopidogrel**

Also thins the blood, does not irritate the stomach much. Some people experience headaches.



### **Amlodipine**

Helps with reducing blood pressure. Good evidence it helps to prevent strokes.



### **Atorvastatin**

Statins reduce cholesterol and smooth the blood vessels. Good evidence they can reduce stroke symptoms. Rarely, some people have muscle cramps and stomach pain.



### **Apixaban or edoxaban**

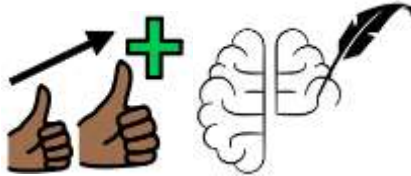
Blood thinner used to help people with an irregular heartbeat who are at risk of clots.

# Recovery



## In hospital, we will:

1. Try to find out why you have had a stroke and
2. Help prevent having a stroke in the future
3. Help you improve at your pace



Recovery from a stroke is different for everyone.



The brain will start to rewire itself around the damaged area.



You may get better quickly or may take a long time to get better

# Stroke prevention and Lifestyle



## **Smoking**

Stopping smoking could halve your risk of having a stroke



## **Drinking**

Drinking alcohol within moderation could reduce your chances of having a stroke by 50%



## **Eating healthily**

Eating healthily is proven to reduce risk of stroke



## **Exercise**

30 minutes of exercise per day. 5 days per week can reduce stroke risk.

# After Hospital

The discharge coordinator, doctors, nurses and therapists will help decide where you will go after hospital.



Home



With support



Without support



Community hospital



St martin's



Chippenham



South Petherton



South Gloucester



Placement



Residential







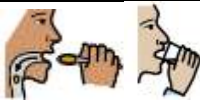




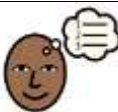


Nursing home

# Community support after hospital

Could mean that community stroke teams may come to you house.

At your house, they could check and help with...

 equipment	 accessibility
 Cooking	 Hobbies
 Speech and language	 Mobility
 Eating + drinking	 Thinking skills
 Medication check	 Heart monitors
 Getting washed and dressed	 strategies

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# Useful websites to visit

The stroke association: <https://www.stroke.org.uk/>

NHS information: <https://www.nhs.uk/service-search/other-services/Stroke-information-and-support/LocationSearch/391>

Bristol after Stroke help: <https://www.bristolafterstroke.org.uk/>

Bath after stroke help:

<https://www.bluebirdcare.co.uk/bristol/useful-information/19139/bath-stroke-support-group>

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.

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