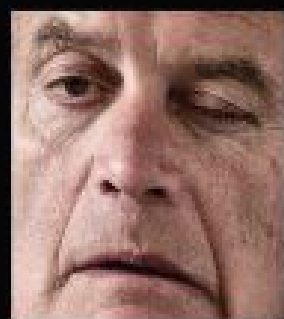




FAST

TEACHER GUIDE

When Stroke strikes, act **F.A.S.T.**



FACE

Has the person's face fallen on one side? Can they smile?



A RMS

Can the person raise both their arms and keep them there?



S PEECH

Is the person's speech slurred?



T IME

To call **112** or **999** if you see any single one of these signs.

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FAST Teacher Guide

Aim:

The Irish Heart Foundation's Act F.A.S.T. campaign aims to raise awareness of the signs of stroke and the importance of calling an ambulance as soon as possible. This guide is used as a teaching support for the FAST PowerPoint and Empathy Activity.

Learning Outcomes:

- 1. Recognise the signs and symptoms of a stroke**
- 2. Understand what F.A.S.T is**
- 3. Have the confidence to ACT F.A.S.T**
- 4. Know the tools to raise awareness of the F.A.S.T message**

Effective treatment of stroke is hugely time dependent. With your help, this campaign by the Irish Heart Foundation will counter this trend and save lives.

Every minute matters, act F.A.S.T.

Calling an ambulance and getting straight to the Emergency Department can make all the difference for stroke survivors. Quick treatment for stroke patients can save lives and reduce the disability a person might have after their stroke. The faster you act, the more of the person you save.

FAST PowerPoint

Slide 2 & 3: Intro/Learning Outcomes

Slide 4: and 5 FAST Video and Quote

Watch the Irish Heart Foundation's Act F.A.S.T campaign video. This is a simple video that is part of the CPR 4 Schools programme. It lays out what F.A.S.T stands for. F - Face A - Arms S - Speech T - Time. These are the common signs and symptoms of someone who is having a stroke. We are focusing on Time and trying to spread the word that recognising these signs and acting F.A.S.T we can improve someone's chances of getting early treatment and recovery. By the end of this lesson we want everyone to know what F.A.S.T is and what to do.

Slide 6: Stroke is a Brain Attack

A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off. Damage to the brain can affect how the body works. It can also change how you think and feel. The effects of a stroke depends on where it takes place in the brain, and how big the damaged area is.

What causes stroke? As we age, our arteries become harder and narrower and more likely to become blocked. However, certain medical conditions and lifestyle factors can speed up this process and increase your risk of having a stroke. Regular physical activity and eating a healthy, balanced diet reduces our risk of stroke.

Slide 7: Types of Stroke

There are three different types of stroke; ischaemic strokes, haemorrhagic strokes and transient ischaemic attacks or TIA's (mini stroke).

- An ischaemic stroke is caused by a blockage cutting off the blood supply to the brain. This is the most common type of stroke.
- A haemorrhagic stroke is caused by a bleeding in or around the brain.
- A transient ischaemic attack or TIA is also known as a mini-stroke. It is the same as a stroke, except that the symptoms only last for a short amount of time. This is because the blockage that stops the blood getting to your brain is temporary.

Slide 8: Effects of a Stroke

After a stroke some parts of the brain might not work as well as they used to, or they might stop working altogether. If this happens the person with the brain injury could seem very different from how they used to be. Emphasise to students here the importance of Time using the quote below from Dr Noel Fanning.

"Every minute matters. It is estimated that two million neurons are lost every minute after a stroke. By saving a minute in removing a clot, you can on average be expected to gain a week of healthy living, post-stroke. So time is of the utmost importance. Every short interval of time that passes may make some patients unsuitable for treatment if the stroke becomes permanent." (Dr Noel Fanning, consultant neuroradiologist at the Cork University Hospital)

Outline to students some of the effects of a stroke;

- Problems with balance and coordination, a sudden and severe blinding headache, confusion, dizziness, difficulty understanding what other people are saying, loss of vision in one eye or one half of both eyes, sudden onset dizziness or vertigo, and a sudden loss of sensation on one side of the body involving both the arm and leg or the face and arm.

