

Stroke

FIRST AID FACT SHEET

How to provide first aid for stroke

A stroke is a condition that occurs when an artery taking blood to the brain becomes blocked or bursts. As a result of a stroke, brain cells are damaged and functions controlled by that part of the brain are paralysed. Partial paralysis of the body and/or speech problems is common.

Recognise signs of a stroke

FAST Stroke Assessment

Facial weakness

Arm weakness

Speech difficulty

Time to act fast

What to do

Unconscious casualty

1. Follow DRSABCD St John Action Plan (<https://stjohnwa.com.au/online-resources/first-aid-information-and-resources/drsabcd-action-plan>).
2. Place into recovery position if unconscious and not breathing normally.
3. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

Conscious casualty

1. Follow DRSABCD St John Action Plan (<https://stjohnwa.com.au/online-resources/first-aid-information-and-resources/drsabcd-action-plan>).
2. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.
3. Rest and reassure the casualty.
4. Place in a position of comfort and support the head and shoulders with pillows.
5. Loosen tight clothing.
6. Ensure airway is clear and open and wipe any secretions away from the mouth.
7. Do not give anything to eat or drink, as swallowing may be impaired.

8. Monitor casualty until medical aid arrives

Caused by

Blocked arteries.

Blood clots.

Ruptured artery.

Signs and symptoms

Sudden decrease in level of consciousness.

Weakness or paralysis on either one or both sides of the body.

Feeling of numbness in face, arm or leg.

Difficulty speaking or understanding.

Dizziness, loss of balance, unexplained fall.

Disturbed vision.

Confusion.