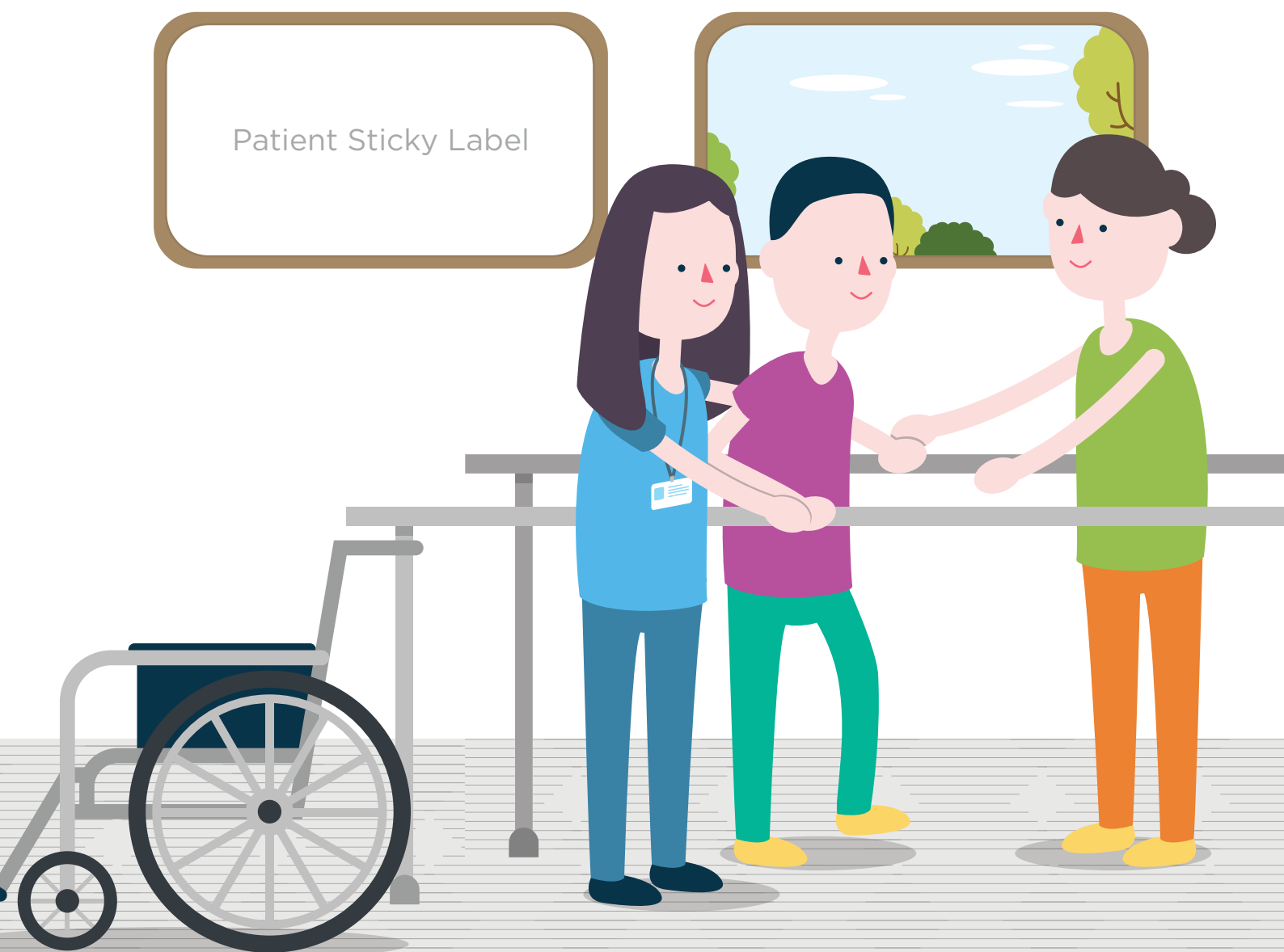


# STROKE HUB

A Resource Guide for Stroke Survivors  
and their Caregivers



Patient Sticky Label



*An initiative of the  
Stroke Services Improvement (SSI) team  
in collaboration with all public hospitals in Singapore.*

# Introduction

This information guide aims to provide a general understanding of stroke, what you may expect during your stay in the hospital and subsequent care after your discharge.