Slide 9: Young stroke survivor Shannonree Maher

Throughout this presentation we will be hearing from stroke survivor Shannonree Maher as she discusses with us her experience of having a stroke, the signs and symptoms she experienced, the impact on her life and the importance of acting FAST. Shannonree suffered a stroke at age 17, the year she was due to sit her Leaving Cert. Below are some links to articles about Shannonree. Click to view.

<https://www.rsvplive.ie/news/irish-news/teenage-stroke-victim-shannonree-ree-12073017>

<https://www.irishexaminer.com/lifestyle/arid-30838153.html>

Slide 10 : Quotes

Re-enforce to students the importance of F.A.S.T in saving someone life.

Slide 11: FAST Video

Watch the Irish Heart Foundation's Act F.A.S.T campaign video. This is another video but goes through the F.A.S.T message again. Encourage students to share this video with friends and family.

<https://youtu.be/WckB15sj9r4>

Slide 12 - 15: The FAST Test

These slides go through each of the steps of the F.A.S.T test. The F.A.S.T test helps to spot the three most common symptoms of stroke. If you suspect that an individual is suffering from any of these symptoms then the most important thing to do is immediately call 112 or 999. By acting quickly we can significantly reduce the impact of a stroke. But 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.
- 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.

Slide 16: Lets Recap

F.A.S.T. stands for Face, Arms, Speech and Time.

- Facial weakness – can the person smile? Has their mouth or eye drooped?
- Arm weakness – can the person raise both arms?
- Speech problems – can the person speak clearly and understand what you say?
- Time to call 112 or 999 for an ambulance if you spot any one of these signs.

If you recognise any of the signs of a stroke, call 112 or 999 immediately.

Slides 17-18: Remphasise the importance of FAST

Play Shannonree's last video and talk to students again about the importance of F.A.S.T

19-21 Slides: What can you do next?

Explore with students how they can spread the F.A.S.T message.

Who: Tell their friends and family, share with clubs and community groups.

How: The Irish Heart Foundation have designed posters, leaflets and wallet cards and a video to share the **Act F.A.S.T** message. Put the posters up in your school or community, hand out the leaflets, share the video.

Download or order materials by clicking [here](#).

Find the video [here](#).

Get Creative: Do your own research and share it with family and friends. You could create a powerpoint, poster, leaflet or even social media content. Get as creative as you want to share the Act F.A.S.T message. Don't forget to tag the Irish Heart Foundation and use the #ActFAST.

Facebook: <https://www.facebook.com/IrishHeartFoundation/>

Instagram: https://www.instagram.com/irish_heart_foundation/

Twitter: https://twitter.com/irishheart_ie

Follow on activities for students:

Empathy Activity: We have created an activity for students to understand the lived experience of a stroke survivor.

Empathy is important as it allow us to:

- Understand and identify other people's emotions, thoughts and perspective.
- Put ourselves in someone else's shoes.
- Share a persons feelings or feel what they feel.

Use the Empathy Activity & Teacher notes to explore this with students.

Ideas for sharing the Act F.A.S.T message:

We ask students to share the F.A.S.T message and offer ideas on how to extend this into a longer project. There are several ways you can do that:

- **Peer on Peer learning:** Support students to present the F.A.S.T PowerPoint to other classes. This can be an effective way to spread the F.A.S.T message, while also promoting skills such as public speaking, active listening, confidence and organisation. They can use the Teaching Notes to support them.
- **Get creative:** Ask students to create posters and/or resources about F.A.S.T and the importance of sharing the F.A.S.T message.
- **Social Media:** Share the video on social media with #ActFast and don't forget to tag the Irish Heart Foundation. Students could create their own social media content and reels.
- **Order free printed materials to support your campaign.** Students could bring leaflets or wallet cards home to share with family and friends. Posters can be placed around the school. Students can order printed materials to share with clubs as part of project work. Click here to download or order materials.

We would greatly appreciate any assistance you can offer in spreading the F.A.S.T message. Thank you for supporting the Irish Heart Foundation

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