

B.E.F.A.S.T

Identifying a Stroke

2024

Objectives:

At the conclusion of this education the learner will be able to:

- Describe the purpose of the RISE program
- List the common symptoms and reactions to stressful events.
- Identify how to cope with stress after adverse events
- List additional resources for practitioners with stress after events

B.E.F.A.S.T Identifying a Stroke

What is a Stroke?

- Interruption of the blood supply to the brain
- If blood supply is cut off, then oxygen and nutrients are cut off
- Permanent damage to the brain tissue is likely
- It's a medical emergency!

Stroke Risk Factors

MODIFIABLE

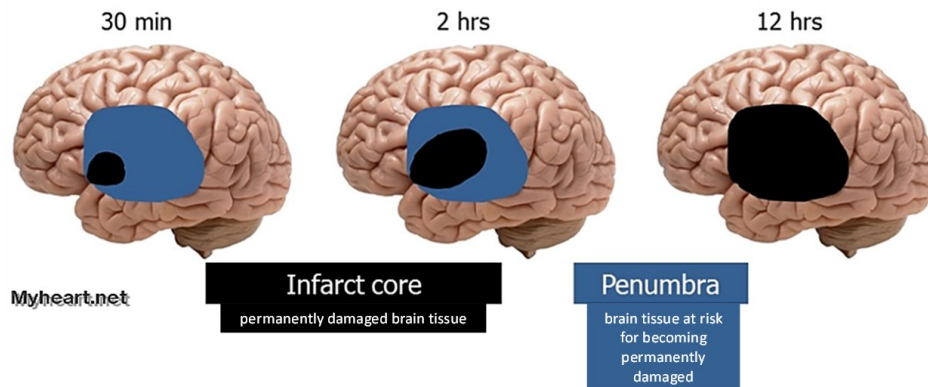
- High Blood Pressure
- #1 one Risk Factor
- High Cholesterol
- Smoking
- Diabetes
- Atrial Fibrillation
- Diet
 - High in fat
 - High in sodium
- Exercise

NON-MODIFIABLE

- Age
 - Increased Age
- Sex
 - Females
- Ethnicity
 - African Americans and Hispanics
- Family history of stroke
- Prior Stroke
- Sickle Cell Disease

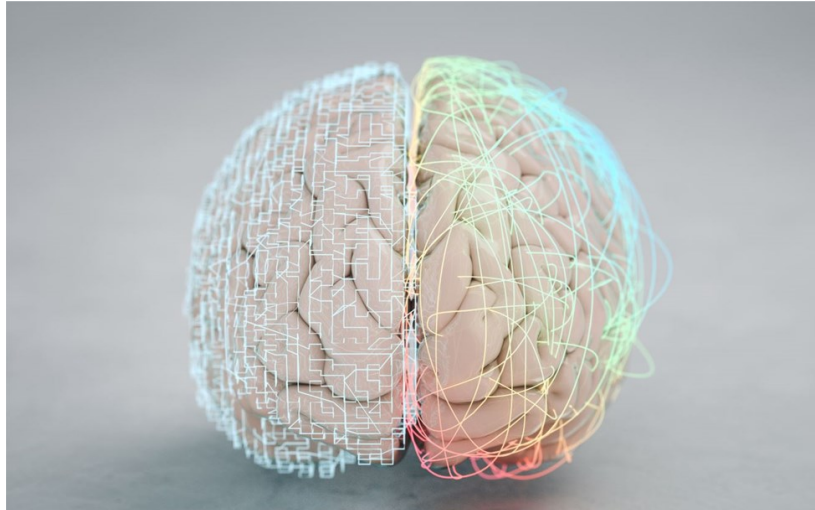
Recognizing a Stroke

Recognizing a stroke and seeking immediate medical treatment can reduce the extent of the damage and possibly save a life



B.E.F.A.S.T Identifying a Stroke

Time is Brain!



Remembering B.E.F.A.S.T can help one recognize the classic stroke signs and symptoms



BALANCE- Sudden loss of balance or coordination



EYES- Double vision or unable to see out of one eye



FACE- One side of the face drooping



ARM- One sided weakness or limb drifting downward



SPEECH- Slurring of words or difficulty speaking



TIME- Time to call for help immediately

B.E.F.A.S.T Identifying a Stroke

B.E.F.A.S.T Testing



BALANCE-Is the onset new with a sudden onset?



EYES- Is the symptom new with a sudden onset?



FACE- Ask a person to smile



ARM-Ask a person to raise both arms, palms up x10 seconds and look for one arm to drift downward



SPEECH- Does the person have trouble understanding or speaking?



TIME- If any of these symptoms are present, call for help!

Stroke Alert

Stroke Alert Criteria

- Presence of BEFAST symptom or focal deficit
- Last known normal <24 hrs

B.E.F.A.S.T Identifying a Stroke







Stroke Alert

Stroke Alert

- ED or inpatient
 - Direct the team to activate a stroke alert if not already done
- Outpatient
 - Activate emergency response system per protocol

B.E.F.A.S.T Badge Buddy

STROKE IS AN EMERGENCY **CALL 911**
Any one of these signs could mean a stroke:

B	E	F	A	S	T
					
BALANCE Sudden loss of balance or coordination.	EYES Sudden trouble seeing out of one or both eyes.	FACE Sudden drooping on one side of the face.	ARM Sudden weakness in one arm or leg.	SPEECH Sudden trouble with speech or understanding.	TIME Time to call 911.

Contact your Stroke Coordinator for a badge buddy