



Stroke education helped young girl save her aunt's life.

Sentara knows the importance of educating the community on the signs and symptoms of a stroke. After a young girl learned the signs of a stroke in her Physical Education class, she was able to apply that information when she noticed her aunt was showing signs of a stroke. That young girl called 911 and saved her aunt's life.

This remarkable young woman and the teacher who taught her that valuable lesson sparked the idea to create a toolkit for more teachers to share this important information with others. Using skits and interactive education tools, the Sentara Stroke Education Toolkit gives teachers, parents and caregivers the skills to teach this valuable lesson.

Stroke Education Toolkit

- Train the Trainer Format
- Provides the educator the tools and knowledge to educate students on the signs/symptoms of a stroke
- Includes videos and other visual aids
- Includes Pre/Post Test to evaluate knowledge gained
- Uses skits and interactive tools to teach students about a stroke



Visit SentaraStrokeAwareness.com/Toolkit to download the toolkit.

SENTARA STROKE PROGRAM

RESILIENT TEEN SHOWS NO SIDE EFFECTS AFTER SHOCKING STROKE



Timmy Anderson

Seventeen-year-old Timmy Anderson had been up late working on his AP Physics homework; he had trouble waking up for his morning classes and chalked it up to not getting enough sleep.

"I felt this weird ringing in my ears," says Timmy. "Then I tried to wake myself and get dressed. When I stood up, I fell right back on my bed. I tested it out again and collapsed at the end of the bed." Timmy's phone was under his pillow. He called his mom.

"I said, 'Mom, you need to come up here,' but as soon as I started talking, I thought this was not going to work,"

says Timmy. **He remembered a video he had seen in Physical Education class about a teen having a stroke and started putting the pieces together.** "You think you're talking normally, but you realize your speech is all messed up."

NO TIME TO WASTE DURING A STROKE

"The telltale signs of stroke were all there," Jen, Timmy's mom, says. "Half of his face was sagging, and he couldn't control the right side of his body. He is young, healthy, a talented athlete and musician. The whole thing was so surreal."

Jen called 911 minutes later. The Andersons knew brain cells die during a stroke, so every second matters. Shortly after the family arrived at Sentara Virginia Beach General Hospital, Timmy received a CT scan to look for a blood clot or internal bleeding. Doctors confirmed a blockage in an artery in his brain

was causing a stroke. Timmy was quickly transferred to Sentara Norfolk General Hospital, a Comprehensive Stroke Center.

"They were completely prepared when we arrived at the hospital," says Jen. She added that Dr. John Agola, an interventional neuroradiologist at Sentara Norfolk General Hospital, was waiting for them in the ambulance bay as they pulled into the ER.

Dr. Agola performed a thrombectomy, a minimally-invasive procedure in which doctors used an artery in Timmy's leg to insert a catheter and access the blood clot in his brain, essentially vacuuming it out.

"Stroke can affect lives of all ages," Dr. Agola said. "I am so impressed by the team effort displayed across two cities to save this young boy's future. Timmy's recovery shows us that Sentara's dedication to quality stroke care directly improves our patients' lives." ■

THE STROKE EDUCATION TOOLKIT PROVIDES TOOLS FOR RAISING STROKE AWARENESS WITH YOUTH

According to a 2012 population survey, nearly 67 percent of children live in homes maintained by grandparents and could benefit from stroke education. The Stroke Education Toolkit is designed to train teachers, after-school providers, church groups, and others about the nervous system and stroke. Teachers or other adults then implement the training in existing classes to educate young people on the signs and symptoms of stroke and how to prevent them. The toolkit includes a video that provides information about recognizing stroke symptoms and actions one

should take if they believe a stroke is occurring. The important element of these skits is for the teachers to act out scenarios for students. As children learn through play, these skits are a powerful tool to interact with the students while teaching and reinforcing the knowledge they have just learned.

"Stroke awareness is critical for our teachers, caregivers, and youth as they can play an important role in identifying and mitigating the effects of stroke," says Dr. Alexander Grunsfeld, Medical Director of Neurosciences for Sentara Healthcare and Co-Medical

Director of the Sentara Stroke Program. "The Stroke Education Toolkit is a comprehensive resource that helps prepare our teachers to educate youth about stroke and how they can play an integral role in saving the lives of stroke victims."

Through a grant received from the American Heart Association, Sentara Healthcare created the Stroke Education Toolkit. It partnered with Virginia Beach City Public Schools to deliver stroke education to all elementary schools via the third-grade Physical Education class. ■