

# Good essay on stroke

[Technology](#), [Development](#)



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## **Introduction**

Stroke is defined as the onset of sudden death of brain cells as a result of lack or deficiency of oxygen in the brain. There are two types of stroke that can affect an individual namely Ischemic and Hemorrhagic stroke. Ischemic stroke is caused by the blockage of an artery leading to lack of oxygen in the brain. On the other hand, Hemorrhagic stroke results from a tear in the wall of an artery that causes bleeding in the brain. The part of the brain affected determines the severity of stroke suffered by an individual. The extent of damage on the brain also determines how serious an individual will be affected by stroke. There is a huge demand for oxygen by cells in the brain; hence a shortage in its supply leads to serious complications and death of these crucial cells. Various researches have been conducted in the prevention, risk, onset and the management of patients less than 5 days post stroke (Adams 2009, p. 50).

## **Risk Factors**

There are various risk factors that increase the chances of an individual having stroke cases. Age is a major risk factor that results in a stroke case, in many people in the community. However, two or more factors are normally responsible for cases of stroke according to research.

Age is a key risk factor that increases as a person gets older. Research shows that most of the people affected by stroke are old. Older adults are at a higher risk of getting stroke as they are at risk of post-stroke dementia. Older adults with high blood pressure, those who are overweight and diabetic people are at an even higher risk as compared to those in perfect health state. It should be noted, however, that it is not only the older people are at risk of getting stroke, even young people in their teens or early twenties can suffer from stroke.

The other risk factor is gender. It seems that men are at a higher risk of having stroke as compared to women. Research also shows that more women die from stroke as compared to men. This may be due to the long life that women have as compared to the male gender. Young women who have stroke can attribute this to things like birth control pills and in some cases pregnancy that expose them to this problem. The other risk factor is race and ethnicity with minority groups having a high risk of developing stroke. A history is also a key risk factor, with some families having more exposure to stroke cases as compared to others. Lifestyle factors are important in exposing or hindering one from the risks of getting stroke. Some lifestyle choices like smoking, diet, physical activity and alcohol and drug abuse increase the risk of an individual developing stroke. Heart and vascular

disease also increase the exposure of one to having stroke. Research shows that there is a close link between vascular heart problems and stroke. The two and other diseases like high cholesterol levels, diabetes and high blood pressure increases the risk of stroke occurring. This explains why older people are at high risk of having stroke.

## **Onset of stroke**

The onset of stroke begins with key signs and symptoms that act as warning signs. Everyone should be aware of these signs and symptoms as early management of stroke can be critical in preventing serious damages to an individual's health. The onset of stroke begins with sudden numbness in the face, the arms or legs that normally occur at one side of the body. The other warning of a stroke onset is sudden confusion where one has trouble speaking or understanding various things that are happening around them. Trouble seeing is also a key sign of the onset of stroke. Dizziness, loss of balance and trouble moving around can also be a sign that one is to have a stroke attack. Sudden serious headaches will also be an important indication for people with risks. One can ensure that they are in control over the situation by taking steps to ensure that one is on the verge of having a stroke. These include simple steps using the FAST assessment. This entails the face, arms, speech and time. One can ask the person to smile and check if the face droops, check if the arms drifts, slurred words and ensure that time is well managed.

## **Management of stroke before five days post-stroke**

In the past, treatment of stroke focused on rehabilitation and provision of basic life support. Nowadays, this is not the case as research indicates that there are various ways of treating stroke as long as the drugs are administered as soon as possible. Several steps need to be undertaken by individuals and medical personnel to ensure that cases of stroke are properly managed especially during the first five days after the stroke.

Immediately a patient reaches a health facility, drugs are administered to dissolve blood clots. This can be done by administering aspirin, which has been known to thin out the blood clots and allow supply of oxygen in the brain. However, this is only given to patients with acute stroke; hence, it is advisable to wait until the doctor determines the severity of the attack, and give prescriptions suitable for the condition. Thrombolytic (“clot-buster”) drug therapy can help patients who arrive at a health facility three to four hours after the first symptoms of stroke are noticed. Research shows that this is an effective way of breaking up the blood clots in the arteries and the brain (Shaughnessy & Michael 2006, p. 12).

The other ways of managing stroke is by administering medications that depend on the cause of bleeding in the brain. Surgery may also be an option for managing stroke in patients with aneurysms or arteriovenous malformations. Stroke complications may occur after one suffers from the initial attack. Some of the ways of managing stroke include ensuring a constant supply of oxygen that may require the use of airway ventilation. It is also crucial to manage fever that arises after the patient has been given medication. It is also crucial to ensure that the level of electrolytes in the

body is healthy. Managing high blood pressure is also critical to manage stroke five days post-stroke. Cerebral edema is common in patients who just suffered stroke. It is vital for hospital staff to be on the look out for brain swellings that may further, complicate the situation of the patient. This can be by identifying the signs that include drowsiness, lethargy, headache and confusion. In this case, the nurses have to administer mannitol medications (Furie, Kasner, Adams, Albers&Bush 2011, p. 230),

## **Prevention**

There are various ways one can ensure they minimize their chances of having a stroke attack. One of these is by taking Antiplatelet Medications like aspirins or other medications prescribed by a doctor when they realize that one is at a high risk of having stroke. Research shows that taking these medications makes the platelets less sticky; hence, reduce the risks of blood forming clots in the arteries or the brain. Research further, shows that people who are at low risk of developing stroke do not reduce their chances of having stroke by taking these medications. It was also evident from the research that women between 55-79 years, and men aged between 45 to 79 years could reduce the chances of developing stroke by taking aspirin. Anticoagulants are also important in thinning the blood and ensuring that they do not clot (Adams2009, p. 45).

Lifestyle change is also vital in preventing stroke. One should identify the importance of adapting healthy lifestyles that will ensure they minimize their risks of having any disease that increases their risk of developing stroke. This may include quitting smoking, eating healthy, exercising and maintain a healthy weight. Secondary prevention occurs after one had a previous

stroke. Research shows that there is an increased risk of one having a second stroke attack five years after the first case.

It is vital for individuals to take measures to control diabetes, obesity, high blood pressure and cholesterol levels. These are high risk factors that increase the chances of one having a stroke. It is vital to have these under control, as it will reduce the chances of one developing the disease. Surgery is also another option of preventing stroke. Research shows that the carotid endarterectomy helps clean out carotid arteries in the neck, which helps patients with carotid artery stenosis symptoms.

## **References**

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