



Royal United Hospitals Bath
NHS Foundation Trust

About your Stroke

Patient information
leaflet



Welcome to the
RUH Acute Stroke

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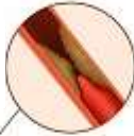
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What is a Stroke?

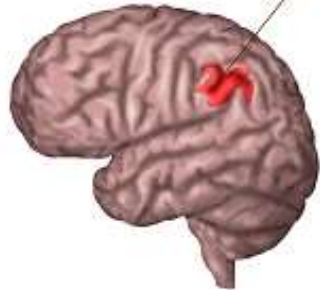
A stroke happens suddenly when your brain has its blood supply cut off by either a...

Ischemic stroke or Haemorrhagic Stroke

Blocked blood vessel
(‘Clot’ stroke)



Ruptured blood vessel
(‘Bleed’ stroke)



A stroke can make many things more difficult.

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.

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
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Occupational therapy

 Cognition (thinking & processing)	 Support with daily activities	 Safe in the home + equipment	 Return to Work	 Vision and perception
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Physiotherapy

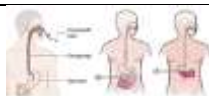
 Walking	 Standing	 Strength	 Falls risk assessment
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Who can help?

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:

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

Eating in Hospital

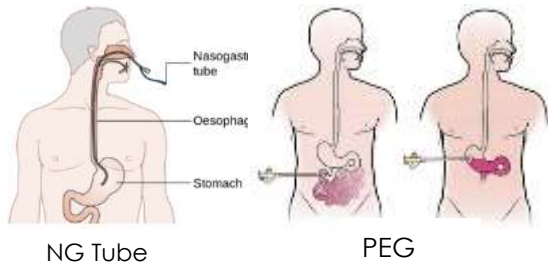
Choosing food

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

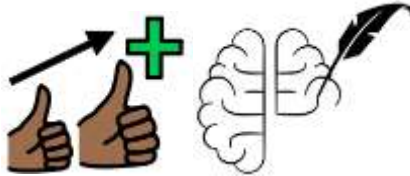
Blood thinner used to help people with an irregular heartbeat who are at risk of clots.

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







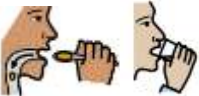







Nursing home

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

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>

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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 or telephone 01225 825656.

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The RUH, where you matter