



Featured Health Alert

Stroke

Individuals with Intellectual Disabilities, just as other individuals, may suffer a stroke. It is important that all care providers and family members know the signs of a stroke so that they can seek immediate, emergency medical attention. Doing so may prevent significant disability and may be critical to saving a life.

A stroke is a **medical emergency**. Strokes happen when blood flow to your brain stops. Within minutes, brain cells begin to die. There are two kinds of stroke. The more common kind, called *ischemic stroke*, is caused by a blood clot that blocks or plugs a blood vessel in the brain. The other kind, called *hemorrhagic stroke*, is caused by a blood vessel that breaks and bleeds into the brain.

Symptoms of stroke are

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Signs of a stroke should not be ignored. Act FAST and get immediate medical help.



Risk Factors

There are several factors that contribute to an individual's risk for having a stroke. Some factors are controllable such as diet and lifestyle choices like physical activity. Others are out of one's control like family history or genetic predisposition. There are also medical conditions that increase an individual's risk for stroke.

High blood pressure: High blood pressure, also referred to as Hypertension, is the leading cause of stroke and the most significant controllable risk factor. If you have high blood pressure, it is very important to maintain a prescribed medication regimen from your doctor.

High Cholesterol: High levels of cholesterol in your body can build up and block essential blood flow through your arteries.

Diabetes: Diabetes causes sugars to build up in the blood and prevent oxygen and nutrients from getting to the various parts of your body, including your brain.

SPOT A STROKE™





Transportation Safety for Individuals in Wheelchairs

Accidents happen and are out of our control. However, if you are involved in a car accident, it is a good idea to have individuals involved in the accident checked by medical professionals. Concussions and other injuries may not appear on the surface; head injuries should be examined by a medical professional.

When traveling with individuals in wheelchairs it's important to keep safety first. Here are some safety tips for transporting wheelchairs.



- Make sure belts are kept clean
- The lap belt should bear upon the bony structure of the body
- Check that mounting hardware, such as bolts, nuts, etc. are secure
- Check floor anchorages for proper securement and operation
- Check lap and shoulder belt webbing is not cut, frayed or damaged
- Check buckles for damage



Transportation tips provided are guidance for maintaining safety during travel. Providers should follow any manufacturer's instructions for transportation.

Nutrition and Wound Healing



Wound care is a complex job. A wound care regimen may include medication, protective skin barriers, and frequent dressing changes. When the body is attempting to heal wounds, like pressure sores, it is important however to remember nutrition and adequate food intake. Good nutrition is necessary for healing. During the healing process, the body needs an increased amount of calories through protein, vitamins, and minerals.

If an individual has a prescribed diet, follow it as much as possible, as it will help promote wound healing and may prevent infection and complications. It is important to note changes in appetite during wound healing and meal tolerances. Changes in appetite should be discussed with a medical provider.

Statewide Regional Nurse's Meeting

The Office of Integrated Health hosts monthly Regional Nurse's Meetings. This month, we invite nurses from across the state to our first Statewide Regional Nurse's meeting.

Friday, May 11, 2018

9:00am – 3:00pm



DARs Offices at 8004 Franklin Farms Drive
Henrico, VA

For more information email Susan Moon at
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Follow the link to register:

<https://www.surveymonkey.com/r/NP76H3T>

Registration closes May 8th at 5pm