



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Personalised Stroke Recovery Passport

Rehabilitation information for patients,
relatives, and carers

Name: _____

For more information, please contact:

Acute Stroke Ward, York Hospital
Wigginton Road,
York, YO31 8HE
Telephone: 01904 722023

White Cross Court Rehabilitation Hospital
Wilson Drive
York, YO31 8FT
Telephone: 01904 724443

Johnson Ward
Bridlington Hospital, Bessingby Road
Bridlington, YO16 4QP
Telephone: 01262 423106

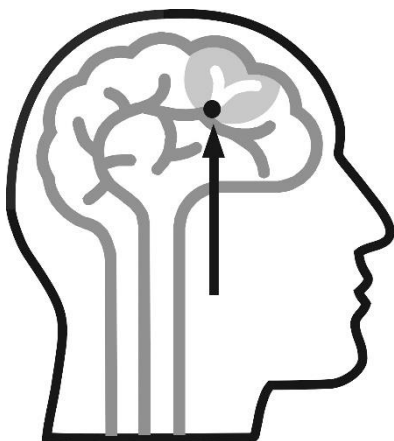
My Stroke and Treatment:

Date of Stroke:

What Type of stroke did I have?

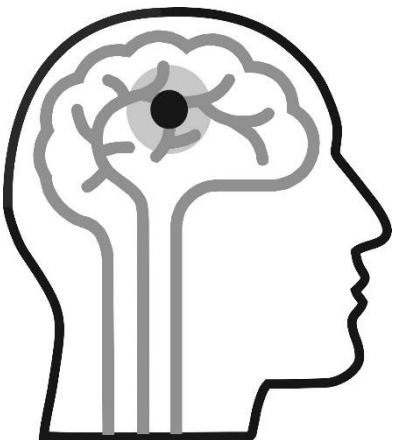
Please tick a box below

There are two main types of stroke.



Ischaemic

Due to a blocked blood vessel in the brain.

