

# Stroke Smart Lesson Plan Outline

## High School

### **Introduction:**

Who can tell us what a medical emergency called a Stroke is?

Who knows someone who has had a Stroke? Strokes are common! 1 in 6 of us will suffer a stroke in our lifetimes; every 40 seconds someone does! There is an 80% chance someone in your immediate family will suffer a stroke.

*(A stroke is a medical emergency that involves brain damage. A stroke occurs when blood flow to the brain is interrupted, and the brain starts to die.)*

Anyone at any time can suffer a stroke, but the odds get worse for people over 65 years old.

What you will learn in the next few minutes might help you save someone from dying or from being disabled for life, unable to walk or speak or see or use their body properly.

Call 911 immediately if you suspect someone is suffering a stroke; doctors can give powerful medicines to the person who is suffering a stroke to save their brain (and even their life!). The doctors are only allowed to give this medication immediately after a stroke begins, so the person must get to the emergency room right away. There isn't time to take a nap or to wait and see if the stroke signs go away.

Not all hospitals have medicines to treat strokes. Call 911 to get to the right hospital quickly and safely.

### **Let's learn How to Spot a Stroke:**

If someone starts to look strange or they start doing strange things or talking funny so you can't understand them, think hard! They may be having a stroke!

If you Spot any ONE of these SIGNS call 911 NOW. Tell the operator it looks like a Stroke!

If the person has ***sudden*** problems with

- 1) Walking or Balance (demonstrate this)
- 2) Seeing (i.e. double vision, blindness, blurry vision)
- 3) Facial drooping (have the kids smile, point out both sides of the face go up)
- 4) Body weakness/numbness (ask the student to raise both arms straight ahead; If one arm drifts down, call 911)
- 5) Speaking or understanding

### **Hands-On Practice Options:**

Ask one student to act out several of the signs for the group of other students to identify.

OR

As a group, take the Stroke Smart Kahoot using this URL: <https://kahoot.it/challenge/002297591>

### **Keep and Share:**

Keep the wallet card(s) that you just got somewhere you will see them and remind yourself of the stroke signs.

**Home Assignment:** *Be a Stroke Champion to help save lives*

Take the wallet cards (and magnets if available) home with this letter. Show them to your family and friends, and teach them how to Spot a Stroke

