

## ABSTRACT FORM

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### Urgent nursing care for stroke patients in urban area: Timing is everything

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**Objective;** To assess stroke patients immediately and save life.

**Content;** While sleeping alone at home at about 6 AM, Thai marines 52-year-old feels weak at the right side of his hand and leg and difficulty speaking. He don't know what happen to him .He cannot get out of the bed. Then he calls to his wife, she is a nurse, she suspects he may be having a stroke and immediately calls 1669. But 1669 ask a lot of routine question. She hangs up the phone and call emergency department of Navy Hospital. ER nurse quickly assessment and send ambulance car to pick him up immediately.

At 6:20 AM, He is emergently transported to the emergency department, clinicians note his slurred speech and difficulty holding his right arm up for more than a few seconds. His vital signs are blood pressure (BP) 162/102 mm Hg; pulse, 56 /min respiratory rate (RR), 18/min; and oxygen saturation 98% on room air. He tells doctor he has a history of mild-hypertension but untreated. His medical treatments may include: medications to control high blood pressure, to manage atrial fibrillation among high-risk patients and lower the chances of forming a clot (Antiplatelet agents or anticoagulants, , interfere with the blood's ability to clot and can play an important role in preventing stroke). His diagnosis was Transient Ischemic Attack (TIA). By effective treatment at 11.00 AM, his speech is normal, his right side of leg and arm are more power. He can walk normally at 5PM.

As a nurse, your assessment of the patient's signs and symptoms and your knowledge of stroke treatment are vital. All nurses should know the warning signs of stroke, teach patients and families about these key clues, and spread the word about the importance of getting immediate help. Early assessment and rapid treatment are critical to saving brain cells—and lives.

**Assessing patients for stroke;** Stroke or suspected stroke is an emergency that calls for an immediate response. If you suspect your patient is having a stroke, activate a stroke alert, notify the physician, or call phone number (depending on your location).

**Stroke assessment;** Act **FAST** to Recognize the Signs of a Stroke

F - Face: Ask the person to smile. Does one side of the face droop? Does the face or eye look crooked? If so, the person may be having a stroke.

A - Arms: stands for Arms. Ask the person to raise both arms. Does the person have difficulty lifting one or both arms? Do one or both arms drift?

S - Speech: Ask the person to speak or repeat a sentence. Are the words slurred? Is the person having difficulty speaking or is unable to speak? Does the person have a problem understanding you?

T - Time: If all these symptoms – face, arms and speech – are present, the person may be having a stroke. Remember, a stroke is a medical emergency. You must get the person to the hospital immediately.

**Conclusion;** stroke can happen to anyone regardless of their age, gender, or race. Strokes occur when a blockage cuts off blood flow to a part of the brain, resulting in the death of brain cells and brain damage. A stroke is a medical emergency. Because of this, every minute counts. It's important to recognize the signs of a stroke and call number at the onset of symptoms. Use the acronym F.A.S.T. as an easy way to remember the warning signs of a stroke.

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