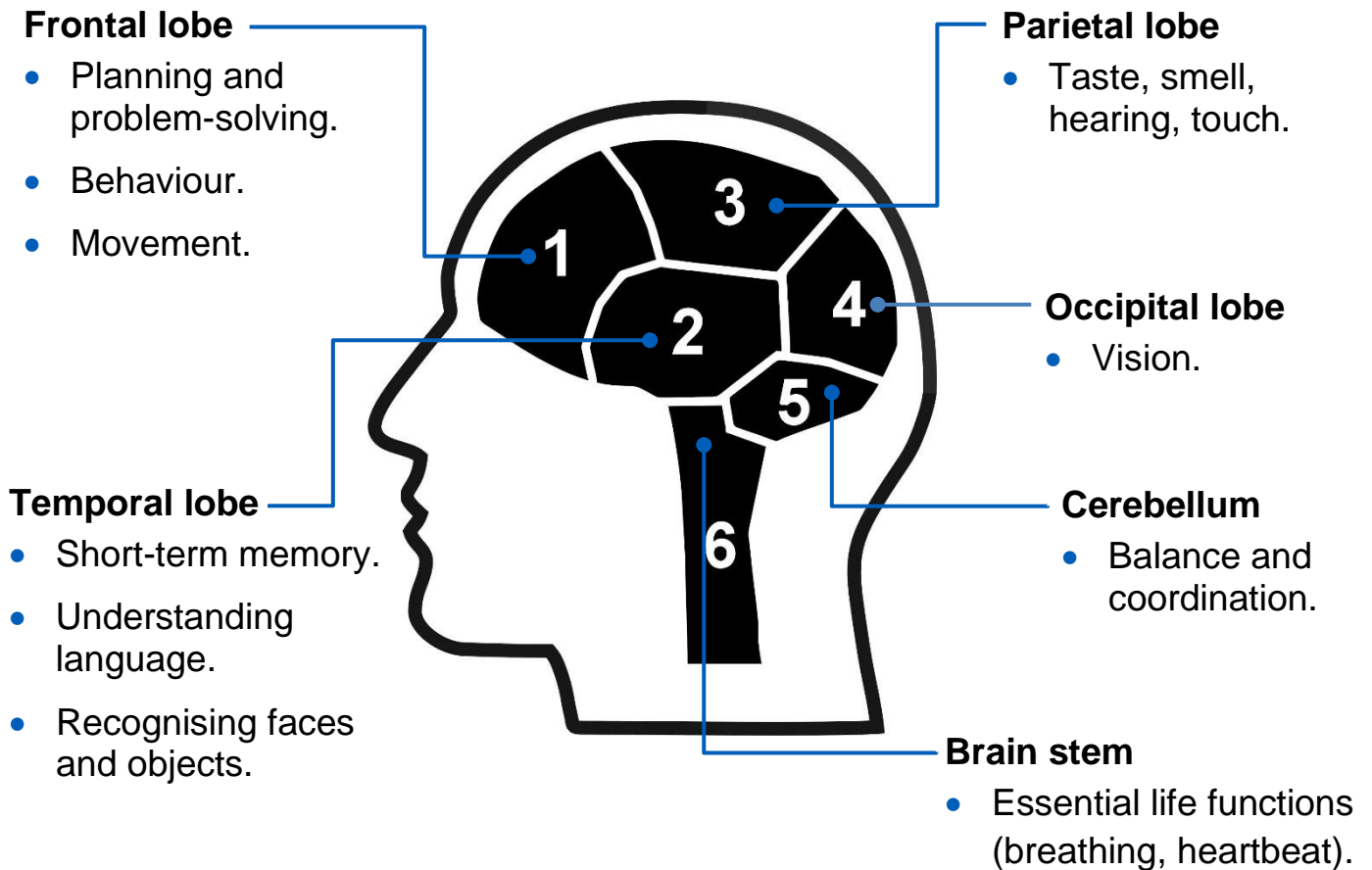


Haemorrhagic

Due to a bleeding in or around the brain.

Where in the brain did my stroke happen?

Circle where in the brain the stroke happened.



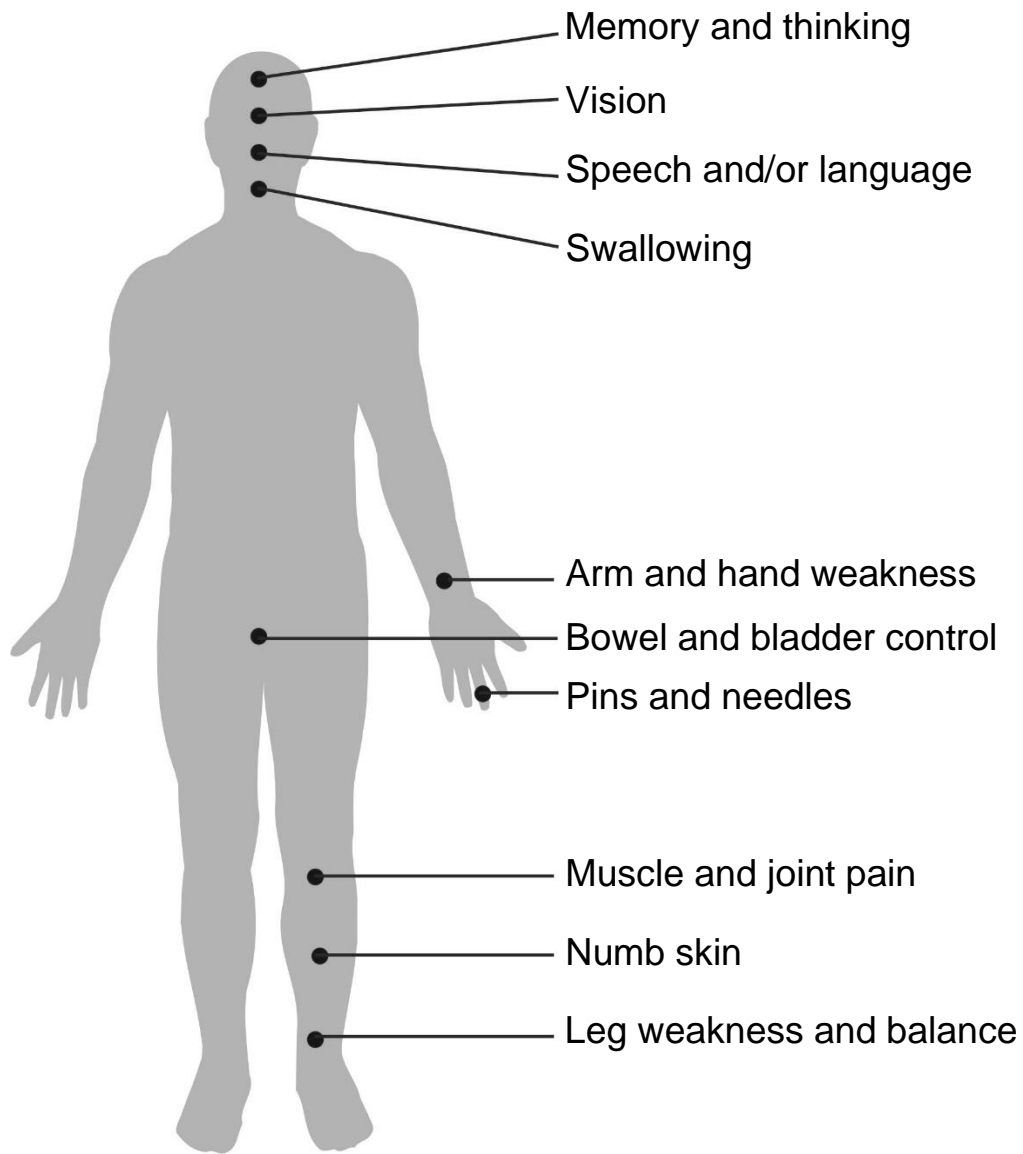
Did my stroke happen in the left or right side of my brain?

