

# ***Making a Comeback:***

Five Surprising Lessons from Stroke Survivors



Get ready for some fun...

***We're glad  
you're here!***

***Welcome***



# Your moderator...

**Randy Querin**

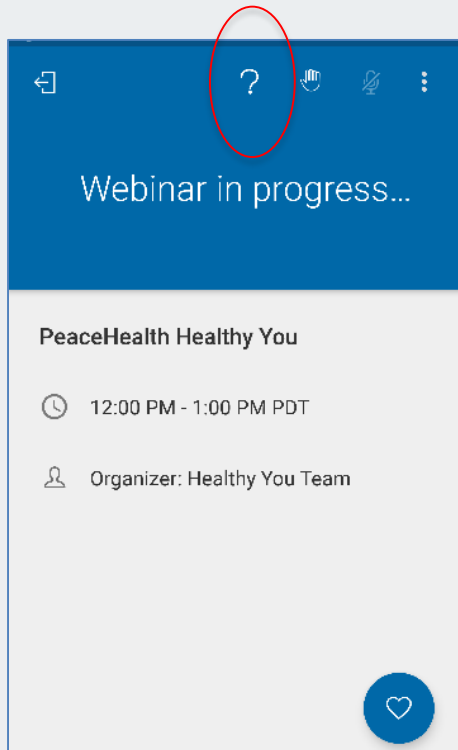
*Sr. Communication Specialist  
PeaceHealth*

# Getting to know you...

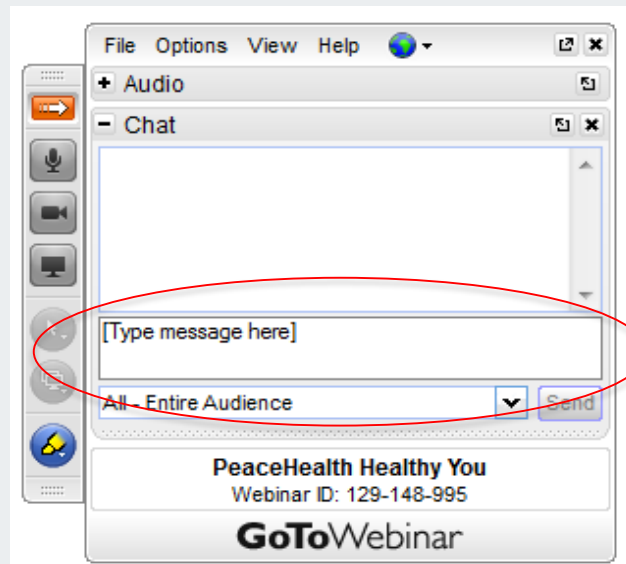
- *Polls*
- *Sound quality = everyone muted*
- *Difficulties? Click help*



# Questions or comments?



**On your smart phone**  
Tap "?", then type your message



**On your desktop**  
Type where it says  
{Type message here}

# Your speakers...



## **Louise Jenkins, MSN, MBA, BSN, CPHQ**

- Manager of Certified DNV Stroke Center & Telestroke at PeaceHealth Southwest Medical Center
- Career nurse leader in emergency medicine & stroke care
- Noted speaker on stroke
- Part of the National Stroke Association
- Stroke survivor!
- Avid St. Louis Cardinal fan



## **Joanie Peckels**

- Volunteer at PHSW
- Lead Stroke Ambassador @ PHSW
- Stroke & TBI Support Group Leader
- Stroke survivor!
- Awesome lady who has won numerous awards for her involvement in helping others

