

Our Mission

To serve through healing,
education and discovery

Brain and Spine Institute



Wisdom for Your Life.



For More Information

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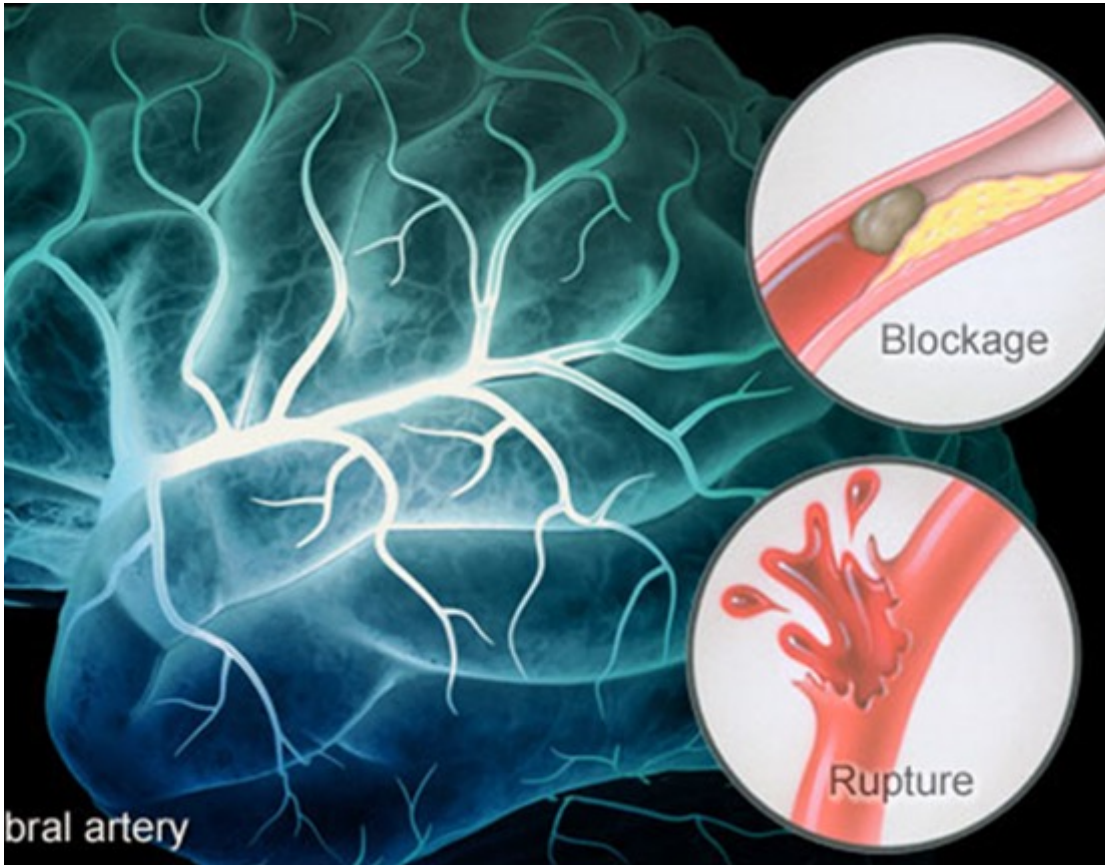
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Objectives

- Identify common stroke risk factors and recognize steps to reduce risk.
- Recognize warning signs for stroke.
- Demonstrate understanding of the importance of activating 911 in the community and Code Stroke within the hospital.
- Review ways to improve communication with dementia patients at UTMC.
- Learn about dementia resources.



bral artery

A stroke is a brain injury caused by an interruption in blood flow to a specific area of the brain. This interruption can be caused by a blocked artery or a ruptured blood vessel.

It's important that treatment be started very quickly in order to minimize the damage and allow a better chance for recovery.

Knowing how to recognize stroke warning signs and take quick action can help offer the best chance for recovery .

The American Stroke Association, 2019



Conditions that increase risk for stroke include:

- High blood pressure
- Smoking
- High cholesterol
- Diabetes
- Atrial fibrillation (irregular heartbeat)
- Being overweight
- Being physically inactive
- Alcohol and drug abuse

Stroke
Doesn't Have
to Happen!

