

Class Preparation
Ischemic Stroke

Directions: Read the scenario and complete the table below

Scenario: A 70-year-old patient diagnosed with an Ischemic Stroke was admitted 1 day ago. His medical history includes hypertension, osteoarthritis, and type 2 diabetes mellitus. He has right-sided paralysis, garbled speech, and a weak cough reflex. This morning, he is very restless. Vital signs: Blood pressure 160/80, pulse 110, respirations 24. Oxygen saturation is 90%.

Use an X to indicate which actions listed in the left column would be implemented to prevent complications in this patient. Write the rationale for each action (why or why not would this be implemented?).

Actions	Implemented	Rationale
Administer subcutaneous heparin.	X	An ischemic stroke means there is blocked blood flow, so to prevent a DVT this can prophylactically be used in low doses.
Implement seizure precautions.	X	Stroke pt. are at higher risk for seizures because of brain tissue damage and inflammation, so having these precautions can prevent injury.
Apply oxygen via cannula at 2 L/min.	X	The pt. has an SpO ₂ of 90% on RA, supplemental oxygen is necessary to maintain adequate perfusion and brain activity
Consult speech therapy.	X	Stroke pt. will usually have affected speech, communication, and swallowing. They can help evaluate and treat the pt.
Position the patient on his right side for no longer than 2 hours.	X	This would be used to prevent any skin breakdown because the pt. will most likely have affected mobility
Perform passive ROM exercises.	X	This can prevent contracture that are common with strokes and maintain mobility of the limbs on the paralyzed side.

<p>Elevate head of bed 45 degrees.</p>	<p>X</p>	<p>Stroke pt. are at higher risk for aspiration, keeping the HOB elevated will decrease that risk and improve respiratory status</p>
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