

Hoe herken je een beroerte?

FAST

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FAST → plots begin



ACUTE BEROERTE

Hoe herkennen en (be)handelen?



Herken jij de symptomen van een beroerte?



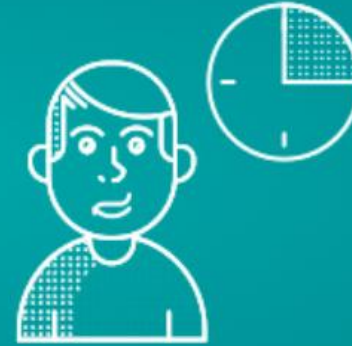
KIJK OF DE MOND
SCHEEF STAAT



KIJK OF ARM/BEEN
MINDER GOED BEWEEGT



LUISTER OF PERSOON
ONDUIDELIJK SPREEKT



REAGEER ONMIDDELIJK,
ELKE MINUUT TELT

Bel 112 en beperk de schade

Herken de symptomen

Doe de **FAST**-test

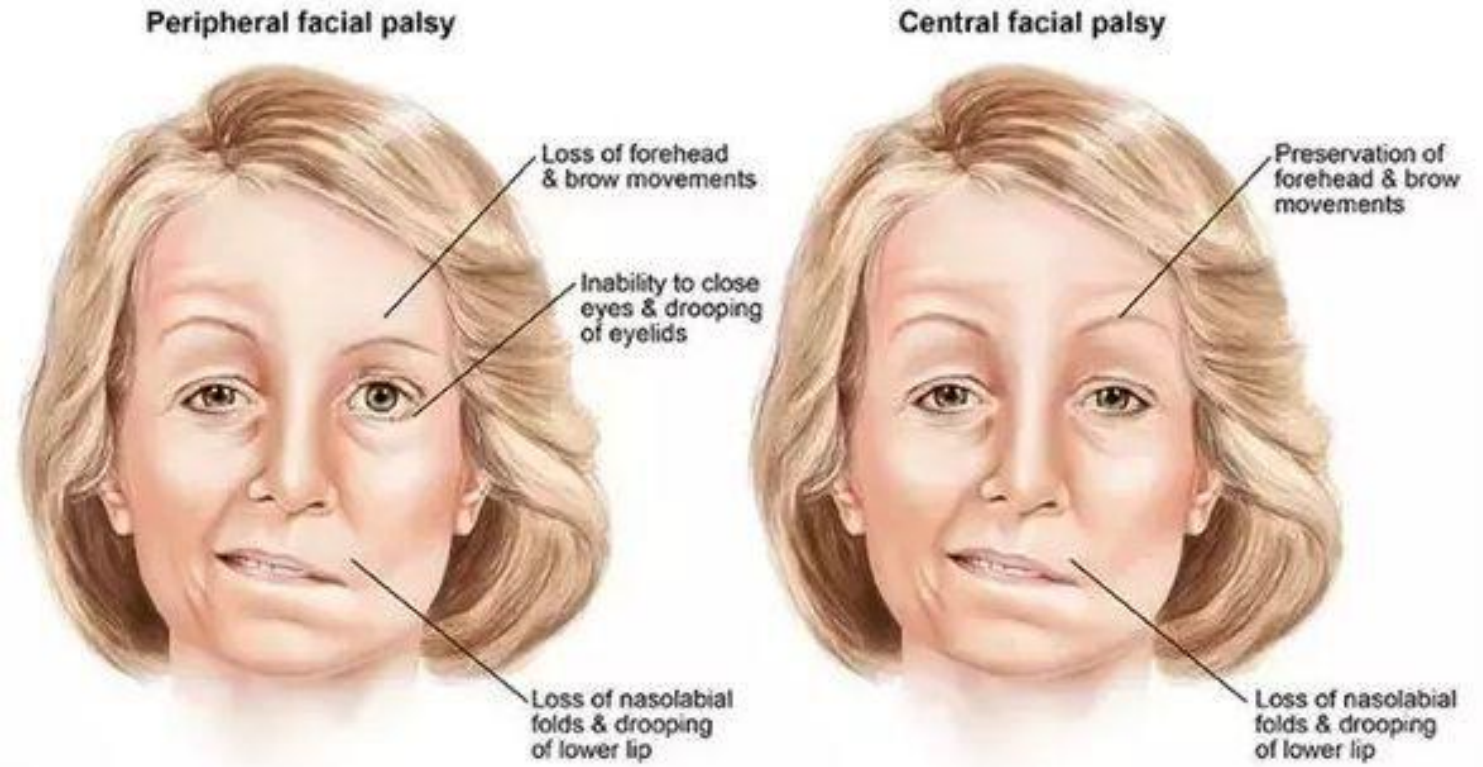


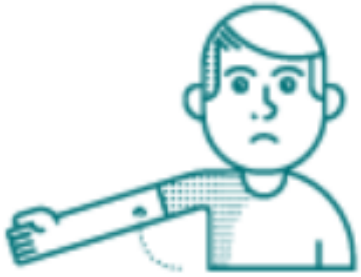
FAST → Face (gelaat)



