

Stroke



St John

IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation.

RECOGNISE STROKE? ACT **F.A.S.T.!**

F – Has the person's **FACE** drooped?

A – Can they lift both **ARMS**?

S – Is the person's **SPEECH** slurred? Do they understand you?

T – Call triple zero (000). **TIME** is critical.

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SIGNS AND SYMPTOMS

- facial weakness
- arm weakness
- weakness or paralysis, especially on one side of the body
- difficulty speaking or understanding
- feeling of numbness in face, arm or leg
- disturbed vision
- loss of balance
- faintness, dizziness
- confusion
- loss of consciousness

WHAT TO DO

- 1 Follow DRSABCD.
- 2 **Call triple zero (000)** for an ambulance.
- 3 Reassure the patient. The patient may not be able to clearly communicate, which may cause them extreme anxiety.
- 4 Help the patient to sit or lie down in a comfortable position. Support the patient's head and shoulders on pillows.
- 5 Loosen any tight clothing.
- 6 Keep the patient warm.
- 7 Wipe away any secretions from the patient's mouth.
- 8 Stay with the patient until medical aid arrives.

YOU COULD SAVE A LIFE WITH FIRST AID TRAINING WWW.STJOHN.ORG.AU • 1300 360 455

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