# Overview

- Stroke basics review
- 5 Lessons from survivors
- Q&A





# Poll: What is a stroke?

A stroke is

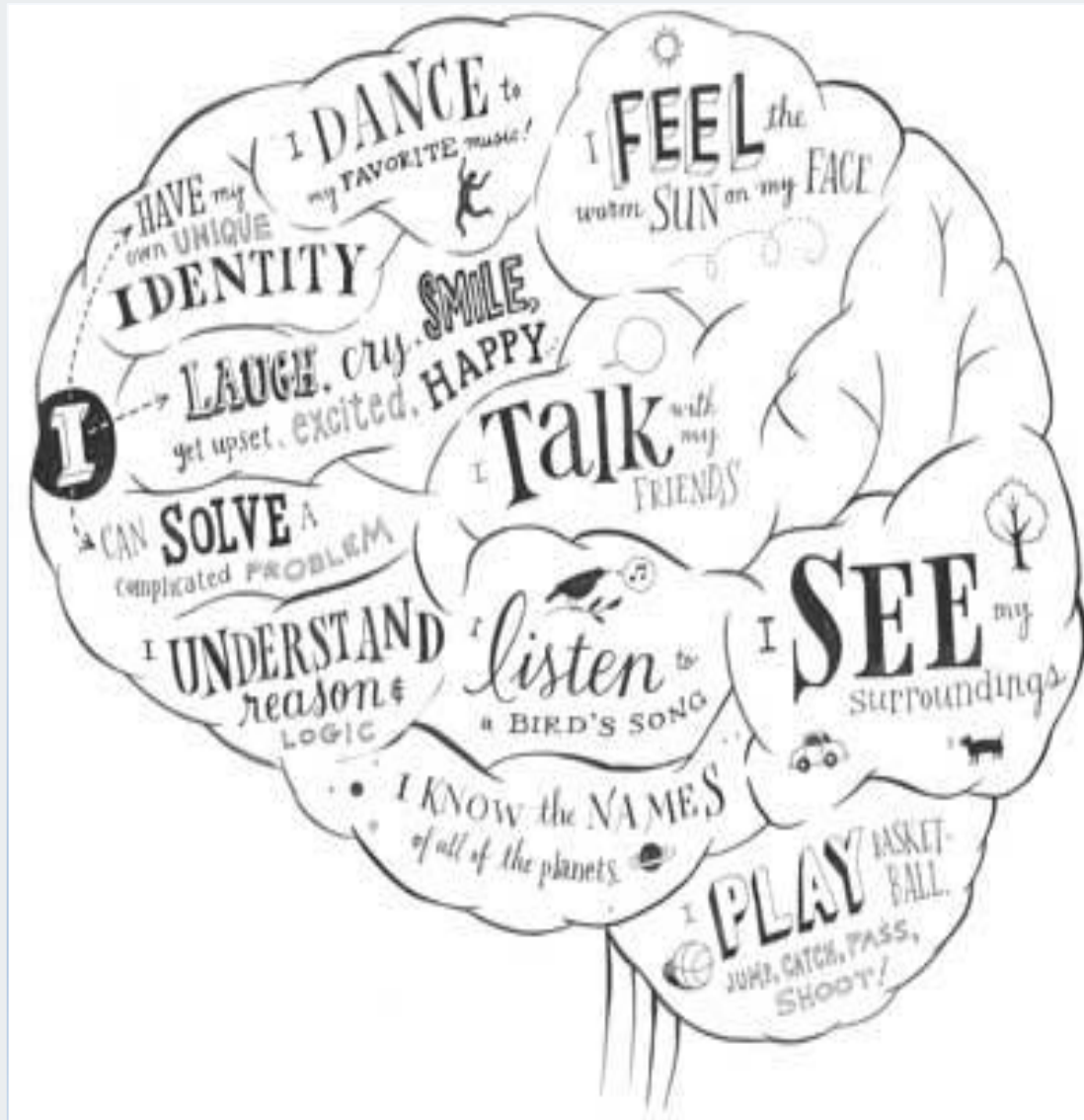
- ☐ A blocked or broken blood vessel in the brain.
- ☐ A "brain attack."
- ☐ A game-changer.
- ☐ All of the above.







# Your Brain = Your Master Computer



# Stroke Basics

## Reduce risk of a stroke

- 80% can be prevented. Manage your risks:
  - Lower blood pressure & cholesterol
  - Control weight
  - Exercise daily
  - Avoid smoking & tobacco
  - Manage diabetes or other conditions



# Stroke Risk Scorecard

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels on the back.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Physical Activity	<input type="checkbox"/> None	<input type="checkbox"/> 1-2 times a week	<input type="checkbox"/> 3-4 times a week
Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
TOTAL SCORE	<input type="checkbox"/> High Risk	<input type="checkbox"/> Caution	<input type="checkbox"/> Low Risk



## Risk Scorecard Results

- High Risk  $\geq 3$ :** Talk to your healthcare provider immediately and ask about a stroke prevention plan. Make an appointment today.
- Caution 4-6:** You have several risks that if elevated will place you at a higher risk for stroke. Take control now and work towards reducing your risk.
- Low Risk 6-8:** You're doing well at controlling stroke risk! Continue to stay informed about your numbers. Get tips at [www.stroke.org](http://www.stroke.org).

