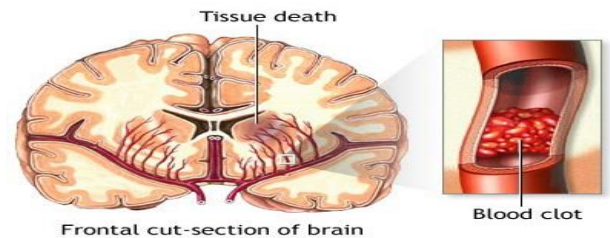


Health and Safety Awareness: Stroke

A **stroke**, sometimes called a brain attack or cerebrovascular accident, occurs when something (usually a clot) blocks the blood supply to the brain or when a blood vessel in the brain bursts, causing parts of the brain to become damaged or die. (CDC, 2019a).



Warning Signs and Symptoms of Stroke for All Individuals (Including Individuals with ID/DD)

Reducing the Risk of Stroke (Always Consult the Individual's Primary Care Physician Before Initiating Any Changes)

- ❖ Changes in swallowing or an inability for the individual to control food in their mouth.
- ❖ Coughing during meals, or sudden onset of aspiration pneumonia.
- ❖ Distinctive changes in facial presentation such as facial drooping on one side of face.
- ❖ Numbness, weakness, or paralysis of the face, arm, or leg on one side of the body, sometimes causing gait changes.
- ❖ Balance and coordination changes or sudden falls. Individuals may be unable to perform routine tasks such as feeding themselves or holding a cup.
- ❖ Changes in vision. Individuals may not be able to report vision changes. Watch for squinting or other signs of vision difficulty.
- ❖ Pain. The individual may not be able to report pain. Sudden holding of head, crying, grimacing, or behavior problems may indicate pain.

- ❖ **Manage Diabetes:** encourage individuals to keep their daily blood sugars down via diet modifications and make sure they have A1C checks on a regular basis.
- ❖ **Physical Activity:** help individuals increase their physical activity. The recommendation for the general public is 30 minutes daily.
- ❖ **Healthy Diet:** encourage a healthy diet to reduce cholesterol and lower their BMI. Help the individual understand the benefits of a heart healthy diet that will lower high fat consumption.
- ❖ **Blood Pressure:** the American Stroke Association (2019) recommends that individuals with high blood pressure have their blood pressure checked daily, (at the same time of day). Record this information and bring it to physician appointments.
- ❖ **Smoking:** smoking is a risk factor for both cardiovascular disease and stroke. Smokers have a risk for stroke that is almost 2 times higher when compared to non-smokers. Make sure the individual is aware of the health risks related to smoking and help them to begin a smoking cessation program, if they are interested.

Resources & References:

- American Stroke Association (2019). Monitoring your blood pressure at home: How to use a home blood pressure monitor. Retrieved from <https://www.strokeassociation.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>
- Centers for Disease Control (2019a). About stroke. Retrieved from <https://www.cdc.gov/stroke/about.htm>
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- Virginia Department of Behavioral Health and Developmental Services, Commonwealth of Virginia Government (2019). Stroke awareness: health & safety alert. Retrieved from <http://www.dbhds.virginia.gov/office-of-integrated-health#>
- Virginia Department of Health, Commonwealth of Virginia Government (2019a). Stroke [infographic]. Retrieved from <http://www.vdh.virginia.gov/stroke/stroke-infographic/>
- Virginia Department of Health, Commonwealth of Virginia Government (2019b). What is stroke. Retrieved from <http://www.vdh.virginia.gov/stroke/>

August 2019

Office of Integrated Health

Please join **Ms. Kami A. Piscitelli, BSDH, RDH**, VDH Special Needs Oral Health Coordinator at the Office of Family Health Services' Dental Health Program, and the Registered Nurse Care Consultants from DBHDS' Office of Integrated Health, as they lead this **FREE** "hands on" training course for DSPs, Supervisors, House Managers Support Coordinators, and RN's and LPN's, who provide care or training in the community.

WHEN: Monday, August 5, 2019

WHERE: Danville, VA, Pittsylvania CSB, 245 Hairston Street, Danville, VA 24540 (434-799-0456)

TIME: 12:00 pm Registration

12:30 pm Program to begin

3:30 pm Program expected to end/evaluations

Please RSVP via this survey monkey link: <https://www.surveymonkey.com/r/V5JLM9M>

Questions can be directed to: susan.moon@dbhds.virginia.gov



Going the Distance with Durable Medical Equipment (DME) How to Get the Most Out of your Battery



- Frequently used DME should be charged at the end of each day.
- If your DME came with a battery charger, use it to charge the battery. (Many people think that if a patient lift is plugged into an electrical socket that the battery is charging—it is not. The battery must be placed on the battery charger to charge.)
- Do not store batteries or powered DME in outdoor sheds or non-climate controlled environments—this practice will shorten the life of both.
- Do not store batteries or powered DME in wet or damp environments: they will rust & corrode.
- Irregularly charged batteries, will lose the ability to hold a charge quickly.
- Extended periods of time in extreme cold will cause your battery to lose its charge & will prevent it from holding a charge.
- Replace battery chargers with exposed or frayed wiring. They are an electrocution hazard.
- Never charge batteries in a bathroom or shower room. It is an electrocution hazard.
- If the battery runs down, do not throw it away. It is less expensive to have it re-charged than to replace it.
- Before using new DME, charge the battery at least 10-12 hours

References:

Arjo Huntleigh Getinge Group, Inc. (2011). Maxi-Move owner's manual. Retrieved from <https://www.manualslib.com/manual/1292554/Arjohuntleigh-Maxi-Move.html>

Freedesignfile (2019). Protect teeth design elements vector graphics 01. [image]. Retrieved from <https://freedesignfile.com/29355-protect-teeth-design-elements-vector-graphics-01/>

Pixabay (2019). Batteries charge power supply charging recharge. [image]. Retrieved from <https://pixabay.com/vectors/batteries-charge-power-supply-28023/>