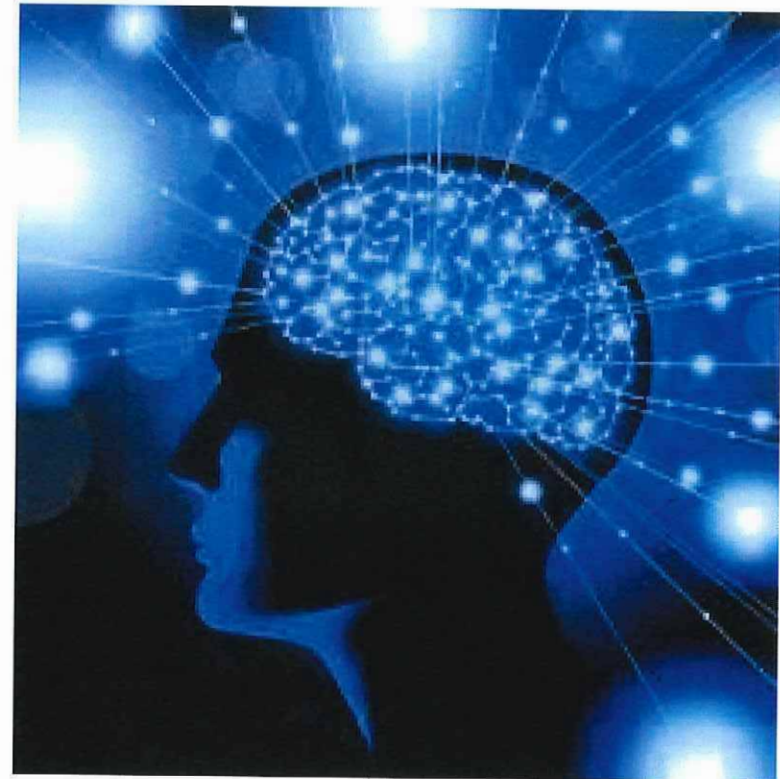


May is Stroke Awareness Month

- Location: Beaumont Grosse Pointe Lobby
- Date: Thursday, May 25, 2017 from 11:00am-1:00pm
- Beaumont Grosse Pointe Stroke Champions will provide:
 - Blood Pressure Checks
 - Stroke Risk Assessment
- Receive a FASTER magnet to learn the signs and symptoms of a Stroke
- No Cost



Solecki, Cathleen

From: Solecki, Cathleen
Sent: Wednesday, May 17, 2017 7:15 PM
To: Amato, Linda; Atshan, Reem; Cavender, Beverly; Cooper, Angelica; Dobrzecowski, Amy; Flores, Alfonso; Ganti, Sundara; Giffen, Lisa; Hanselman, Marianne; Jacobs, Janet; Ketelhut, Kelsey; Lopez, Theresa; May-Sulolli, Kelly; Ormsby, Katherine; Rizzo, Sandra; Shimko, Joan; Solecki, Cathleen; Tassone, Andrea; Zomerfeld, Christina M
Cc: Adams, Kelly; Wolka, Susan; Stahl, Daniel; Apigo, Steve; Brieden, Molly
Subject: Stroke Awareness Month
Attachments: NIH Stroke Scale Skills Competency.docx; May is Stroke Awareness Month.pptx

Hello Stroke Champions,

Next Thursday, May 25th from 11am-1:00pm as part of May being Stroke Awareness Month, we will be providing bp checks and stroke risk assessment in the BGP Lobby.

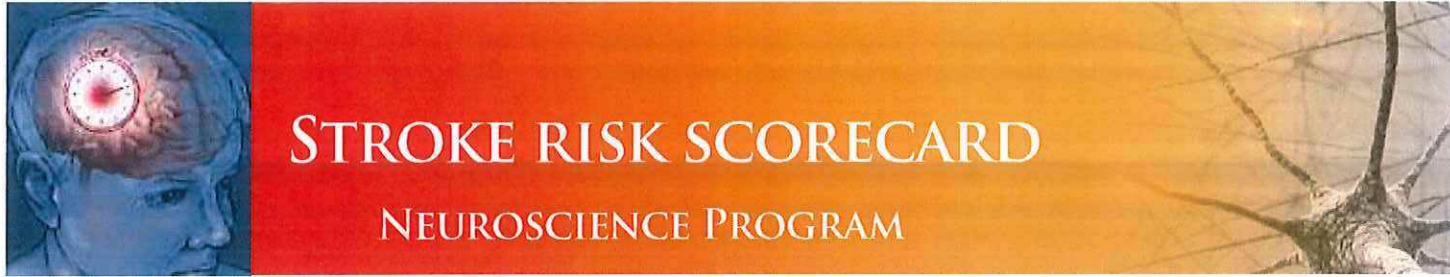
Reem, Kelsey and possible Theresa will be helping me. If anyone else is able to also help, this can count as your "community service". She attached flyer that will be place in the Loop communication.

Please let me know if you are available.

Also, attached is the NIHSS skills competency that we used today at our 11am and 5:45pm session for checking many of you off on this skill. For any new stroke champions, after you are comfortable in performing the NIHSS, please use this form for checking off any new nurses on your unit and then make sure the nurse manager receives a copy for your employee files.

Thanks
Cathleen

*Cathleen Solecki MSN, RN-BC, CCRN, CNRN
Clinical Program Manager
NICHE Coordinator
313-473-1817 (office)
57690 (pager)*



Each box that applies to you equals one point. Total your score at the bottom of each column and compare with the stroke risk levels below.

Risk factor	High risk	Caution	Low risk
Blood pressure	>140/90 or I don't know	120-139/80-89	< 120/80
Cholesterol	>240 or I don't know	200-239	<200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I'm trying to quit	I am a non-smoker
Atrial fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	I am slightly overweight	My weight is healthy
Exercise	I am a couch potato	I exercise sometimes	I exercise regularly
Family history	I have stroke in my family	I don't know	I don't have stroke in my family
Score (each box = 1)			

If your red score is 3 or more, please ask your doctor about stroke prevention right away.

If your yellow score is 4-6, you're off to a good start. Keep working on it.

If your green score is 6-8, congratulations! You're doing very well at controlling your risk for stroke.

To reduce your risk for stroke:

1. Know your blood pressure. If high, work with your doctor to lower it.
2. Find out from your doctor if you have atrial fibrillation.
3. If you smoke, stop.
4. If you drink alcohol, do so in moderation.
5. Find out if you have high cholesterol. If so, work with your doctor to control it.
6. If you are diabetic, follow your doctor's recommendations carefully to control it.
7. Include exercise in the activities you enjoy in your daily routine.
8. Enjoy a lower sodium (salt), lower fat diet.
9. Ask your doctor how you can lower your risk of stroke.
10. KNOW THE SYMPTOMS OF STROKE:

a sudden numbness or weakness of face, arm, leg, especially on one

Beaumont

Stroke Symptoms:
Think
FASTER

F	FACE	Uneven smile. One side of the face droops or is numb.
A	ARMS	One arm drifts down when raising both or is weaker and more numb than the other.
S	STABILITY	Dizziness. Hard time keeping balance. Trouble walking. Loss of coordination.
T	TALKING	Slurred words. Unable to speak. Hard time being understood or understanding speech.
E	EYES	Difficulty seeing out of one or both eyes. Double vision.
R	REACT	Call 911 immediately! Call even if symptoms go away. Remember when symptoms first began.

magnet