

WHERE TO FIND US

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Open Mon – Fri

www.chss.org.uk

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103 Clarkston Road

Glasgow G44 3BL

Open Mon – Fri

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Tel: 01463 713 433

Fax: 01463 713 699

5 Mealmarket Close

Inverness IV1 1HT

Open Mon – Fri

Coffee shop open

Mon – Sat

Chest, Heart and Stroke Scotland is an autonomous Scottish Charity. We receive no government funding and rely entirely on public subscription to fulfil our programme of activities.

We need £3 million a year to fulfil our commitment to improving lives for Scottish people. We need your help and your money to help others. You can help by volunteering your time as a fundraiser, VSS volunteer or support your local Regional office. You can send a donation, remember us in your Will, take out a Deed of Covenant or organise a fundraising event.

Designed by Creative Link, North Berwick

If you would like to speak to one of our Advice Line nurses, in confidence, phone the Chest, Heart and Stroke Scotland Advice Line

Monday – Friday

9.30am - 12.30 and 1.30pm - 4.00pm

0845 077 6000

Email: adviceline@chss.org.uk

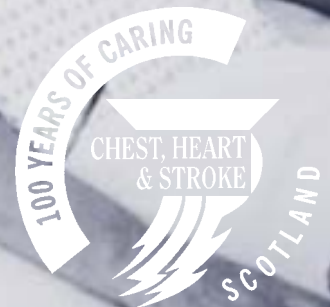
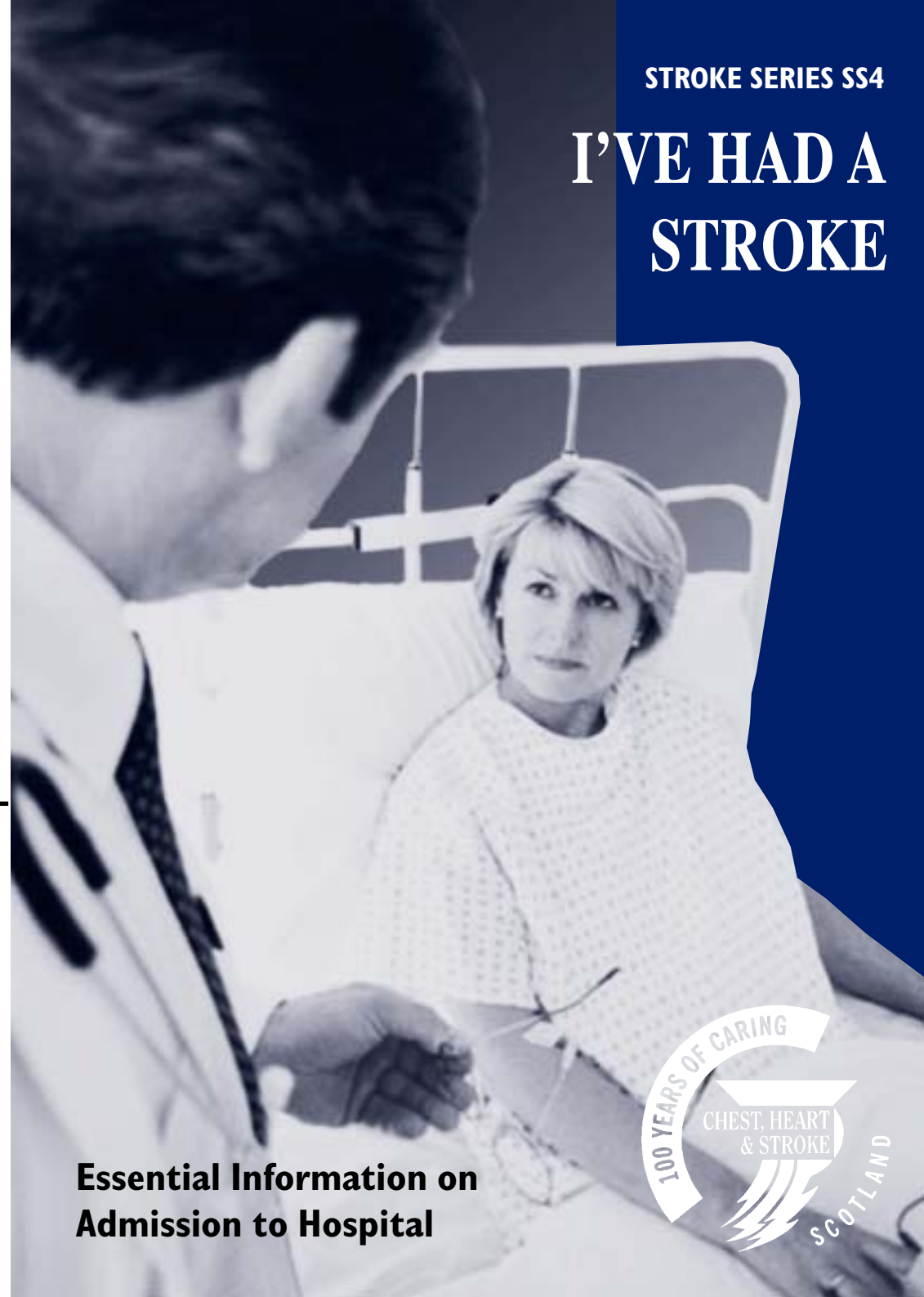
Textphone available