Your healthcare team will provide you with specific information on your condition and the plan of management. If you have any questions or wish to know more about your condition, please consult your stroke care team.

This information is also available online at <http://healthhub.sg/strokehub>

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# Fact Sheets

We acknowledged that you may have other questions about your condition or your role as a caregiver. Here is a list of fact sheets with more information. You may access them via the HealthHub website at <http://healthhub.sg/strokehub>

## Fact Sheets Content List

### Controlling Risk Factor of Stroke

- Hypertension
- Smoking and Stroke
- Atrial Fibrillation
- Cholesterol
- Diabetes
- Healthy Eating
- Alcohol

### Consequences of Stroke

- Cognitive Issues
- Coping with Cognitive Issues
- Emotional Changes
- Coping with Emotional Changes
- Sexual Intimacy
- Spasticity
- Bladder and Bowel Problems

### Rehabilitation after Stroke

- Physiotherapy
- Occupational Therapy
- Speech Therapy for Communication Difficulties
- Swallowing Difficulties

### Social and Leisure Matters after Stroke

- Driving Eligibility
- Travelling
- Financial Assistance
- Returning to Work
- Sports, Exercise and Physical Activity

### For My Carer

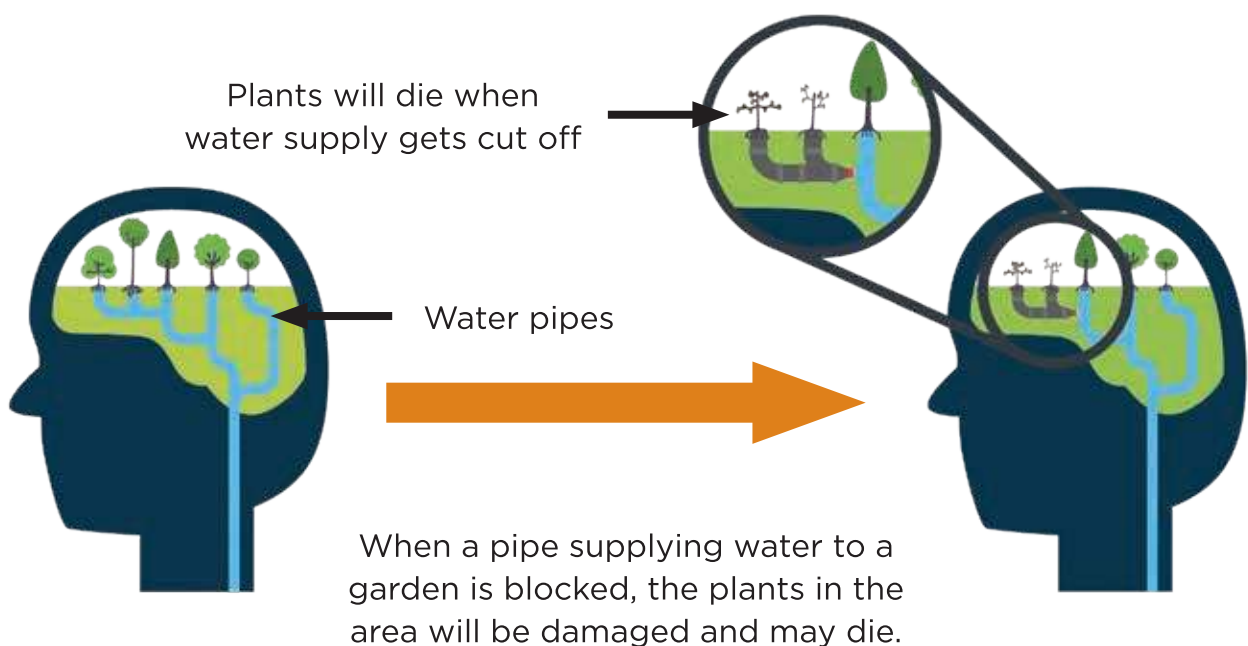
- Caring for Your Loved One

# About Stroke

## WHAT IS STROKE?

Normal brain function requires oxygen and nutrients which are supplied by blood through blood vessels. A stroke occurs when there is a disruption of blood flow to the brain. The area of the brain which is deprived of blood is thus damaged, resulting in signs and symptoms of stroke.

