

BE FAST

KNOW THE SIGNS OF STROKE

B - BALANCE Sudden trouble walking, dizziness, loss of balance or coordination. *Perform bilateral index finger to nose test and bilateral heel to shin test.*

E - EYES Sudden double vision or trouble seeing out of one or both eyes. *Assess 4 quadrants of visual field by having patient locate your hands and assess lateral gaze by having patient follow your index finger*

F - FACE Sudden drooping or numbness on one side of the face. *Ask the person to smile or show teeth and to raise eyebrows.*

A - ARM Sudden numbness or weakness of the arm, especially on one side of the body. *Ask the person to raise and extend both arms palms up with eyes closed. Does one arm drift downward?*

S - SPEECH Sudden confusion, trouble speaking or understanding. *Have patient repeat a phrase such as "You can't teach an old dog new tricks."*

T - TIME TO ACTIVATE THE STROKE RESPONSE TEAM

If a patient has any of these symptoms, activate your local stroke response team immediately!

Common Stroke Symptoms

Left Hemisphere

- Inability to produce or understand language
- Weakness or numbness on right side of body
- Loss of vision in right visual field
- Deviation of the eyes to the left side

Right Hemisphere

- Weakness or numbness on left side of body
- Loss of vision in left visual field
- Deviation of the eyes to the right side
- Ignore left side of body or do not recognize weakness on left side

Cerebellar

- Uncoordinated movements of the limbs
- Difficulty walking, including problems with balance
- Dizziness, nausea/vomiting

Brainstem

- Slurred speech
- Dizziness, nausea/vomiting
- Difficulty swallowing
- Double vision or abnormal eye movements
- May have crossed motor and/or sensory signs

Subarachnoid Hemorrhage

- Sudden onset of severe headache
- Nausea/vomiting
- Intolerance to light
- Neck stiffness/pain