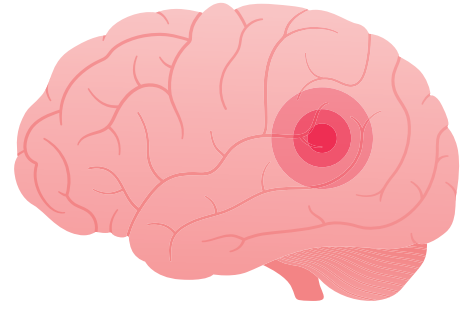


# Module 10

## Stroke



### Learning Outcomes

Pupils will:

- learn what a stroke is and the associated causes and effects;
- learn how to recognise the signs and symptoms of a stroke and assess a casualty using the FAST test;
- learn how to inform emergency services of a suspected stroke and to call help; and
- understand the importance of supporting and reassuring a casualty until help arrives.



### Resources

- **Videos**
  1. [What is a Stroke?](#) is an animation for children that clearly explains what a stroke is.
  2. [Helping Someone Who is Having a Stroke](#) is a Red Cross video showing how to respond to someone who is having a stroke.
- **Activity Card 10 Suspected Stroke:** Recognising Signs and Symptoms.
- **PowerPoint presentation.**



### Teaching Notes

- Discuss with the class what they think a stroke is and who they think can have one.
  - A stroke is caused by a blockage to the brain or a bleed in or around the brain cutting off blood supply.
  - The blockage or bleed damages part of the brain, which can affect the casualty's appearance, bodily functions, speech and sight.
  - If a person is having a stroke their demeanour will change **very quickly**. For example, their speech may suddenly become slurred or their face may droop on one side.
  - Explain to pupils that the signs and symptoms of a stroke will appear suddenly. These may include:
    - weakness or numbness on one side of the body, including legs, hands or feet;
    - difficulty finding words or speaking in clear sentences;
    - blurred vision or loss of sight in one or both eyes;
    - memory loss or confusion;
    - dizziness or a sudden fall; or
    - severe headache.
  - Although we associate a stroke with older people, **anyone** including children and babies can suffer a stroke.
  - Show videos to consolidate knowledge.

## Module 10 - Stroke

Use **Activity Card 10** to identify and discuss the most common symptoms of a stroke:

- **F**ace – is one eye or one side of their face drooping or their smile uneven?
  - **A**rm – can they raise both arms to the same level?
  - **S**peech – is their speech slurred or garbled?
  - **T**ime – if the answer to any of the above questions is yes, it's time to call 999.
- 
- Identify and discuss additional potential signs and symptoms of a stroke:
    - dribbling from the mouth;
    - numbness on one side of the body;
    - blurred vision;
    - a sudden, severe headache;
    - unsteady on feet;
    - lightheaded or dizzy;
    - confusion, difficulty in communicating – making no sense
    - getting words or names wrong.
  
  - It is essential that pupils understand how to support the casualty while they are waiting for an ambulance. Use slide 6 to have a class discussion or ask your pupils to work in small groups discuss how to support the casualty. Emphasise these points:
    - Do not give the casualty **anything** to eat or drink, even if they ask for it.
    - Do not give them any form of medication.
    - People who have had a stroke may be frightened or confused. Comfort them and reassure them that they are safe.
    - A person who has had a stroke may appear to recover or insist that they do not need an ambulance. **DO NOT** cancel the ambulance – the casualty could become very ill again, very quickly.
    - Make sure that the casualty is comfortable and warm.
  
  - Remind your pupils if the casualty becomes unconscious, they should follow the procedures in Module 2.



### Extension Ideas and Cross-Curricular Links

- **Learning for Life and Work (Personal Development and Local and Global Citizenship.)**
  - Pupils can develop their skills of empathy and social responsibility by role-playing the call for help and supporting the casualty until help arrives.
  
- **Science and Technology**
  - Carry out further research into the different causes of stroke, how to prevent stroke and what to do to aid recovery and rehabilitation.
  
- **The Arts (Drama)**
  - Pupils could write a report, blog post or diary entry on the event from different points of view.