



Newsletter

July 2014



STROKE

What is FAST?

www.stroke.org.uk



Fast requires an assessment of 3 specific symptoms of stroke.

Facial weakness – can the person smile? Has their mouth or eye dropped?

Arm weakness – can the person raise both arms?

Speech problems – can the person speak clearly and understand what you say?

Time to call 999

We're on the Web!
www.getsettraining.co.uk

WE ALWAYS
WELCOME FEEDBACK
AND INPUT.

If you have anything you would like covered on either newsletters or posters just let us know.

In late 2008 early 2009 the **Stroke Association** held a massive campaign to raise awareness both of the size of the problem of stroke and the dramatic effect **FAST** recognition leading to effective medical treatment could (can) have in terms of recovery. Prompt action can prevent further damage to the brain and help someone make a full recovery. Delay can result in death or major long-term disabilities, such as paralysis, severe memory loss and communication problems.

After their campaign NHS England reported a “25% rise in stroke related 999 calls and a 19% rise in stroke patients being seen quicker.”

We have included reminders of the FAST principles and TIA or “mini stroke” on newsletters regularly I make no apologies for duplicating small sections of the Stroke Associations website if it helps someone recognize a stroke early and enable that early care to help them and their families; see left of page.

Mini Stroke Campaign

There is now a renewed campaign to raise awareness of the “mini stroke” or TIA (Transient Ischaemic Attack; Transient meaning lasting for a short time and Ischaemic comes from the Greek meaning reduced blood) helped by BBC presenter Andrew Marr who states “I had two mini strokes before having a major stroke – I was one of the thousands of people who dismiss the warning signs through ignorance”

Every year an estimated 46,000 people in the UK have a TIA for the first time – one in 20 will have a major stroke within 2 days of this and one in 12 within a week. The Stroke Association estimate 10,000 strokes could be prevented if TIAs were treated promptly – treating TIA urgently reduces the risk of a stroke by 80%.

Symptoms

A mini stroke is similar to a full stroke but the symptoms may only last a couple of minutes and will have totally gone within 24hrs.

Nothing on the newsletter this time for Manual Handling – if you're not a First Aider don't ignore this – a quick read to raise awareness may help you, your work mate or your family.

[£20.00 M&S Voucher competition](#)

I RAN TENTS; for a short time

Rearrange the letters in WHITE (one of my previous jobs) to make a meaningful definition

e-mail your answer to mail@getsettraining.co.uk by Friday 8th August. One person with the correct answer will receive £20.00 in Marks and Spencer vouchers.

Winner of the May competition was Mark McCauley of Kingspan.