Left:

Right:

How does my stroke affect me?

Circle any effects on the body outline below



Hidden effects

Some effects of stroke are not visible.

Stroke can make you feel very emotional, sad or worried.

Some people feel they have lost confidence.

Family and friends can also feel shocked and upset.

Many people have:

- Fatigue (feeling very tired).
- Problems with communication.
- Problems with memory and thinking.
- Problems noticing things to one side.

For more information about the effects of stroke visit stroke.org.uk/effects-of-stroke or call the helpline for printed copies.

Any other effects?

Which effects am I most worried about?

My recovery

How does recovery happen?

- Recovery is fastest in the weeks and months after a stroke, but it can carry on for years. Your stroke and your recovery are unique to you.
- Your brain is amazing! After a stroke it can rebuild connections between brain cells. This lets you regain some abilities after a stroke.
- Practising rehabilitation activities helps with your recovery.
- Thinking about what is important to you in your life can help you decide aims for your recovery. Think about the things you like doing, the things you do not like doing and the things you want to be able to do.

What are my aims for my recovery?

What help will I need to recover? (Independent exercises with family and number of repetitions of exercises given).

What else do I need to know about me and my stroke?

Stroke risks and Lifestyle changes and 'How to manage them'.

What is high blood pressure / medically termed Hypertension?

Blood Pressure - high blood pressure is the biggest single risk factor for a stroke and if you are diagnosed with having high blood pressure after a stroke; you may need to take long-term medication and make some healthy lifestyle changes.

Blood pressure is a measure of how strongly the blood passes against the walls of your blood vessels and this can vary over the course of the day depending on if your resting, calm, active or stressed.

Your current Blood pressure reading is:

Our post stroke secondary prevention target is <120/80

If you have a home blood pressure monitor continue to monitor your blood pressure at least once a week aiming for a target of <120/80 and if your blood pressure remains stable, then reduce monitoring to monthly.

If your blood pressure is persistently over >140/80 for more than a week, please take your readings to your surgery for your GP to review.

You are currently taking the following anti-Hypertensive medications to reduce your Blood pressure.

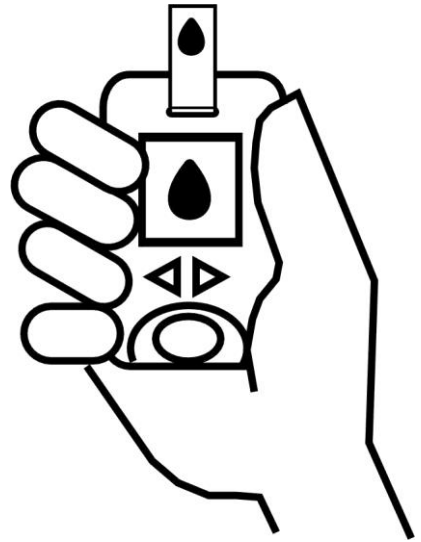
1.
2.
3.
4.

Diabetes

When you are admitted, we will check your HbA1c levels. Normal range 20-41

Your current HbA1c level _ _ _ _ _

Diabetes can cause disease of blood vessels in the brain.