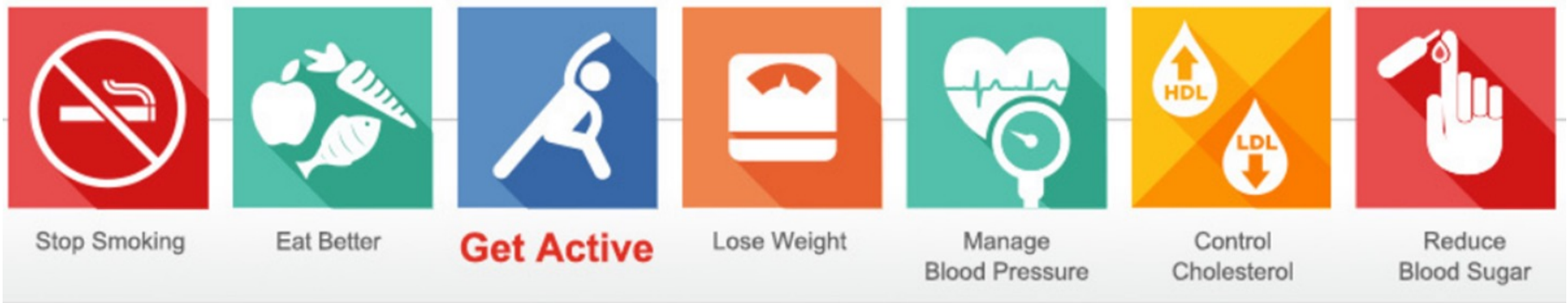
80% of all strokes can be prevented with healthy behaviors.

Long-term affects of stroke may be minimized with immediate treatment.

You can reduce your risk for stroke.

The American Stroke Association, 2019

YOU can reduce your risk for stroke!



The American Stroke Association, 2019

It's important for all UTMC team members to know how to recognize stroke warning signs because

Every single second matters.

The faster a person gets help, the better their chance for a good outcome!

Even kids can learn to recognize stroke symptoms!

The next few slides describe an acronym to help you remember how to recognize stroke warning signs.

“BE FAST” to stop stroke!!



BE FAST

- **Balance:** Ask if there is a sudden loss of balance or coordination.
- **Eyes:** Ask if there is a sudden blurred or double vision or sudden or other persistent problem with the eyes?
- **Face:** Look for an uneven smile and check if one side of face is numb.
- **Arms:** Check if one arm is weak or numb.
- **Speech:** Listen for slurred speech.
- **Time:** Call 911 at the first sign;
Determine “time last known normal”.



BE FAST:

Loss of **Balance** or
coordination

*Is there sudden loss of
balance or coordination?*

BE FAST:

Eyes

Is there sudden blurred or double vision, or other persistent problem with the eyes?



BE FAST:

Face Drooping

Ask the person to smile. Does one side of the face droop or is it numb?