Ask your healthcare professional how to reduce your risk of stroke.

To reduce your risk:

1. Know your blood pressure.
2. Find out whether you have atrial fibrillation.
3. If you smoke, stop.
4. Find out if you have high cholesterol.
5. If diabetic, follow recommendations to control your diabetes.
6. Include exercise in your daily routine.
7. Enjoy a lower-sodium (salt), lower-fat diet.

Use **FAST** to remember warning signs of stroke:



**FACE:** Ask the person to smile. Does one side of the face droop?



**ARMS:** Ask the person to raise both arms. Does one arm drift downward?



**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?



**TIME:** If you observe any of these signs, call 9-1-1 immediately.

1-800-STROKES (787-6537) • [www.stroke.org](http://www.stroke.org)

# Stroke Basics

## Reduce risk of a stroke

- 80% can be prevented. Manage risks:
  - Lower blood pressure & cholesterol
  - Control weight
  - Exercise
  - Avoid smoking & tobacco use
  - Manage diabetes or other conditions

## Recognize a stroke



# Stroke Basics

## Reduce risk of a stroke

- 80% can be prevented. Manage your risks:
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  - Manage diabetes or other conditions

## Recognize a stroke

- B-E F-A-S-T

**Respond to stroke**  
**call 9-1-1 right away!**



# Poll: Do you know someone who has had a stroke?

- ☐ Yes
- ☐ No
- ☐ I'm not sure





# What's “surprising” about survivor lessons?

People can survive or even thrive after stroke when:

- We recognize stroke symptoms
- We **think and act BEFAST**
- Patients get new treatments or therapies
- Everyone's experience is different





# Recovering from a stroke: Lesson #1

## Rest (or else!)

- Listen to your body and mind
- Your body will tell you the pace you should go
- Nap, lie down or just sit quiet for 15 minutes



# Recovering from a stroke: Lesson #2

## Just "do"

- Activities of all kinds can help you rebuild your life
- Try doing what you used to do
- Learn new things, such as...
  - Paint
  - Play with clay
  - Read out loud
  - Listen to books
  - Garden
  - Listen or play music
  - Work on computer



# Recovering from a stroke: Lesson #3

## Support your support team

- Spouses, children, grands, friends, neighbors can help
- Caregivers need a break – self-care is not selfish
- Stroke support groups:
  - PeaceHealth SW
  - PeaceHealth Oregon





# Recovering from a stroke: Lesson #4

## Get handy gear

Gadgets and tools can help you do what you need to do

- Robotic devices
- Knob on steering wheel
- Toggle closure on shoes
- Hair clips
- Bars
- Jar openers
- Rounded knives
- Home-grown ideas



# Recovering from a stroke: Lesson #5

## Keep good company

- Resist the urge to withdraw
- Others need & want your company
- Enlarge your social circle
- Volunteer
- Seek out others who understand
- Help others learn

