Welcome to the second issue of HEAR for 2017. The purpose of HEAR is to provide specialised information to health professionals, patients and the public about key health topics. Each issue is the result of the collaborative effort of librarians from health organisations across Ireland.

This month, the focus is on STROKE.

A stroke happens when a blood vessel which carries oxygen and nutrients to the brain becomes blocked by a clot (ischaemic stroke), or bursts causing bleeding (haemorrhagic stroke). A Transient Ischaemic Attack (TIA) is a temporary interruption in blood flow to a part of the brain. It only lasts a few minutes, but is sometimes called a “mini stroke” or a “warning stroke”.

- Stroke is a leading cause of death and disability in Ireland and worldwide.
- Globally, Stroke is the second leading cause of death, after Ischaemic Heart Disease. These have been the leading causes of death globally for over 15 years (WHO 2017).
- In Ireland over 7,000 people are hospitalised following a stroke each year. Under-65s account for about one third of strokes (Irish Heart Foundation).
- There are 30,000 living with the effects of stroke in Ireland, many of whom have significant disabilities (National Survey of Stroke Survivors, RCSI).
Information for Patients and Families

Heart and Stroke conditions explained. Information from Irish Heart Foundation

What is Stroke? Useful information from Stroke Association UK

What is a Stroke? Information from Patient.co.uk

What is a Stroke? Stroke Information available from the HSE Health Information A-Z

What is a TIA or mini-stroke? HSE Health Information A-Z

Driving after a Stroke: Road Safety Authority Guidelines

Real life Stories about Stroke: Irish Heart Foundation Stories

Stroke Rehabilitation Information leaflet Irish Heart Foundation

Stroke Prevention information from NHS Choices

Recognising Stroke ACT F.A.S.T.

F - Face
Has their face fallen on one side. Can they smile?

A - Arms
Can they raise both their arms and keep them there?

S - Speech
Are they having trouble speaking? Is speech slurred?

T - Time
To immediately call 999 or 112 if you see any one of these signs.

Stroke Organisations & Support Groups

Stroke Action: Irish Heart Foundation

Irish Stroke Support Groups Countrywide

Croi: Fighting Heart Disease and Stroke

Headway: Brain Injury Services and Support

Support and Information Stroke Association UK

American Stroke Association

Acquired Brain Injury Ireland Services

NHS ACT FAST information leaflets

Easy Read Leaflet

Large Print Leaflet

ACT FAST Information leaflet in British Sign Language video
Guidelines & Pathways


**NICE guideline**: Stroke and transient ischemic attack in over 16s: diagnosis and initial management. 2008: [NICE Guideline]

**NICE Stroke Pathway 2011**, updated 2016: [NICE pathway]

**Irish Heart Foundation**: Council for Stroke / HSE National Clinical Guidelines and Recommendations for the Care of People with Stroke and Transient Ischemic Attack. 2010: [Guideline]

**European Stroke Organisation**: Guidelines for the Management of Ischemic Stroke and Transient Ischemic Attack. 2008: [Guideline]


**American Stroke Organisation** Guideline for Adult Stroke Rehabilitation and Recovery 2016: [Guideline]

**Australian National Stroke Foundation**: Clinical Guidelines for Stroke Management. 2010: [Guideline]

**British Association Stroke Physicians** Standards for Providing Safe Acute Ischaemic Stroke Thrombectomy Services. 2015: [Standard]

**Stroke In Childhood** Upcoming guideline from the Royal College Paediatrics & Child Health. Check for updates [Here]

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Review Articles


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Articles of Irish Interest


**Stroke Trials and Studies**

Sajobi TT, Menon BK., (2017) “Early Trajectory of Stroke Severity Predicts Long-Term Functional Outcomes in Ischemic Stroke Subjects: Results From the ESCAPE Trial”, *Stroke*, 48(1), 105-110 [Abstract](https://stroke.ahajournals.org/content/48/1/105.full)


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**In the News**

- [HIQA backs stroke therapy treatment](https://www.independent.ie/health/hiqa-backs-stroke-therapy-treatment-30635445.html) Irish Examiner, 2 Feb 2017
  The health watchdog has recommended establishing a national emergency service providing next generation stroke therapy

- [Immediate aspirin' advice for minor stroke](https://www.bbc.com/ukchina/trad/health-39739133) BBC News May 2016
  People should consider taking aspirin immediately after a minor stroke to prevent or limit the harm caused by further strokes; researchers say....Oxford University scientists call for clear guidelines

- [I had a stroke out of the blue, but I’m one of the lucky ones](https://www.independent.ie/health/i-had-a-stroke-out-of-the-blue-but-im-one-of-the-lucky-ones-30379919.html) Independent.ie, Dec 2016
  Stroke survivor and father-of-two Gerry Carmody from the Navan Road, Dublin, who had a stroke “completely out of the blue” in his 50s describes himself as “one of the lucky ones”, despite the shock.

- [Eating one egg a day may lower the risk of Stroke](https://www.bbc.com/ukchina/trad/health-39739133) NHS science behind the headlines, Nov 2016

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**Healthy Bytes**

- [Nutrition Tips for Stroke Survivors](https://www.americanstroke.org/nutrition-tips-for-stroke-survivors.html): American stroke association information
- [Fact Sheets on Healthy Eating](https://www.irishnutritiondieteticinstitute.ie/): Information from the Irish Nutrition Dietetic Institute
- [Healthy Eating and Lifestyle Fact Sheets](https://www.britishdieteticassociation.co.uk/drupal/content/healthy-eating-lifestyle-fact-sheets): Information from British Dietetic Association
- [Nutrition & Dietary Information](https://www.croi.ie/bone-and-heart-health): from Croí Heart and Stroke Charity

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**Upcoming Events**

Useful Books and Multimedia

Updated information on all aspects of stroke care:  View details here

Basic information on stroke and managing after a stroke
View details here

A comprehensive clinical guide to stroke including causes, prevention, clinical features, management, etc.
Cambridge Uni Press. View details here

Quick, practical information for stroke care nurses in a pocket sized reference. View details here

Taylor L., Stanton K., 2014
*Can I tell you about having a Stroke?*
An illustrated story about Fred who describes what it is like to have a stroke from his perspective. View details here

What is a Stroke? Animated Explanation Video from "HealthSketch" -
HealthSketch is a charity project set up by a group of UK junior doctors to convey health information in visually engaging ways, through the use of short whiteboard animations. video

Mini Stroke- Transient Ischemic Attack (TIA). (Dr. Fritz Schmutz, Eastern Idaho Regional Medical Centre.) video

A transient ischaemic attack (TIA), or 'mini-stroke', is caused by a temporary fall in the blood supply to part of the brain, leading to a lack of oxygen to the brain. In this video, a consultant stroke physician explains what causes TIA NHS Choices video

Recognise Stroke F.A.S.T. video
Stroke and mental health


Campbell Burton C., Holmes J., (2011) "Interventions for treating anxiety after stroke", CD008860, Cochrane Review and Intervention


Chronic Illness and Mental Health – information from National Institute Mental Health [Link]

Emotional Changes after Stroke: Information from the Stroke Association UK. [Article]