STROKE and ITS MANAGEMENT

National Health Mission
Deptt. of Health & Family Welfare
Govt. of Odisha.
STROKE - Definition

Abrupt onset of a neurologic deficit lasting more than 24 hrs which is attributable to a focal vascular cause
Risk factors for thrombotic stroke

1. Age >60 yrs
2. Diabetes
3. Hypertension
4. Dyslipidemia
5. Smoking
6. Previous vascular events – Myocardial Infarction, Stroke, Peripheral Vascular Diseases
Risk factor for embolic stroke

- Atrial fibrillation
- Rheumatic Heart Disease – eg mitral stenosis
- Infective endocarditis
- Myocardial Infarction
- Dilated Cardiomyopathy
- Left atrial myxoma
- Prosthetic heart valve
- Paradoxical embolism

(Patients with atrial fibrillation have an average annual risk of stroke of 5%)
Approach to the Patient

• History –
  - DM, HTN, heart disease
  - Previous TIA & stroke

• Physical examination
  - pulse – rhythm, peripheral pulse
  - BP
  - CVS – to look for cardiac source of emboli
  - Fundoscopy – DM, HTN, subhyloid bleed
  - CNS- GCS assessment, weakness, cranial nerve deficit, speech disorder, cerebellar signs etc
INVESTIGATION

- Haemogram
- Blood sugar
- Lipid profile
- ECG & ECHO
- Specific test depending on suspected risk factor- LP for meningitis
- NCCT cranium
- MRI
- Carotid Doppler
- Angiography –conventional
  - CT angiography
  - MR angiography
TREATMENT

• Supportive measures
• Measures to decrease the area of Infarct – thrombolytic therapy and endovascular techniques
• Anti thrombotic treatment – anti platelet, anti coagulants
• Rehabilitation
• Secondary prevention
Supportive Measures

1. Attend to ABC
2. Hyperglycemia – to control by insulin
3. Fever – antipyretics
4. Prevention of DVT – by pneumatic compression
5. Cerebral edema – I V Mannitol
6. Prevention of bed sore
7. Maintenance of nutrition
8. Gradual lowering of BP – only if BP >220/130 or there is LVF
Rehabilitation Measures

• Early physical therapy
• Occupational therapy
• Speech therapy
Secondary Prevention

• Life style modification
• Control of risk factors
  - DM
  - HTN - by ACE inhibitors, CCB, diuretics
• Statins – Atorvastatin 80 mg/day
What can I do to avoid a heart attack or a stroke?

- Eat a healthy diet
- Take regular physical activity
- Avoid tobacco use
- Check and control your overall cardiovascular risk
- Know your blood pressure
- Know your blood lipids
- Know your blood sugar
THE PROGRAMME INITIATIVES

• Treatment through the Cardiac Care Units (CCU/ ICU) established in 10 DHH so far and 3 Medical Colleges & also in the AIIMS-Bhubaneswar

• Regular follow up in the DHH NCD Clinic and by the Medical Officers in all the DHH & CHC

• All drugs and Diagnostics for treatment of Stroke patients in the Govt. Hospital is free to the patient
FOR AFTER STROKE CARE

- PHYSIOTHERAPY UNITS ARE FUNCTIONING IN THE DHH LEVEL AND IN ALL THE THREE MEDICAL COLLEGES, WHERE TREATMENT IS FREE FOR THE PATIENTS

- FROM THIS YEAR IT IS PLANNED TO OPEN PHYSIOTHERAPY UNITS IN 17 SDH IN THE STATE FOR BENEFIT OF PATIENTS
Thank you