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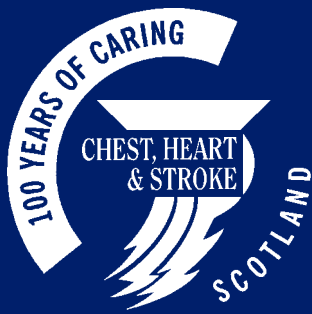
April 2004

STROKE SERIES SS4

I'VE HAD A STROKE



Essential Information on Admission to Hospital



Chest, Heart & Stroke Scotland, is an independent medical charity which aims to improve the quality of life for people in Scotland affected by chest, heart and stroke illnesses, through medical research, advice and information and support in the community.

FUNDRAISING

CHSS is an independent Scottish medical charity. We receive no Government funding and rely entirely on the Scottish public to raise the £4 million a year we need to help people with chest, heart and stroke illness throughout Scotland.

RESEARCH

We are one of Scotland's largest charitable funders of medical research, with a programme worth over £500,000 a year. We fund research projects throughout Scotland into all aspects of the prevention, diagnosis, treatment and social impact of chest, heart and stroke illness. If you would like more details, please call (0131) 225 6963 for an explanatory leaflet.

WELFARE

We provide small grants to people in financial difficulty because of chest, heart or stroke illness, for items ranging from clothing and bedding, to respite care. Applications are submitted through local Social Work Departments, or health professionals; for further information call (0131) 225 6963.

VOLUNTEER STROKE SERVICE (VSS)

We give practical help to people whose communication skills are impaired after a stroke. The VSS provides weekly group meetings and home visits for patients. For details ask for our VSS leaflet and Stroke Directory.

CHSS NURSES

Our nurses provide independent practical advice and support to those who have chest, heart and stroke illnesses, their families, carers and health professionals. There are dedicated nursing services in Fife, Glasgow, Grampian, Highland, Lanarkshire and Lothian. There is also a Scotland wide nurse led Advice Line (0845) 077 6000 calls are charged at a local call rate (out of hours answerphone). We have a wide range of booklets, factsheets and videos on chest, heart and stroke illnesses, which help towards an understanding of these conditions. Please ask for our publication list.

COMMUNITY SUPPORT NETWORK

CHSS provides support to affiliated chest, heart and stroke clubs through the Community Support Network. The clubs are independent and are run by local volunteers. The groups provide a range of activities and offer people support, stimulation and companionship in a friendly and relaxed environment. Please ask for the Group Directory for more information.

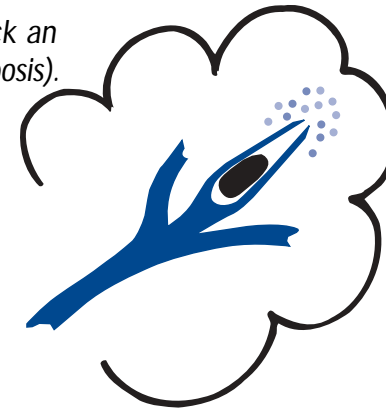
Try to keep calm

A sense of shock, feeling overwhelmed and confused are all perfectly normal after a stroke.

What is a stroke?

Stroke is caused by an interruption of the blood flow to the brain, by either a blood clot (thrombosis) or a burst blood vessel (haemorrhage). As a result, brain cells are deprived of the oxygen and other nutrients, which they need. Some brain cells become damaged and others die.

A clot can block an artery (thrombosis).



An artery can 'burst' and bleed (haemorrhage).



I'VE HAD A STROKE

Essential Information on Admission to Hospital

What are the effects of a stroke?

No two strokes are the same, and the symptoms depend on the area of the brain affected and the severity of the damage. The effects can be both physical and mental. Common symptoms include: weakness down one side of the body, loss or changes in sensation, difficulties with swallowing and/or speech, eye problems, problems with thinking and understanding, and emotional effects.

Why me?

Stroke often happens out of the blue and without warning, leaving people in shock and disbelief. Stroke can also cause a grief reaction, due to the overwhelming sense of loss. However, asking ‘Why me?’ is the first step on the process of recovery and learning to cope with the changes a stroke can bring.

