

Stroke

A Stroke Guide

This electronic resource contains information to help you to start to understand Stroke.

It contains facts and information in addition to links to National Guidelines in Stroke care.

The services and support available to you locally, both within the hospital, and when you are discharged from Lancashire Teaching Hospitals are included.

In addition to directing you to local resources, there are a series of short videos both to inform you about the services available from the stroke team and insights from the perspective of stroke survivors at various stages of their recovery after stroke.

The resource answers questions such as:

- What is a Stroke?
- What can I expect from my hospital care?
- What is involved in planning my discharge from hospital?
- What can I expect in the early days after I am discharged from hospital?
- What is the emotional impact of stroke?
- What community support is there available?
- Life after Stroke
- How you can help
- How do I reduce the risk of further strokes?

This resource can be accessed from your computer, laptop, tablet device or mobile phone. Please access it by either following the link or scan the QR code:

<https://elearning.lthtr.nhs.uk/Stroke>



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care with
compassion