FACE:

Vraag het slachtoffer om te glimlachen en controleer of een mondhoek naar beneden hangt

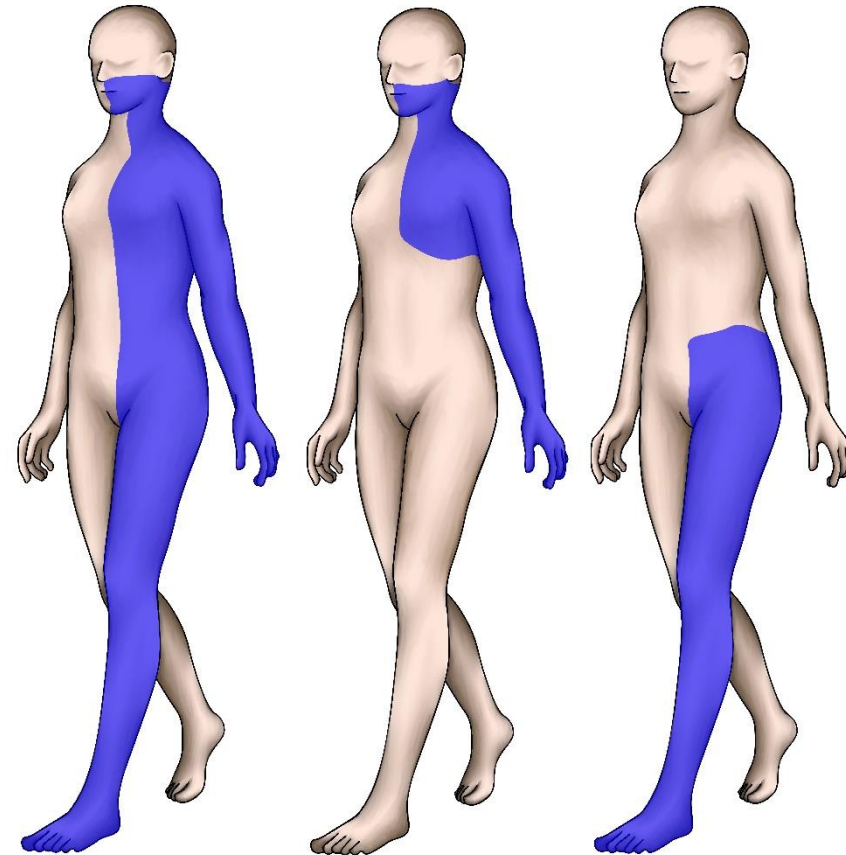




ARM:

Laat het slachtoffer beide armen
naar voren uitsteken en check of
ze tegelijk omhoog gaan

The patterns of hemiparesis



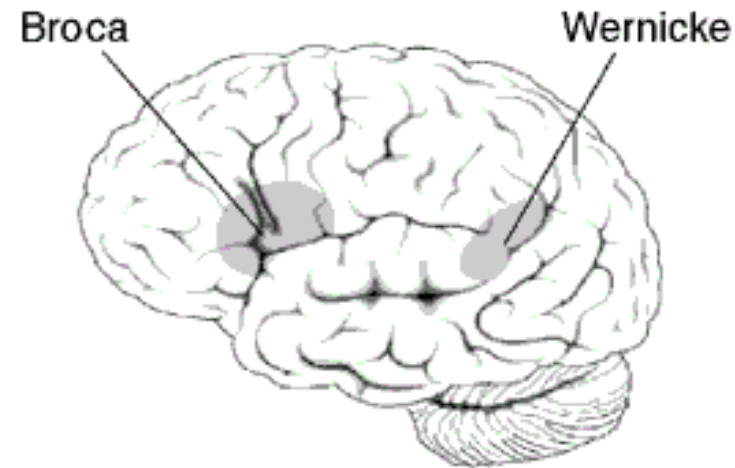


SPEECH:

Stel vragen en ga na of het slachtoffer moeite heeft om je te begrijpen of moeilijk kan spreken

