

Kids Can Be Stroke Heroes

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METHODS

- Teachers offered 25-minute program for their fifth-grade class by Stroke Education nurse. Pre-test questions filled out prior to class.
- Program included handout, review of animated video showing stroke symptoms, and call 911.
- Students taught “Act FAST” for stroke symptoms:
 - F=Facial droop
 - A=Arm weakness or drift down
 - S=Slurred/absent speech
 - T=Time to call 911
- Students were shown demonstration of symptoms in video and gave return demonstration.
- Post-test given 3 week-3 months following class.

Pre/Post Test

What are signs of stroke (Check all that apply)

- Blurred vision in one or both eyes
- Weakness, numbness or paralysis
- Difficulty speaking or understanding speech
- Sudden onset severe headache
- Shortness of breath
- Loss of balance/coordinator or dizziness
- Chest pain

What should you do first when you notice signs of stroke? (Choose only one)

- Call 911
- Call the doctor
- Go home and rest

ABSTRACT

Children can easily learn to recognize warning signs of stroke and be “stroke heroes” by knowing how to help save a life or disability in a stroke. In addition, they can also have a beneficial influence on their parents and families by bringing home the stroke message from school.

Providing stroke education to children can be done simply and effectively by using strategies and materials that are brief, upbeat and concise. This project utilized a 25-minute program for fifth-grade classes, which included handouts, a short video showing stroke symptoms, and calling 911.

Pretest for stroke knowledge (warnings signs and call 911) and post-test results (3 weeks to 3 months post-presentation) showed strongest recognition of stroke symptoms, especially slurred speech and one-sided weakness. Most gratifying is the high number of students who knew to call 911 for emergency help.

•GOALS and OBJECTIVES:

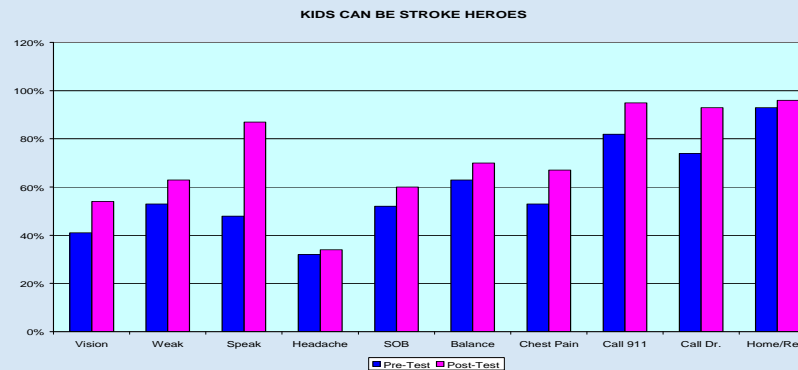
- Describe format for teaching children about stroke warning signs/symptoms and appropriate emergency response.
- Demonstrate strategies for enhancing stroke education efforts in schools.
- Identify educational materials for use in school stroke education programs.

Conclusion

Students in elementary grades and higher CAN be taught to recognize the warning signs and symptoms of stroke, and thus become Stroke HEROES.

They can teach parents, grandparents and other family members the warning signs of stroke and to call 911 – just as they learned to Act FAST!

Results – Pre & Post Test



Bibliography

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