What caused the stroke?

A range of factors can contribute to stroke, including high blood pressure (hypertension), smoking, heart disease and diabetes. The causes of stroke can vary, and sometimes strokes can occur for no clear reason. Trying to proportion blame to what caused the stroke and feelings of guilt are common; however, this does not change the situation and it is best to focus energies on recovering.

What happens next?

The doctors, nurses and therapists (this may include a physiotherapist, occupational therapist and speech and language therapist) will meet you to ask a number of questions. They will want to find out what happened, assess what

you were like before the stroke, and how the stroke has affected you. The doctors will arrange tests (investigations) and decide on any medical treatment or drugs that maybe of benefit to you. The nurses will meet any care needs you have at this time.

What tests will I have?

A number of different tests will be arranged to confirm what’s happened and identify what may have caused the stroke. Common tests include a chest x-ray, an ECG (electrocardiograph) of the heart and blood tests. Other tests include a CT scan, which is more sophisticated x-ray of the head, and ultrasound scans of the heart and blood vessels.

**How long will I be in hospital?**

It’s difficult to be precise because the length of your hospital stay depends on a number of factors, particularly the severity of the stroke. Most people require to stay in hospital for two to three weeks, although some people need longer. Try not to worry about this; it’s best to make use of the time in hospital to make as full a recovery as possible.

Will I recover?

Recovery is a very individual thing, depending on how the stroke has affected you and other factors. Most recovery occurs within the first few weeks after stroke; however, people can go on gradually recovering for a long time after that. You can feel extremely tired both physically and mentally as you recover and it is important to balance activity with periods of rest.



Where can I get help and more information?

The nurse in charge of your care can arrange for you or your family to speak to any member of the staff team. The doctors, nurses and therapists can help and provide more information.

The medical charity Chest, Heart and Stroke Scotland (CHSS) aims to help people affected by stroke by providing advice and information, and support on leaving hospital and at home. The Advice Line 0845 077 6000 provides confidential, independent advice on all aspects of stroke to people affected and their families. CHSS also have a range of booklets, factsheets and videos, which can help advise and inform. Visit the website at: www.chss.org.uk.

ADDITIONAL INFORMATION FOR FAMILIES

How will I cope?

Coping when a family member has a stroke can be difficult. Life's daily routines and commitments are upset and it is a worrying time. For sources of help and information see the previous answer. Other members of the family and friends may not understand what's happened, and feel uncomfortable and embarrassed. Explain to them what's happened and what they can do to help. If you have any particular concerns about finances, transport or family commitments ask to speak to a social worker.



What can I do to help?

Your help is important to the recovery process, particularly with support issues. The person affected by stroke will need a lot of verbal and physical reassurance. It is important to be aware of and sensitive to the effects of the stroke and be patient (particularly if speech has been affected). The person will tire easily so keep visits short but frequent. Try to avoid too many people visiting at one time. Remember to keep the person up to date with what's been happening at home and with the family. Think about things to take into hospital to do and share. Speak to members of the staff team for more ideas on how to help or if you would like to be more involved.

**Phone/Textphone the Chest,
Heart and Stroke Advice
Line for confidential,
independent advice from one
of our nurses.**



The line is open

**Monday - Friday
9.30 - 12.30 and 1.30 - 4.00**

0845 077 6000

Charged at local call rate.

**Out of hours answering
machine.**

Email: advice@chss.org.uk

Fax: 0131 220 6313

STROKE PUBLICATIONS

Booklets

- SS1 Stroke a guide to your recovery
- SS2 Stroke: a carers guide
- SS3 Reducing the risk of stroke
- SS4 I've had a stroke: Essential information on admission to hospital
- SS5 Understanding TIA's
- SS6 Sex after stroke illness
- H4 Living with High Blood Pressure

Video - Stroke Matters:

£30.00

Resource pack comprising two videos and two booklets
(This video can be hired as well as bought.)

Booklets are available separately: Making sense of stroke and Facing the future.

Factsheets

- | | | | |
|----|--|-----|---|
| F1 | TB: Information about tuberculosis | F10 | 10 common questions asked after a stroke |
| F2 | Salt | F11 | Mouthcare after a stroke |
| F3 | Cholesterol | F12 | BCG - Protection against tuberculosis |
| F4 | Warfarin | F13 | Air travel for people affected by chest, heart and stroke illness |
| F5 | Helping someone with language problems | F14 | Eye problems after stroke |
| F6 | Holidays | F15 | Memory problems after stroke |
| F7 | Insurance companies | | |
| F8 | Suggested book list | | |
| F9 | Driving after a stroke | | |

A full publication list is available from Head Office.

**65 North Castle Street, Edinburgh EH2 3LT
Telephone: 0131 225 6963**

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