

HEAR *(Health Evidence Awareness Report)*

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STROKE



Focus on Stroke

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 world wide.
- * 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

[Croí](#): 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

Royal College of Physicians, National Clinical Guideline for Stroke 2016: [Guideline](#)

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 Ischaemic Attack. 2008: [Guideline](#)

American Stroke Organisation: Guideline for the Prevention of Stroke in patients with Stroke and Transient Ischemic Attack. 2014: [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](#)



National Heart and Stroke Nurse Helpline

1800 25 25 50
or email
helpline@irishheart.ie

Stroke Support Groups

If you are interested in joining a group, ring 01 634 6925.

Headway Support Line

1890 200 278 or email
helpline@headway.ie

Croí

091-544310

QUIT

1800 201 203

Citizens Information Board

info@ciboard.ie

Review Articles

Brady M., Kelly H., Godwin J., (2016) "Speech and language therapy for aphasia following stroke", CD000425, [Cochrane Systematic Review](#)

Saunders D., Sanderson M., Hayes S., (2016) "Physical fitness training for stroke patients", CD003316, [Cochrane Systematic Review](#)

Wardlaw J, Murray V., Berge E., (2014) "Thrombolysis for acute ischaemic stroke", CD000213, [Cochrane Review & Intervention](#)

Rodrigues FB., Neeves JB., Caldeira D., (2016) "Endovascular treatment versus medical care alone for ischaemic stroke: systematic review and meta analysis", *BMJ*, 353, i1754 [Systematic Review](#)

Articles of Irish Interest

Brannigan C., Galvin R., (2017) "Barriers and facilitators associated with return to work after stroke: a qualitative meta-synthesis", *Disability and Rehabilitation*, 39(3), 211-22 [Article](#)

Mellon L, Doyle F., (2015) "Stroke warning campaigns: delivering better patient outcomes?", A systematic review. *Patient Related Outcome Measures*, 6, 61-73 [Systematic Review](#)

Walsh M.,Galvin R.,Macey C., (2013) " National Survey of Stroke Survivors: Documenting the Experiences and Levels of Self-Reported Long-Term Need in Stroke Survivors in the First 5 years", *RCSI e-publications*. [Available here](#)

Kelly P., Crispino G., (2012) "Incidence, event rates, and early outcome of stroke in Dublin, Ireland: the North Dublin population stroke study", *Stroke*, 43, 2042-47 [Article](#)

McElwaine, P. McCormack, J. Harbison, J. National Stroke Audit 2015. [Stroke Audit](#)

Stroke Trials and Studies

Note: if the full text is not available to you, please contact your Health Librarian

- 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](#)
- Thomson, R.G., De Brún, A., Flynn, D., Ternent, L., (2017) "Factors that influence variation in clinical decision-making about thrombolysis in the treatment of acute ischaemic stroke: results of a discrete choice experiment", *NIHR Journals Library*, Southampton. [Article](#)
- Soufi S., Chabrier S., Bertoletti L., (2017) "Lived experiences of having a child with stroke a qualitative study" *Eur. J. Paediatric Neurology*, Jan 2017 [epub] [Abstract](#)
- Fuentes A., Deotto A., (2016) "Determinants of cognitive outcomes of perinatal and childhood stroke: A review", *Child Neuropsychol*, 22(1), 1-38 [Abstract](#)
- Mulder M.J., Berkhemer O.A., Fransen PS. (2016), "Does prior antiplatelet treatment improve functional outcome after intra-arterial treatment for acute ischemic stroke?", *Int J. Stroke*, Nov 2. E-Pub [Abstract](#)
- Kunz W.G., Hunink M.G., (2016) "Cost-Effectiveness of Endovascular Stroke Therapy: A Patient Subgroup Analysis From a US Healthcare Perspective", 47(11), 2797-2804 [Abstract](#)
- Asad H., Dowling R., (2015) "Advances in endovascular treatment of acute ischaemic stroke", *Intern Med Journal*, 45(8), 798-05 [Abstract](#)
- Tong Y., Forreider B., (2015) "Music-supported therapy (MST) in improving post-stroke patients' upper-limb motor function: a randomised controlled pilot study", *J. Neurological Research*, 37(5), 434-400 [Article](#)
- Goyal M., Demchuk AM., Menon BK., (2015) "Randomized assessment of rapid endovascular treatment of ischemic stroke", *NEJM*, 372(11), 1019-30 [Article](#)

Healthy Bytes

[Nutrition Tips for Stroke Survivors](#): American stroke association information

[Fact Sheets on Healthy Eating](#): Information from the Irish Nutrition Dietetic Institute

[Healthy Eating and Lifestyle Fact Sheets](#): Information from British Dietetic Association

[Nutrition & Dietary Information](#): from Croí Heart and Stroke Charity

In the News

[HIQA backs stroke therapy treatment](#)

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](#)

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](#) Independent.ie, Dec 2016

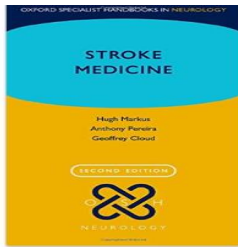
Stroke survivor and father-of-two Gerry Carmody from the Navan Road, Dublin, who had a stroke "completely out of the blue" in his 50s describes himself as "one of the lucky ones", despite the shock.