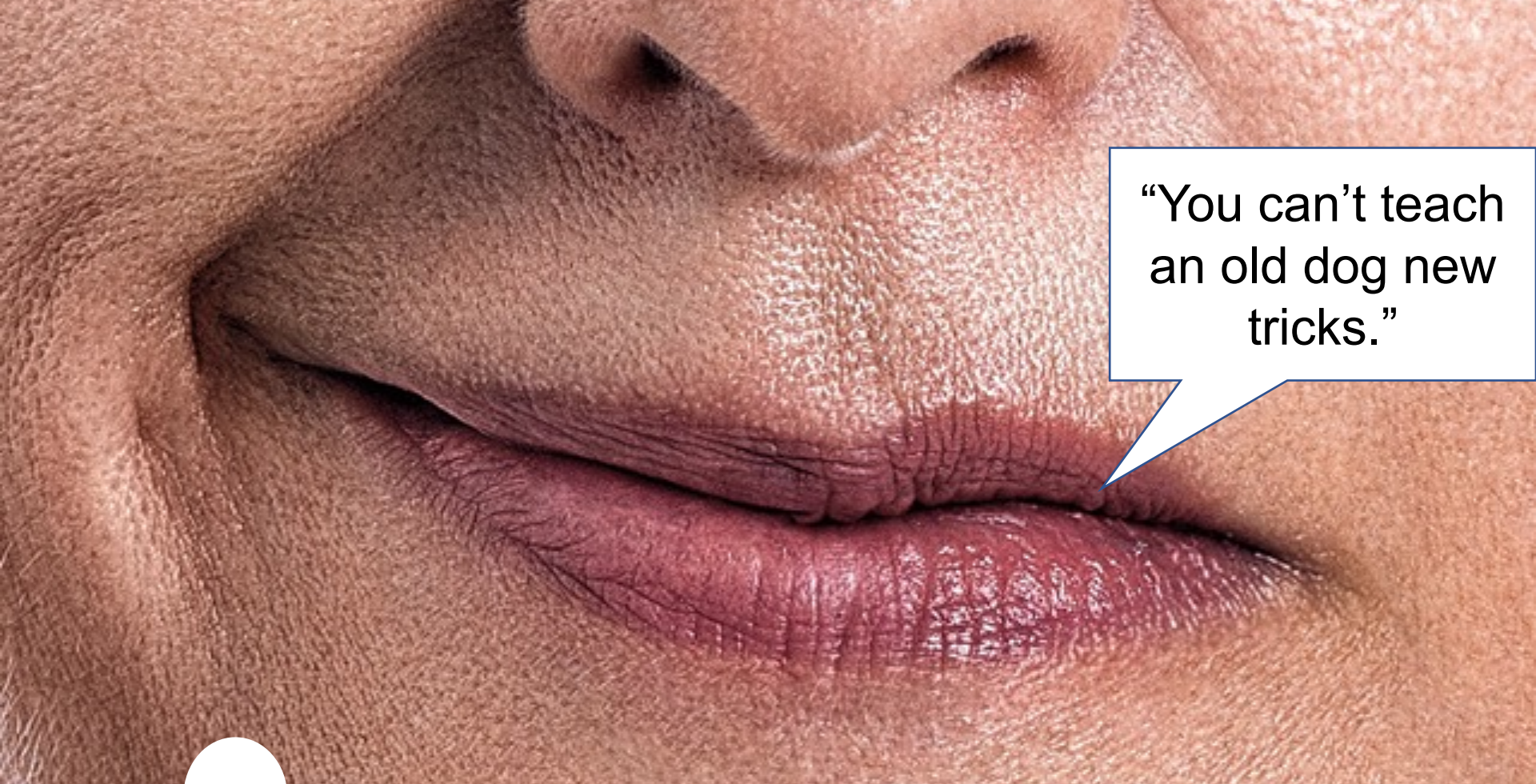




Arm Weakness

Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?

**BE
FAST:**



"You can't teach an old dog new tricks."

Speech Difficulty:

BE FAST:

Ask the person to say, "You can't teach an old dog new tricks." Is speech slurred, are they unable to speak, or are they hard to understand?

A close-up photograph of a person's hand holding a black smartphone. The phone's screen is lit up, showing the dial pad interface. The number '911' is prominently displayed in the center of the dial pad. The time '10:51 AM' is visible at the top of the screen. The background is a blurred indoor setting.

BE FAST:

Time to get help right away!!

In the community, dial 9-1-1.

At work, in a clinical area, notify one of the nurses.

If you don't work in a clinical area, notify your supervisor immediately.



BE FAST:

What **time** was the person **last known to be in their normal state?**

This information is very important and will help the care team determine what treatments are most appropriate.



Each of us should take steps to reduce risk for stroke.



Everyone should learn to recognize warning signs for stroke.



If you see stroke warning signs, get help immediately by dialing 9-1-1 if out in the community and activating emergency response if at the Medical Center.

