

# My Stroke Journey of Survival



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## The Beginning

- July 22, 2018 ~ 0700
- Onset of Symptoms
  - “Worst headache of my life”

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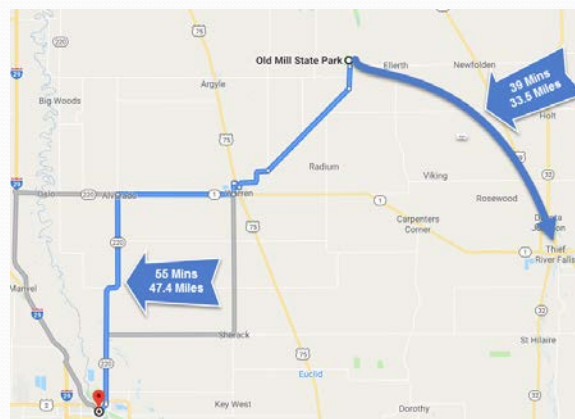
## Symptom Recognition

- Things we looked for:
  - He smiled
  - He held his arms out
  - Trouble seeing, and word finding
  - Called 911
- FAST
  - Face ~ Arm Weakness ~ Speech ~ Time

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## Distance to Travel

- Distance from Old Mill State Park (Warren) to TRF or Grand Forks



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## Treatment Plan

- Intercept by Altru to get Paramedic assistance
- Arrive at Altru (Around 25 Mins after intercept)
  - Total ambulance transfer time – 55 Mins

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## Primary Stroke Center

- Tests completed:
  - CT Scan
  - Blood Pressure Control (Nicardipine)
  - Arrange for transfer to comprehensive stroke center

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## CT Scan Image



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## Transfer to Comprehensive Stroke Center

- More Tests....
  - CT Scan
    - Large intraparenchymal hemorrhage in left posterior cerebral artery (PCA)
  - Labs
  - Cardiac Monitor
  - Pain Control
  - Blood Pressure Control
- Met with Surgeon
  - Treatment options?
    - Surgery/Hematoma Evacuation or Wait and See

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## Post Surgery



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## The Road to Recovery

- Extubation - 2 days post op
- Lumbar Drain – days 10 - 15
- Inpatient Discharge - day 17
- Intense Inpatient Rehab - 7 days
- Outpatient: PT – 3 months / Speech - 10 months
- Finding cause of the stroke / Repair – 3 months post stroke
  - Left PCA Pial Arteriovenous Fistula

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## The Road to Recovery

- Current Symptoms:
  - No memory since prior to EMS to 3 days post surgery
  - Aphasia
  - Vision loss
  - External Stimulation Sensitivity
  - Low impulse control
  - Cognitive delays
  - Coordination & Balance

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## Finding a New Normal

- Working hard at recovery – it doesn't end!
- Keeping a positive attitude
- Asking for and accepting help
- Volunteering vs. work
- Discovering new kinds of therapy / socialization
- Adapting to on-going challenges
  - Aphasia
  - Vision loss
  - External Stimulation Sensitivity
  - Fatigue

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## Blessings and More

- We are:
  - Blessed!
  - Thankful!
  - Happy to be here to share our Stroke Journey

**\*BE FAST\***