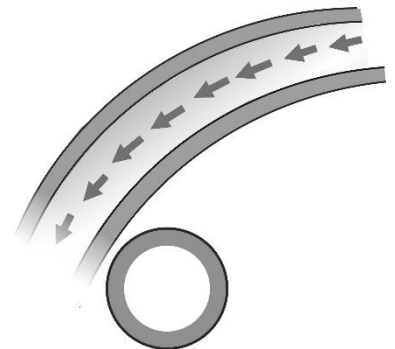


Cholesterol

High cholesterol doesn't usually have any symptoms, but it's a major risk factor of stroke. Your Non-HDL will be checked on admission. Normal Non-HDL level <2.5.

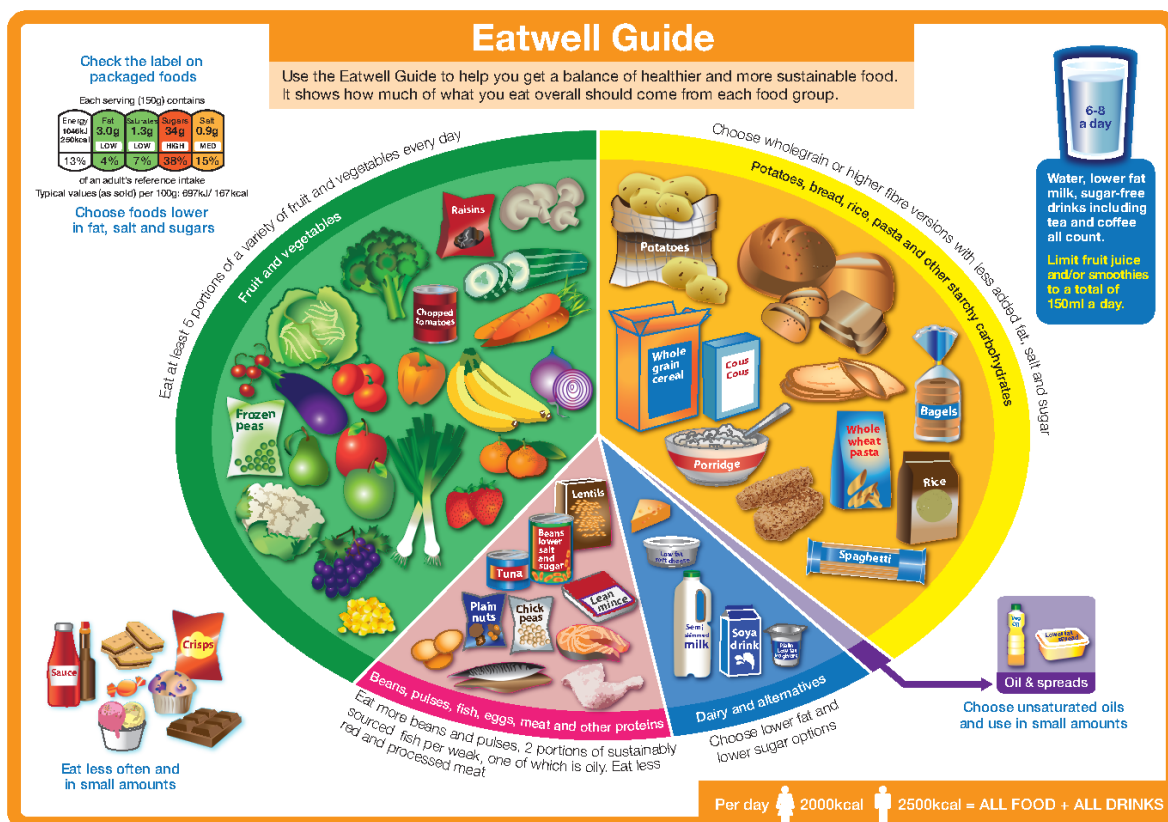
Your current reading is _ _ _ _ _

Your doctor may recommend you start a STATIN.



Healthy Eating

Eating a healthy, well-balanced diet can reduce your risk of stroke and reduce you blood pressure and cholesterol.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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- Eat regular meals
- Limit fatty foods (biscuits, cakes, pastries, red meat, hard cheese, butter and foods containing coconut or palm oil all tend to be high in saturated fats)
- Try to eat five portions of fruit and vegetables a day
- Try to reduce your intake of sugary foods and drinks
- Try to reduce your salt intake and avoid salty and processed foods.

For more information see the **Eatwell guide** from Public Health England



Maintain a healthy weight

Being overweight can increase your risk of developing type 2 diabetes, high blood pressure or heart disease.

Consider accessing **NHS Weight Management programme**.






