

Stroke Awareness

Our Stroke Awareness course provides carers with essential knowledge and understanding of strokes, their causes, symptoms, prevention, and initial response strategies.

Through a blend of theoretical learning and practical scenarios led by our experienced training team, participants will gain insights into the types of strokes, risk factors, and the importance of early intervention. This course aims to equip individuals with the skills to recognise stroke symptoms promptly and administer appropriate first aid while emphasising the significance of lifestyle changes to reduce stroke risk.

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Learning Outcomes

- To define the meaning of stroke
- To describe the effects of stroke
- To describe ways to recognise stroke and what action to take
- To support residents effectively who have had a stroke

Course Content

Module 1: Risk Factors:

- This module delves into the various factors that contribute to the likelihood of experiencing a stroke. Participants will explore both modifiable and non-modifiable risk factors, gaining a comprehensive understanding of the elements that can increase an individual's susceptibility to strokes. Through interactive discussions and engaging presentations, learners will discover lifestyle choices, medical conditions, and genetic predispositions that play pivotal roles in stroke occurrence.

Module 2: What is a Stroke?:

- Through a combination of informative presentations, interactive discussions, and illustrative examples, participants will gain insights into the different types of strokes, including ischemic, hemorrhagic, and transient ischemic attacks (TIAs). They will explore the underlying mechanisms that lead to each type of stroke and learn to recognize the signs and symptoms associated with them.

Course Content

Module 3: Recognising the symptoms of a Stroke:

- Understanding the FAST acronym: This module is designed to equip participants with the knowledge and skills necessary to identify stroke symptoms promptly using the FAST acronym. Participants will learn to recognize the key signs of a stroke: Facial drooping, Arm weakness, Speech difficulties, and Time to Call emergency services.

Module 4: Communication Problems:

- This module explores the communication difficulties often experienced by stroke survivors. Participants will delve into the various speech and language impairments that can result from strokes, including aphasia, dysarthria, and apraxia.

Module 5: Understanding the Physical Effects of a Stroke:

- Understanding the physical consequences of strokes, such as paralysis, muscle weakness, and coordination difficulties. Participants will explore the neurological basis of these effects and learn about rehabilitation strategies to improve mobility and regain independence post-stroke.

Module 6: What is Tactus Therapy:

- Tactus Therapy is a leading provider of clinically proven speech, language, and cognitive therapy apps and resources for adults and children with communication and cognitive impairments, making therapy accessible and effective for individuals in clinical and home settings.

Module 7: Memory, Thinking and Hallucinations:

- This module delves into the cognitive effects of strokes, including memory loss, impaired thinking, and hallucinations. Participants will explore the neurological basis of these challenges and learn practical strategies for managing cognitive impairments post-stroke.

Module 8: Post-stroke fatigue:

- This module focuses on understanding and addressing post-stroke fatigue, a common and often debilitating symptom experienced by stroke survivors. Participants will explore the underlying causes of post-stroke fatigue and learn practical strategies for managing and conserving energy. Through discussions and practical tips, learners will gain insights into supporting stroke survivors in coping with fatigue and improving their quality of life.

Module 9: Treatments for the Physical Effects of Stroke:

- This module focuses on various treatments and rehabilitation approaches to address the physical effects of stroke. Participants will explore evidence-based interventions such as physical therapy, occupational therapy, and assistive devices. Through case studies and practical demonstrations, learners will gain insights into implementing comprehensive treatment plans to optimize recovery and enhance quality of life for stroke survivors.

Module 10: Emotional Changes:

- In this final module we explore the emotional impact of stroke, including depression, anxiety, and adjustment disorders. Participants will learn strategies to support stroke survivors emotionally, fostering resilience and improving overall well-being post-stroke.