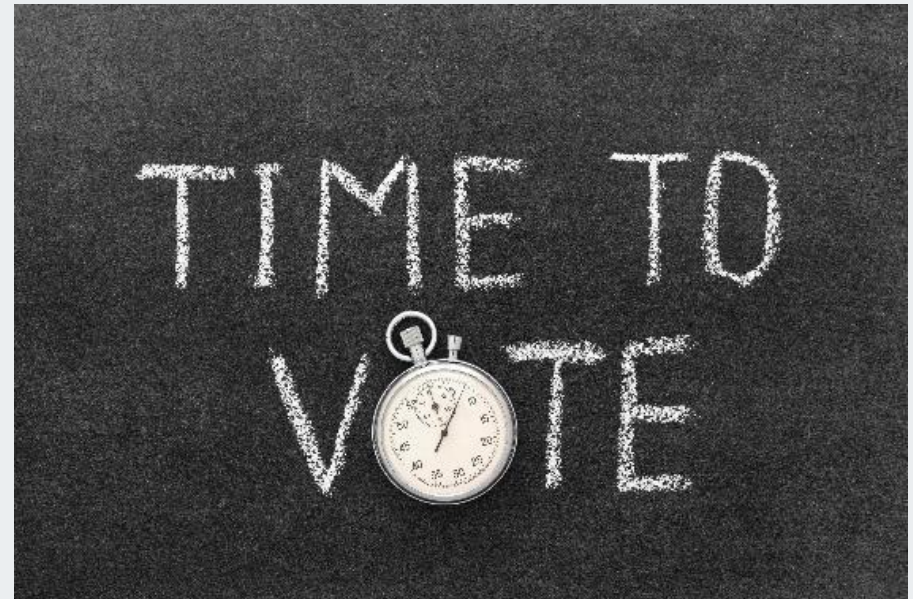


## Recap:

1. Rest (or else!)
2. Just “do”
3. Support your support team
4. Get handy gear
5. Keep good company

# Poll: What lesson surprised you the most?

- ☐ Rest
- ☐ Gear
- ☐ Keep company
- ☐ Just do
- ☐ Other (type in chat)





# Q&A



## **Questions after the webinar?**

Louise Jenkins MSN, MBA, BSN, CPHQ

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[ljenkins@peacehealth.org](mailto:ljenkins@peacehealth.org)

## **Want to join or start a support group?**

Email [strokeambassador@gmail.com](mailto:strokeambassador@gmail.com)

# Resources & handouts

Available at: [peacehealth.org/stroke-lessons](https://peacehealth.org/stroke-lessons)

- Recording soon
- Download
  - Presentation
  - Scorecard (English & Spanish)
  - B.E.F.A.S.T. infographic
  - Overview and resources


Webinar  
Resources



# Sign up

- Monthly e-newsletter
  - ✓ *Alerts to future webinars*
  - ✓ *Brief health news*
  - ✓ *Special offers*
  - ✓ *Upcoming local events*
- Sign up at [peacehealth.org/email](https://peacehealth.org/email) or in the post-webinar survey

## HealthyYou |



### Free Webinar Series: Strategies to Manage Stress

If you could do one thing for your health, what would it be?


Lose weight? Lower your blood pressure? How about managing stress? Stress—especially the acute or chronic kind—affects all of the “systems” in your body—from stomach and heart to muscles and nerves. So learning to manage stress is a powerful action you can take to improve your entire health—today and for years to come.

Join **Susie Griffin**, a licensed massage therapist and wellness coach, for a free webinar series, **No Worries: Strategies for Stressing Less**. The first of three sessions is **Thursday, March 23, noon-1 p.m.** on different kinds of stress and our reactions to it.

Each session will delve into a different aspect of this timely topic—from the toll stress takes on your body to how to identify the sources of stress and what to do about it.

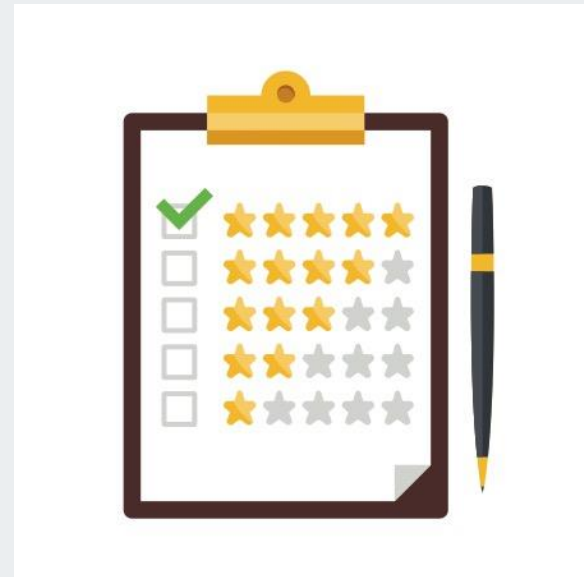
Sign up for one, two or all three sessions. If you can't attend a live event, never fear... recordings will be available to watch whenever you want.

[Sign up for March 23 webinar!](#)



### Be good to your back

# Thank you!



*Let us know what you think.*



PeaceHealth is here to help

*[peacehealth.org/healthy-you](https://peacehealth.org/healthy-you)*

Healthy  You