[Eating one egg a day may lower the risk of Stroke](#) NHS science behind the headlines, Nov 2016

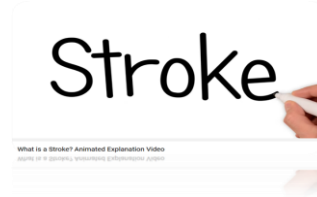
Upcoming Events

Irish Heart Foundation 20th Annual [Stroke Conference](#), Croke Park Dublin 9th – 10th March 2017

Useful Books and Multimedia



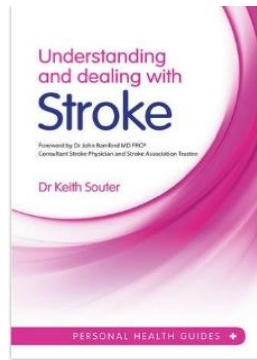
Markus Hugh et al, 2016.
Stroke Medicine, Oxford Specialist Handbook in Neurology. Oxford University Press
 Updated information on all aspects of stroke care: [View details here](#)



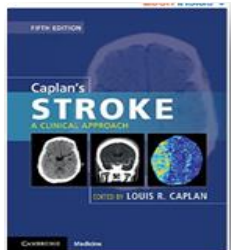
What is a Stroke? Animated Explanation Video from "HealthSketch" -

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](#)

Souter Keith, 2013.
Understanding and Dealing with Stroke.
 Basic information on stroke and managing after a stroke
[View details here](#)



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

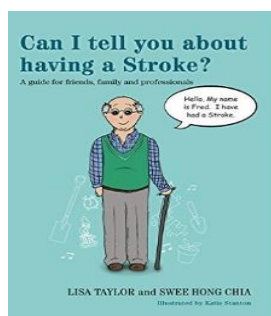
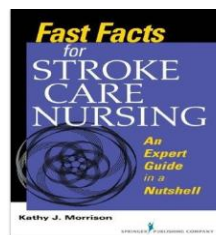


Caplan, Louis R., 2016.
Caplan's Stroke: a Clinical Approach.
 A comprehensive clinical guide to stroke including causes, prevention, clinical features, management, etc. Cambridge Uni Press. [View details here](#)



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](#)

Morrison, Kathy. 2014. **Fast Facts for Stroke Care Nursing. An expert guide in a nutshell.**
 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](#)



Recognise Stroke F.A.S.T. [video](#)

Stroke and mental health

Oosterveer D.M., Mishre R.R. (2017) "Depression is an independent determinant of life satisfaction early after stroke", *J. Rehabilitation Medicine*, 49,223-27 Epub. [Article](#)

McCarthy M., Sucharew H., (2016) "Age, subjective stress, and depression after ischemic stroke", *J. Behavioural Medicine*, 39(1), 55-64. [Article](#)

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

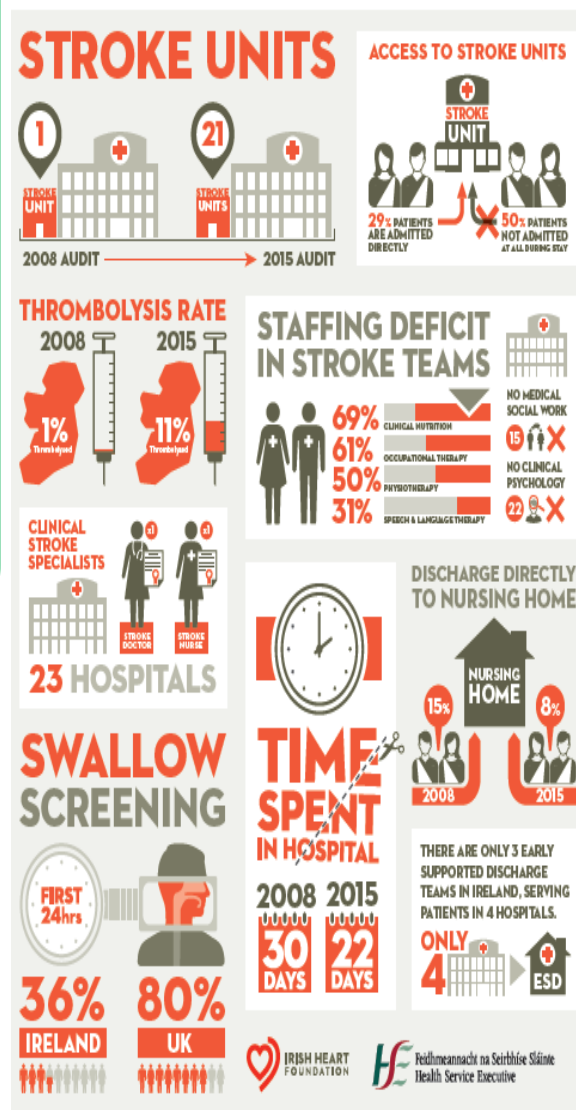
Kneebone I., Jeffries F., (2015) "Treating anxiety after stroke using cognitive-behaviour therapy: two cases" *Neuropsychological Rehabilitation*, 23(6), 798-810. [Article](#)

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

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

IRISH HEART FOUNDATION / HSE NATIONAL STROKE AUDIT 2015

The 2015 National Stroke Audit is the second audit of stroke services following the Irish National Audit of Stroke Care 2008. The 2015 audit took place in the twenty-seven hospitals which currently treat stroke patients during the acute phase of their care. The 2008 audit found that only one hospital had a stroke unit and just 1% of patients received clot-busting thrombolysis treatment. The results of the 2015 audit reveal huge progress has been made from that low base.



National Stroke Audit 2015 [Infographic](#)

Images from:

Pixabay
 YouTube
 Google Images
 Amazon.co.uk
 Irish Heart Foundation
 NASA



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The information contained in this newsletter is not advice, and should not be treated as such.

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We are committed to empowering all HSLG members to excellence in the field of information management, and by doing so, advancing health for all.

Who are we? We are the health librarians!

This content is brought to you by a collaborative group of health science librarians working within the Irish health service.

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