Amanda Baker-Anderson
Melinda Van Bebber

Stroke Lesson

Grade Level: 3rd-5th Grade

Objective:

1. Students will be able to readily identify a stroke victim.

2. Students will be able to effectively respond and take necessary steps in dealing with a stroke victim.

Procedures:

-Introduce definition of stroke.
- A sudden "brain attack" that cuts off the blood flow and oxygen to the brain.

-Share basic statistics.
- Stroke is the leading cause of death in the world, the leading cause of adult disability.
- There is a stroke every 45 seconds in the US and a death from a stroke every 3.3 minutes.
- Oklahoma is number 2 in the nation for death from strokes per year.
- Discuss other symptoms of a stroke.

-Discuss symptoms of a stroke.
- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion, trouble speaking, or understanding.
- Sudden severe headache with no known cause.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or coordination.

-Explain importance of why we should act FAST.

F=Face	Ask the person to smile. Does one side of the face droop?
A=Arms	Ask the person to close their eyes and raise both arms. Does one arm drift downward?
S=Speech	Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
T=Time	If you observe any of these signs, call 9-1-1.

-Break students up in pairs, have them practice the FAST test on each other.

-Discuss if a person is having a stroke, what steps they need to take.
- Call for an ambulance. Don't try to take them yourself.
- Don't give them anything by mouth (food, water, medicine).
- Gather information that the hospital will need (identification, medication, insurance).
- Stay with the patient for reassurance.

-Discuss stroke prevention
- Know and control your blood pressure.
- Control your diabetes.
- Exercise at least 30 minutes a day.
- If you drink alcohol, only drink in moderation.
- Don't smoke.
- Watch what you eat.
- Cut down on salt and fat in your diet.