

My Plan for Prevention and Early Recognition of Stroke

Name _____

Date _____

Green Zone: In Control



Green Means I Should:

- My condition is under control and I:
- ✓ Am keeping my blood pressure under control.
 - ✓ Am not smoking.
 - ✓ Have no headache or vision problems.
 - ✓ Have no trouble speaking or swallowing.
 - ✓ Have no arm or leg weakness or numbness.
 - ✓ Have all my medicine.

- ✓ Continue to take my medicine as ordered.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions for diet, exercise, and therapy.
- ✓ Check my blood pressure regularly.

Yellow Zone: Caution



Yellow Means I Should:

- ✓ I experience occasional dizziness or headache.
- ✓ I experience brief or temporary arm or leg weakness or numbness.
- ✓ My blood pressure is above 140/90.
- ✓ **Have I missed my medications?**
- ✓ **Do I have less than 3 days worth of medicine left?**

Act Today! Call VNA

- ✓ Call VNA Home Health:
1800-862-3330
- ✓ After discharge from home health services on __/__/__ call your doctor or healthcare provider: _____
(doctor's phone number)

Red Zone: Medical Alert!



Red Means I Must:

- I am likely to experience:
- ✓ Trouble speaking.
 - ✓ Trouble walking or a change in my walk.
 - ✓ My arm and/or leg feeling heavy or numb.
 - ✓ A drooping on one side of my face or smile.
 - ✓ Trouble with vision.
 - ✓ Blood pressure above 160/90.

- ✓ **Act fast ... stroke is serious!**
- ✓ **Call 9-1-1 and say, "I need to be evaluated immediately. I am concerned I am experiencing a stroke."**
- ✓ Not attempt to drive myself to the hospital. Paramedics will evaluate me for possible stroke.
- ✓ Bring all my medicines and supplements with me to the hospital.

National Stroke Association. Preventing a Stroke. Available at: <http://www.stroke.org/understand-stroke/preventing-stroke>. Accessed on: July 3, 2018.

Centers for Disease Control and Prevention. Preventing Stroke: Healthy Living. Available at: https://www.cdc.gov/stroke/healthy_living.htm. Accessed on: July 3, 2018.

National Institutes of Health (NIH) National Institute of Neurological Disorders and Stroke (NINDS). About the Campaign. Available at: <https://stroke.nih.gov/about/index.htm>. Accessed on: July 3, 2018.

NIH NINDS. Know the Signs. Act in Time. A Facilitator's Guide for the Know Stroke Community Education Kit and Video. Available at: https://stroke.nih.gov/documents/NINDS_KS_FacilitatorsGuide_06FNL_alt.pdf. Access on: July 3, 2018.

This material was prepared by Health Services Advisory Group, Inc., the Quality Improvement Organization for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. QN-11SOW-C.3-07032018-01