










THINK FAST

<h1>F</h1>	 <p>Physical Assessment: Facial Droop</p>  <ul style="list-style-type: none"> □ Ask the patient to: <ul style="list-style-type: none"> ▪ Smile ▪ Show his/her teeth ▪ Grimace ▪ Stick out tongue <p>Are the left and right sides symmetrical?</p> 	<p>Normal: <i>Both sides move equally</i></p> <p>Abnormal: <i>One side does not move as well</i></p>
<h1>A</h1>	 <p>Physical Assessment: Arm and Leg</p>  <p>Assessment for arm drift:</p> <ul style="list-style-type: none"> □ Have the patient hold both arms out in front for 5 seconds. If one arm drifts or falls before the 5 sec. count, or the patient is unable to move one arm, they fit the inclusion criteria. <p>Assessment for Leg Weakness:</p> <ul style="list-style-type: none"> □ Have the patient lift leg at 30 degrees and hold for 5 seconds. Repeat with other leg. □ Compare the two sides. If one leg drifts or falls before the count, or the patient is unable to move one leg, they fit the inclusion criteria. 	<p>Normal: <i>Both arms stay in position</i></p> <p>Abnormal: <i>One limb drifts down or cannot be lifted</i></p>
<h1>S</h1>	 <p>Physical Assessment: Speech</p>  <p>Assessment for Speech Difficulties</p> <ul style="list-style-type: none"> □ Ask the patient to name 3 objects you show them (e.g. pen, watch, ring). □ Ask the patient to repeat a simple sentence (e.g. "It is sunny today".) □ If the patient is unable to repeat all the objects, or repeat the sentence they fit the inclusion criteria. 	<p>Normal: patient uses correct words with no slurring.</p> <p>Abnormal: Slurred, inappropriate words, or mute</p>
<h1>T</h1>	<p>Time is Brain. With Signs and Symptoms of stroke dial 55555 to launch an In-hospital Code Stroke. Identify the patient's Last Seen Normal Time.</p>	

Poster adapted from Champlain Time is Brain Poster. Other resources: Ppt: *Canadian Best Practice Recommendations for Stroke Care Educational Workshop for EMS care of suspected acute stroke patients.*

THINK FAST



Warning Signs for Stroke



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.



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