### An analogy of stroke using a garden with pipes supplying water to explain how stroke occurs.



## HOW COMMON IS STROKE?



1 in 4 people will suffer from a stroke in their lifetime



It can happen to anyone regardless of age, gender, ethnicity or socio-economic status

# Types of Stroke

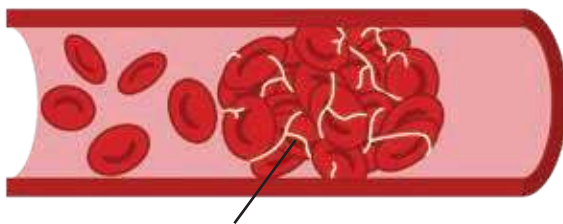
There are 2 main types of stroke.

## Ischaemic Stroke: 'blocked artery'

It is the most common type of stroke. This occurs when a blood clot is lodged in an artery and cuts off blood supply to the brain. It is usually caused by either:



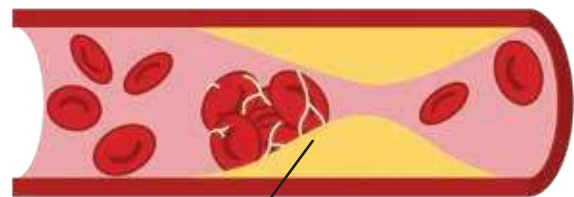
### EMBOLISM



Blood clot

a blood clot from the heart is dislodged and travels to the brain

### THROMBOSIS



Fatty Plaque

a blockage of a brain blood vessel due to narrowing from fatty plaque formation

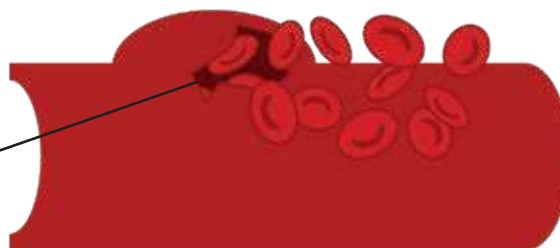
## Haemorrhagic Stroke: 'burst artery'

This occurs when there is a rupture of a blood vessel causing bleeding in the brain. It is usually caused by:

- High blood pressure
- Defects in the blood vessel wall such as cerebral aneurysms



Cerebral Aneurysm



Rupture to blood vessels; leakage of blood

## Transient Ischaemic Attack (TIA) - "mini-stroke"

- It happens when there is a temporary interruption of blood supply to the brain.
- Thus there is no permanent brain damage and the symptoms go away completely within a few minutes.

# About the Brain

- The brain has 2 sides (right and left) and is divided into several areas that control different functions.
- The location of the brain damage will determine the signs and symptoms of stroke.