Alcohol

Alcohol can increase your risk of stroke as it contributes to several medical conditions that are risk factors for stroke.

UK Government guidelines- you are safest not to drink more than 14 units per week and if you do to spread evenly across the week.

Consider accessing drinkaware.co.uk

What does 1 unit of alcohol look like?

76ml	218ml	25ml	250ml	250ml
				
Standard 13% wine	Standard 4.5% cider	Standard 40% whiskey	Standard 4% beer	Standard 4% alcopop (275ml)



You shouldn't regularly exceed **14 units** per week

One unit is approximately:

- Half a pint of ordinary strength lager, beer or cider
- A pub measure of spirit
- A small glass of wine (125ml)
- One bottle of 'alcopop' is between 1.5 and 2.7 units depending on the bottle size and alcohol strength.

Atrial Fibrillation

If your heart does not beat effectively, blood may pool and clot. Blood clots increase the risk of stroke.

On admission an ECG is performed, and you may need further investigations.

For information on ECG see the NHS website:

Electrocardiogram (ECG) - NHS (www.nhs.uk)



Smoking

Smoking greatly increases your risk of stroke.

Consider accessing the **Tobacco dependency Treatment Advisor** who regularly visits the ward.

Illegal Drug use

Drugs can greatly increase the risk of stroke.

What do I need to know about my medications?

You will find a list of your medications in your Discharge Summary on discharge.

Medications	Why am I taking this medication	How long will I take these medications for

- Taking medication you need is important to help stay healthy.
- Your stroke nurse, GP or pharmacist can give you help and advice about your medications.
- If you have any side-effects don't stop taking your medications. Ask your GP or pharmacist for help.
- Ask for help if having difficulties with taking your medications.

Thinking about your goals

Functional Criteria for Discharge: (What do I need to be able to do to leave hospital/go home?)

As part of your stroke journey, you will set goals with your therapists, to work toward things you want to achieve that are important to you.

It is important for you to take responsibility and participate in your rehabilitation. With support from the stroke team, you will practice things to work toward the activities you want and need to do.

Things I would like to be able to do	Steps to achieve this are:	By when:	Review:

*How well can you do this now?

1



Much worse

2



A bit worse

3



same

4



A bit better

5



A lot better

Things I would like to be able to do	Steps to achieve this are:	By when:	Review:

*How well can you do this now?

1



Much worse

2



A bit worse

3



same

4



A bit better

5



A lot better

Advice and Activities – Physiotherapy



My Physiotherapist is: - - - - -

What can I do to help myself?

These pages are for

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy sessions)

Advice and Activities – Occupational Therapy



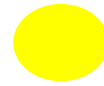
My Occupational Therapist is: _____

What can I do to help myself?

These pages are for

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy sessions)
- Advice on driving after a stroke

Advice and Activities – Speech and Language Therapy



My Speech and Language Therapist is: - - - - -

What can I do to help myself?

These pages are for

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy sessions)

Advice and Activities – Dietitian



My Dietitian is: _____

What can I do to help myself?

These pages are for

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy sessions)

My Activity Log

For family and friends to complete:

Type of Activity	Activity Duration	Completed Independently (please tick)	Assisted by

Type of Activity	Activity Duration	Completed Independently (please tick)	Assisted by

What happens next?

- During your stay in hospital, the stroke team will monitor your progress and recovery.
- Along with you and your family, the stroke team will plan your discharge from hospital.

Everyone's Stroke journey is different ...

- Not everyone will need ongoing specialist support.

- This is what you can expect...

- Return home and be able to care for yourself.
- Return home and receive ongoing therapy.
- Return home, but need some extra help and support (e.g. Care)
- Go to live somewhere new e.g., a relative's home or a nursing home.
- Further rehab at a level 2 placement.

Useful Contacts:

- Stroke Secretaries 01904 725932
- Stroke Nurse Specialist
 - York Hospital: Michael Keeling 01904 726522
 - Bridlington Hospital: Carol Brown 07557075850
- Clinical Specialist Therapists
 - Physiotherapy and Occupational Therapy
 - York Hospital 01904 724443
 - Bridlington Hospital 01262 423118
 - Speech and Language Therapy
 - York Hospital 01904 725768
 - Bridlington Hospital 01723 342250
 - Dietitian 01904 725269

If you have any questions whilst in hospital, please approach the team.

Where to get more help and information

Help available from the Stroke Association

Talk to us.

