The UAMS Emergency Department (ED) is the state’s only Adult Level 1 Trauma Center. UAMS is also nationally certified by The Joint Commission as an Advanced Primary Stroke Center and treats an average of 60,000 patients a year.

When a patient with stroke-like symptoms comes in to the UAMS ED, they are met by the charge nurse and evaluated right away by a doctor. If it is found that the patient has signs of a stroke, the medical staff activates what is called the “stroke protocol.” The charge nurse will page out an “Acute Stroke” alert using a computer paging system. This notifies all of the stroke team members that there is a possible stroke in the ED. The patient is taken immediately to the radiology area to have pictures taken of their brain. Those pictures are available right away to be viewed by the doctor to assess if the patient is having a stroke and what type of stroke it is. Once it has been determined that there has been a stroke, the doctors will then decide what type of treatment is best for the patient. Some patients will receive a medication to “bust up” areas of blood that could be causing the stroke. Other times, the patient will need to have a special procedure to help resolve the stroke.

No matter which plan of care is decided upon, all decisions are made very quickly in the interest of what is best for the patient. We use the slogan, “Time is Brain” to remind us of the importance of rapidly identifying a stroke patient. Staff use the acronym “F.A.S.T” to identify these patients (see next page). This can be used by anyone, not just healthcare providers, when identifying a person who might be having a stroke.
Want to Quit Smoking?

Quitting smoking can help to reduce your risk of having another stroke.
There are many resources that can help you quit.

Arkansas Tobacco Quitline
*Free service offering nicotine replacement therapy, counseling and guidance.*
1-800-QUIT-NOW
1-800-784-8669

American Cancer Society
www.cancer.org
1-800-227-2345

American Lung Association
www.lung.org
1-800-LUNGUSA

**F.A.S.T.**
- Face drooping.
- Arm weakness.
- Speech difficulty.
- Time to call 911.

Spot a stroke **F.A.S.T.**

StrokeAssociation.org
Caregivers: Need Help After Your Loved One Has Had a Stroke?

The website provided by the American Stroke Association can help. This website provides many resources for caregivers to help you to manage the stressful time right after a stroke. Go to www.strokeassociation.org, click on “Life After Stroke” and then on “Family Caregivers.” If you aren’t able to access the internet, call the American Stroke Association at 1-888-4-STROKE.

Refreshing the Caregiver

Source: American Stroke Association

One of the most important things you can do for yourself and your loved one is to carve out time and space for yourself. This has to be a conscious action that you take every day. It could be as simple as spending 10 minutes playing a fun computer game. If you don't learn how to take a timeout, your frustration is going to boil over. You'll be less productive and your relationship with your loved one will suffer.

- Find a way to take a 10 or 15 minute walk a couple of times a day, even if it's just around the yard.

- Choose a space in the house that is your "quiet space" where you can go take a few deep breaths, close your eyes, read a book, pray, meditate, listen to music, sing, write in your journal, talk to a friend on the phone or just rest quietly for a few minutes.

- Schedule your timeouts. Choose a time when your loved one is typically sleeping, eating, watching a TV program or seems to be at their best during the day. They will get accustomed to your little timeouts after a while and stop resenting your privacy and interrupting you.

Insist on these moments in a gentle way and reward your loved one when you've refreshed yourself.
Need More Information About Stroke?

National Stroke Association
1-800-STROKES (787-6537)
www.stroke.org

American Stroke Association
1-888-4-STROKE (478-7653)
www.strokeassociation.org

UAMS Neurology Department
501-686-5838
http://neurology.uams.edu/