Summary

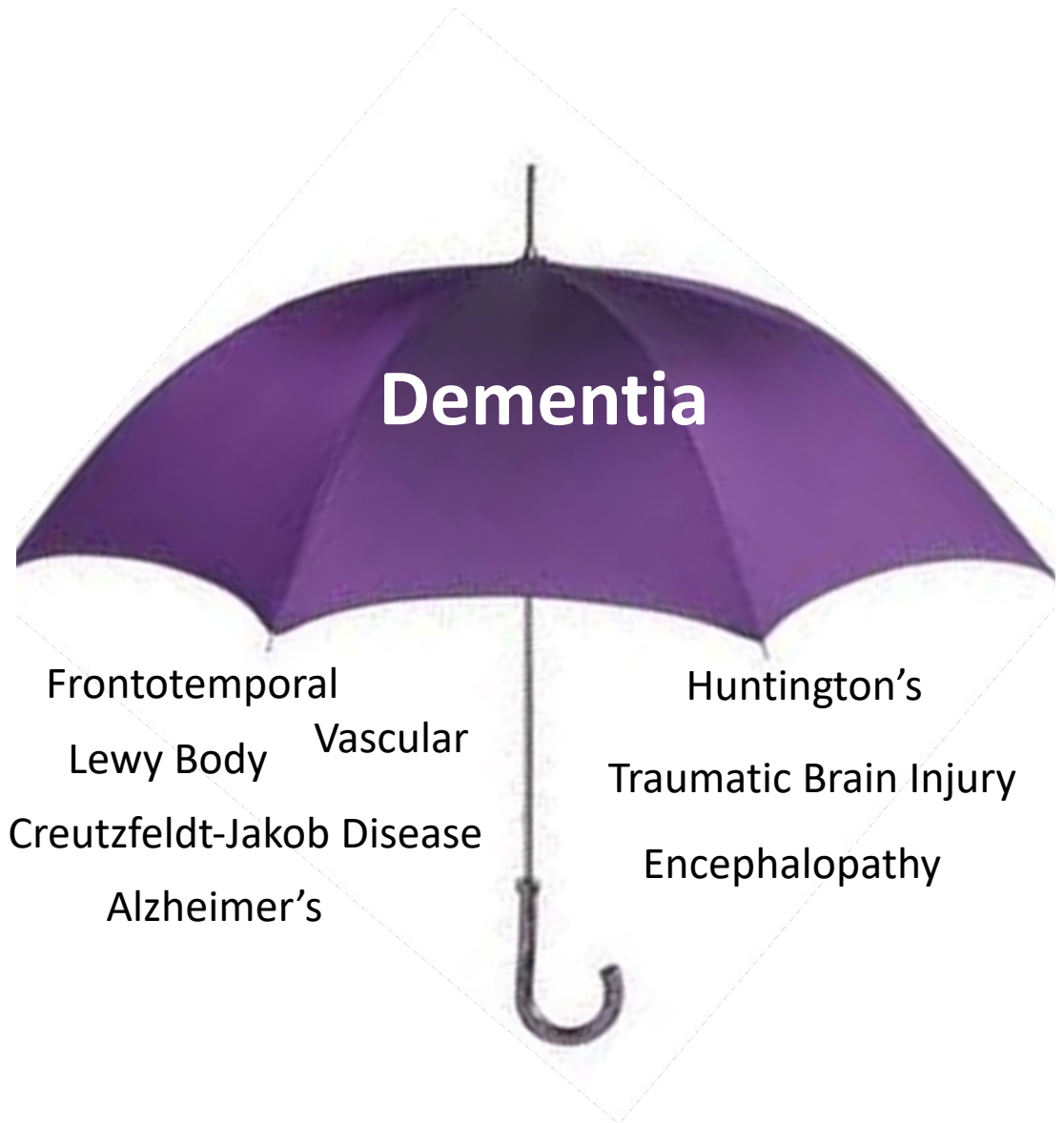


Dementia Awareness

- Many of our customers—patients, family members, visitors—are dealing with dementia.
- A hospital visit can be an overwhelming experience for those with dementia.
- The next few slides provide helpful information to better equip UTMC team members to assist those dealing with dementia.

What is Dementia?

- Dementia is a collective term used to describe the symptoms that individuals with different brain disorders/damage can have with their memory, language, and thinking.
- There are several different types of dementia. Alzheimer's Disease is the most common/known disorder under the dementia "umbrella".





Memory loss



Confusion/disorientation to time and place



Inappropriate behavior



Impaired judgement/poor reasoning



Loss of communication skills

Potential Signs of Dementia

Tips for Communicating with someone who has dementia

- Use short, simple sentences.
- Allow the person time to process what you're saying.
- Address the person by their preferred name.
- Let the person know that you are here to help.
- Talk slowly and clearly.
- Ask one question at a time.
- Speak only when you are visible to the person; maintain eye contact.
- Limit distractions i.e. hand gestures, noise.

What NOT to do
when
communicating
with someone
with dementia



Talk loudly if they do not understand.



Talk as if the person isn't there.



Look frustrated or mad.



Use sarcasm or humor.



Rush the person.



Argue.



The Pat Summitt Clinic

<http://www.utmedicalcenter.org/pat-summitt-clinic/>

Pat Summitt Foundation

<http://www.patsummitt.org/>

Purple Cities Alliance

www.purplecities.org

Alzheimer's Tennessee

www.alzTennessee.org

Alzheimer's Association East TN

www.alz.org/tn