Our Stroke Helpline is for anyone affected by a stroke, including family, friends and carers. The Helpline can give you information and support on any aspect of stroke.

Call us on 03033033100, From a textphone 1800103033033100.
Or email helpline@stroke.org.uk

Read our information

We provide detailed information about all aspects of stroke, with practical tips on recovery and finding support.

Read online at stroke.org.uk

My stroke Guide

The Stroke Association's online tool My Stroke Guide gives you free access to trusted information and support 24/7.

My stroke Guide connect you to our community, to find out how others manage their recover. Log on to mystrokeguide.com today.

Talk to others affected by Stroke

There may be a stroke support group in your local area where you can meet other people affected by stroke.

You can meet people on our My Stroke Guide online chat forum mystrokeguide.com, and through our **Here For You** telephone support service stroke.org.uk/finding-support/here-for-you

Call our Helpline or visit stroke.org.uk/support for more information on stroke support groups and other face-to-face support.

Help with health and everyday living

Help for carers

We have information about caring for someone after a stroke at **stroke.org.uk/caring**, or call our Helpline for printed copies. For individual advice on funding and support for carers, contact Carers UK. Website carersuk.org Helpline **0808 808 7777** Get the help you need in some parts of the UK it can be hard to get all the therapy and support needed by stroke survivors and carers. For information on getting the support you need, contact our Helpline.

Request a post-stroke review

- You should have a review of your needs after the stroke, usually at about six months. If this does not happen, ask your GP to arrange it.

Legal and money advice

- For free, confidential advice about money, legal and employment issues, contact Citizens Advice **citizensadvice.org.uk**
- Adviceline **0800 144 8848**

Help with communication difficulties.

Visit **stroke.org.uk/communication-problems** to learn more and find support for problems including aphasia and dysarthria.

Reducing your risk of a stroke

Find more information and practical tips at stroke.org.uk/prevention.

Blood Pressure UK

- Website: bloodpressureuk.org
- Helpline: **020 7882 6218**

Diabetes UK

- Website: diabetes.org.uk
- Helpline: **0345 123 2399**

Heart UK, the cholesterol charity

- Website: heartuk.org.uk
- Helpline: **0345 450 5988**

Heart Rhythm Alliance

- Website: heartrhythmalliance.org/aa/uk
- Telephone: **01789 867 501**

Sickle Cell Society

- Website: sicklecellsociety.org
- Telephone: **020 8963 7794**

NHS Quit smoking

- Website: smokefree.nhs.uk

Help with funding and benefits.

GOV.UK government services and information

- Website: **gov.uk**

Independent Age

- Website: **independentage.org**
- Helpline: **0800 319 6789**

Turn2Us

- Website: **turn2us.org.uk**

Help with the effects of a stroke.

Brain and Spine Foundation

- Website: **brainandspine.org.uk**
- Helpline: **0808 808 1000**

Different Strokes Support for younger stroke survivors and their families.

- Website: **differentstrokes.co.uk**
- Information Line: **0345 130 7172**

Stroke of Luck Advice and access to exercise-based stroke recovery

- Website: **astrokeofluck.co.uk**
- Contact number: **0300 111 1519**

Signs of Stroke

It is vital to know how to spot the signs of stroke in yourself or someone else.

The F A S T test can help you recognise these signs.

Suspect a Stroke?

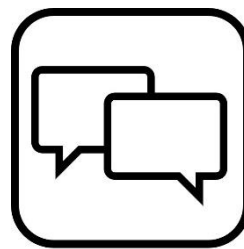
Act **F A S T** and call 999



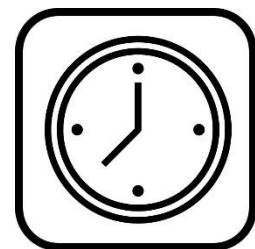
Facial
weakness



Arm
weakness



Speech
problems



Time
To call 999

The F A S T test helps to spot the three most common symptoms of stroke.

Best there are other signs that you should always take seriously.

These include:

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- Sudden difficulty finding words or speaking in clear sentences.
- Sudden blurred vision or loss of sight in one or both eyes.
- Sudden memory loss or confusion, and dizziness or a sudden fall.
- A sudden, severe headache.

For more information about the signs of stroke visit stroke.org.uk/fast

Tell us what you think of this leaflet.

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Senior Therapists, Richard Wakefield or Ruth Ferguson, telephone 01904 721547 or email r.wakefield@nhs.net.

Teaching, training, and research

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends, and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net. An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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