



## **Course Overview/Description**

As a health care worker, you play an important role in the health and well-being of your clients. This course will enhance your care of clients who are either have experienced a stroke or at risk for stroke by helping you recognize and respond to the signs and symptoms, manage their risks through prevention strategies and medications, and provide stroke-specific comfort and care measures.

This course consists of four modules, which when completed, provides eight hours of continuing education. In the first module, you will gain a general understanding of what a stroke is, and stroke risk factors, causes, preventions, and warning signs. In the next module, you will learn about the types of stroke, how stroke is diagnosed, and complications that may arise from stroke. The third module covers how medical management, medications, and rehabilitative and alternative treatments help the clients who have experienced a stroke. In the last module, you will learn how to offer effective comfort and care measures for the stroke client through lifestyle changes and family support.

To add realism to the course, as you move through it, you will “meet” and interact with four different virtual clients, learning how to identify if they have experienced a stroke and what you can do to provide comfort and care measures for their individual situations. The course also includes periodic “Knowledge Checks” that will help ensure you understand the content you are learning. Each of the four modules ends with an exam that you must successfully pass in order to move forward with the rest of the course.

You will learn new things and expand your frame of reference by successfully completing the Care of the Client who has Experienced a Stroke course. It is designed to help you learn how to give your clients a higher level of service than you might be used to providing. The goal of this course is to help you become an even more valuable member of the team that serves your clients.



## Course Outline

### Welcome & Orientation

### Course Introduction

### Module 1 – General Overview of Stroke

**Goal:** In order to provide better care for clients, you will gain knowledge of the basics of a stroke, the causes and preventions, and how to recognize the risk factors and warning signs.

**Objectives:**

- Explain what a stroke is.
- Identify the risk factors and warning signs of a stroke.

#### Module 1 Lessons

- Lesson 1.1: What is a Stroke?
- Lesson 1.2: Stroke Causes and Prevention
- Lesson 1.3: Red Flags: Symptoms of a Stroke

### Module 2 – Diagnosing a Stroke

**Goal:** Based on your basic knowledge of stroke, you will gain insight into the types of stroke, the tests used to diagnose stroke, and the complications that may be caused by a stroke.

**Objectives:**

- Understand basic information regarding the types of strokes.
- Recognize which exams and tests are used to diagnose a stroke.
- Understand the complications that may be caused by a stroke.

#### Module 2 Lessons:

- Lesson 2.1: Types of Stroke
- Lesson 2.2: Diagnosing a Stroke
- Lesson 2.3: Effects of a Stroke



## Module 3 – Treatment of the Stroke Client

**Goal:** Based on your basic knowledge of depression, you will be able to better serve clients at risk for stroke through knowledge of their medications, the side effects, and the various treatment care plans.

**Objectives:**

- Assist clients to minimize side effects of medications used in the treatment of strokes.
- Understand the use of medical therapies, other than medications, used to treat the symptoms of stroke.
- Assist clients to understand how to use alternative medicines or treatments.

**Module 3 Lessons:**

- Lesson 3.1: Medications Used to Treat Stroke
- Lesson 3.2: Medical Management of a Stroke
- Lesson 3.3: Rehabilitation and Alternative Treatments Following a Stroke

## Module 4 – Comfort and Care Measures for the Stroke Client

**Goal:** Based on your knowledge of stroke, you will be able to determine effective comfort and care measures for clients who have experienced a stroke.

**Objectives:**

- Assist the client with lifestyle changes after a stroke.
- Determine effective comfort and care measures to take regarding post-stroke after-effects.
- Identify coping strategies and support for family caregivers of stroke survivors.

**Module 4 Lessons:**

- Lesson 4.1: Lifestyle Changes after a Stroke
- Lesson 4.2: Care and Comfort Post-Hospitalization
- Lesson 4.3: Coping and Family Support