## LEFT BRAIN FUNCTIONS

Movement and sensation of right side of body

Understanding and expressing language

Reading and writing

Vision on the right side



## RIGHT BRAIN FUNCTIONS

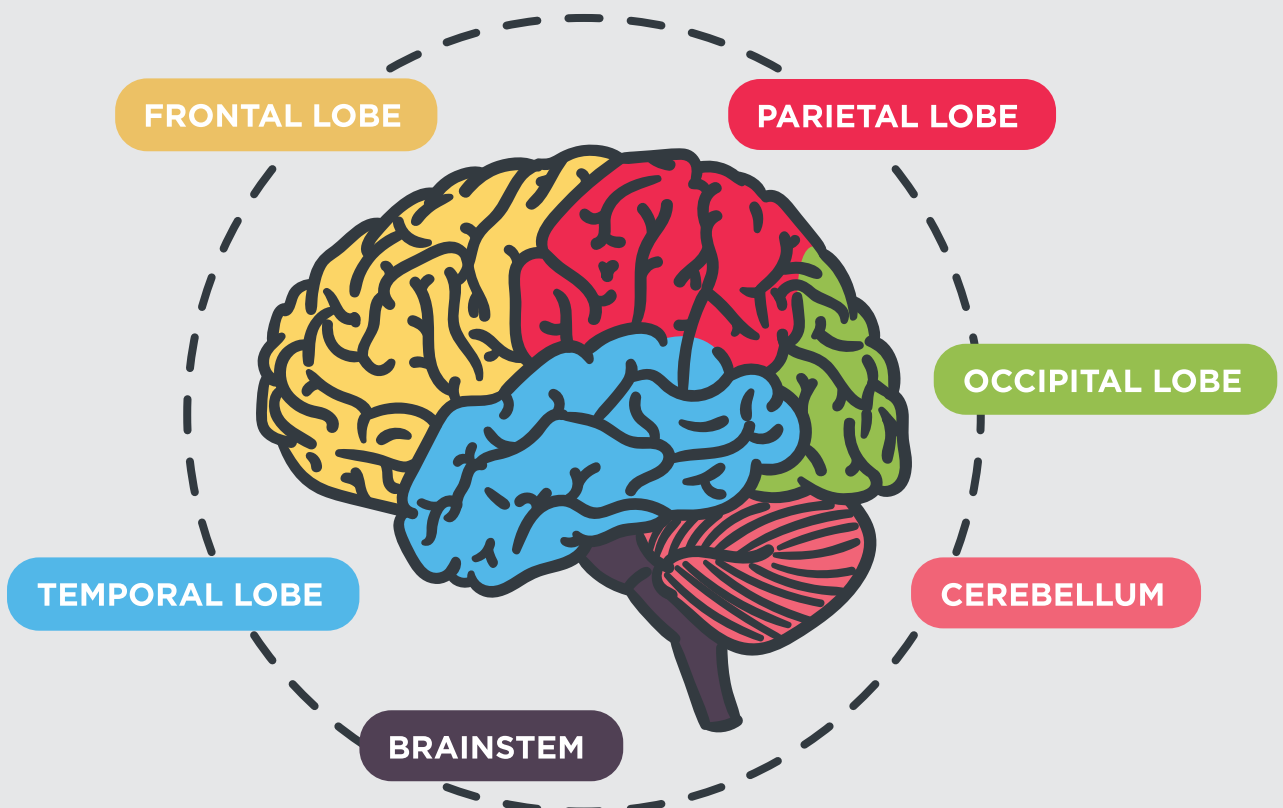
Movement and sensation of left side of body

Face and object recognition

Body awareness

Vision on the left side

Your doctors may describe the location of your stroke. Here is a diagram showing the different parts of the brain.



# Signs and Symptoms of Stroke

It is important to understand that every patient is affected by stroke differently. The signs and symptoms of stroke depend on the area of damage in the brain.

## PHYSICAL



### Weakness

- You may experience weakness in one or both sides of the body. This weakness varies in severity.
- Weakness of the face muscle may result in facial drooping, drooling and speech difficulty.

### Incoordination of movements

- You may experience difficulty in standing, walking or performing delicate tasks.

\* Refer to *Physiotherapy and Occupational Therapy fact sheets* for more information.

## SENSATION



### Numbness

- You may experience reduced or loss of sensation over one side or specific parts of your body.
- You may experience abnormal extra feeling over one side of your body such as tingling or electric sensation.

## VISION



### Visual impairment

- You may experience double vision or loss of vision in one side or area of your visual field.

## COMMUNICATION



### Slurring of speech (“Dysarthria”)

- You may experience difficulty in articulating words. This may cause your speech to be unclear, slow or soft.

### Language impairment (“Dysphasia”)

- You may experience inability to understand or express words, phrases and sentences, in both verbal and written form.

\* Refer to *Speech Therapy for Communication Difficulties fact sheet* for more information.

## SWALLOWING



### Difficulty with swallowing (“Dysphagia”)

- You may experience difficulty with drinking and eating. It can cause coughing and choking leading to an increase risk of lung infection.

\* Refer to *Swallowing Difficulties fact sheet* for more information.