- **Afasie**

- Woordvinding, zinsvorming
- Betekenis, begrip



- **Dysarthrie**

- Eigenlijke spraakproductie



Evaluatie op Spoedgevallen: Face, arm, speech en NIHSS

Face →

Arm →

Speech →

Table 1 National Institutes of Health stroke scale score	
1a. Level of consciousness	0 = Alert; keenly responsive 1 = Not alert, but arousable by minor stimulation 2 = Not alert; requires repeated stimulation 3 = Unresponsive or responds only with reflex
1b. Level of consciousness questions: What is the month? What is your age?	0 = Both answers correct 1 = Answers 1 question correctly 2 = Answers 2 questions correctly
1c. Level of consciousness commands: Open and close your eyes Grip and release your hand	0 = Performs both tasks correctly 1 = Performs 1 task correctly 2 = Performs neither task correctly
2. Best gaze	0 = Normal 1 = Partial gaze palsy 2 = Forced deviation
3. Visual	0 = No visual loss 1 = Partial hemianopia 2 = Complete hemianopia 3 = Bilateral hemianopia
4. Facial palsy	0 = Normal symmetric movements 1 = Minor paralysis 2 = Partial paralysis 3 = Complete paralysis of 1 or both sides
5. Motor arm 5a. Left arm 5b. Right arm	0 = No drift 1 = Drift 2 = Some effort against gravity 3 = No effort against gravity; limb falls 4 = No movement
6. Motor leg 6a. Left leg 6b. Right leg	0 = No drift 1 = Drift 2 = Some effort against gravity 3 = No effort against gravity 4 = No movement
7. Limb ataxia	0 = Absent 1 = Present in 1 limb 2 = Present in 2 limbs
8. Sensory	0 = Normal; no sensory loss 1 = Mild-to-moderate sensory loss 2 = Severe to total sensory loss
9. Best language	0 = No aphasia; normal 1 = Mild to moderate aphasia 2 = Severe aphasia 3 = Mute, global aphasia
10. Dysarthria	0 = Normal 1 = Mild to moderate dysarthria 2 = Severe dysarthria
11. Extinction and inattention	0 = No abnormality 1 = Visual, tactile, auditory, spatial, or personal inattention 2 = Profound hemi-inattention or extinction
Total score = 0–42	



Reageer onmiddellijk

Stel je die symptomen vast, reageer dan onmiddellijk en contacteer **112**.

Door snel in te grijpen, kan je hersenschade beperken
en mogelijk een leven redden.

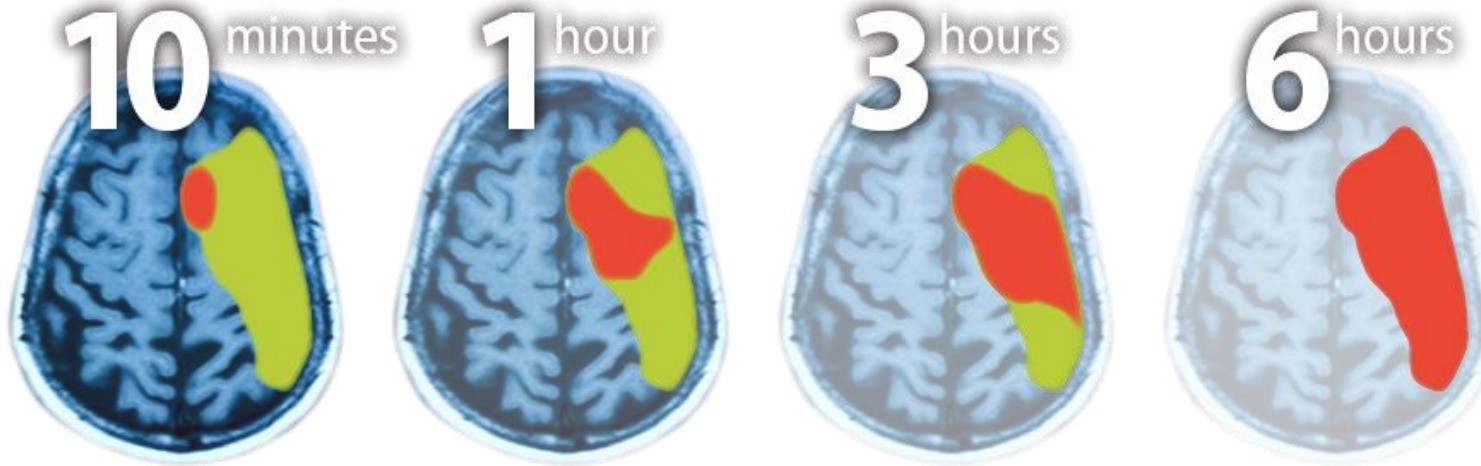


Bel 112



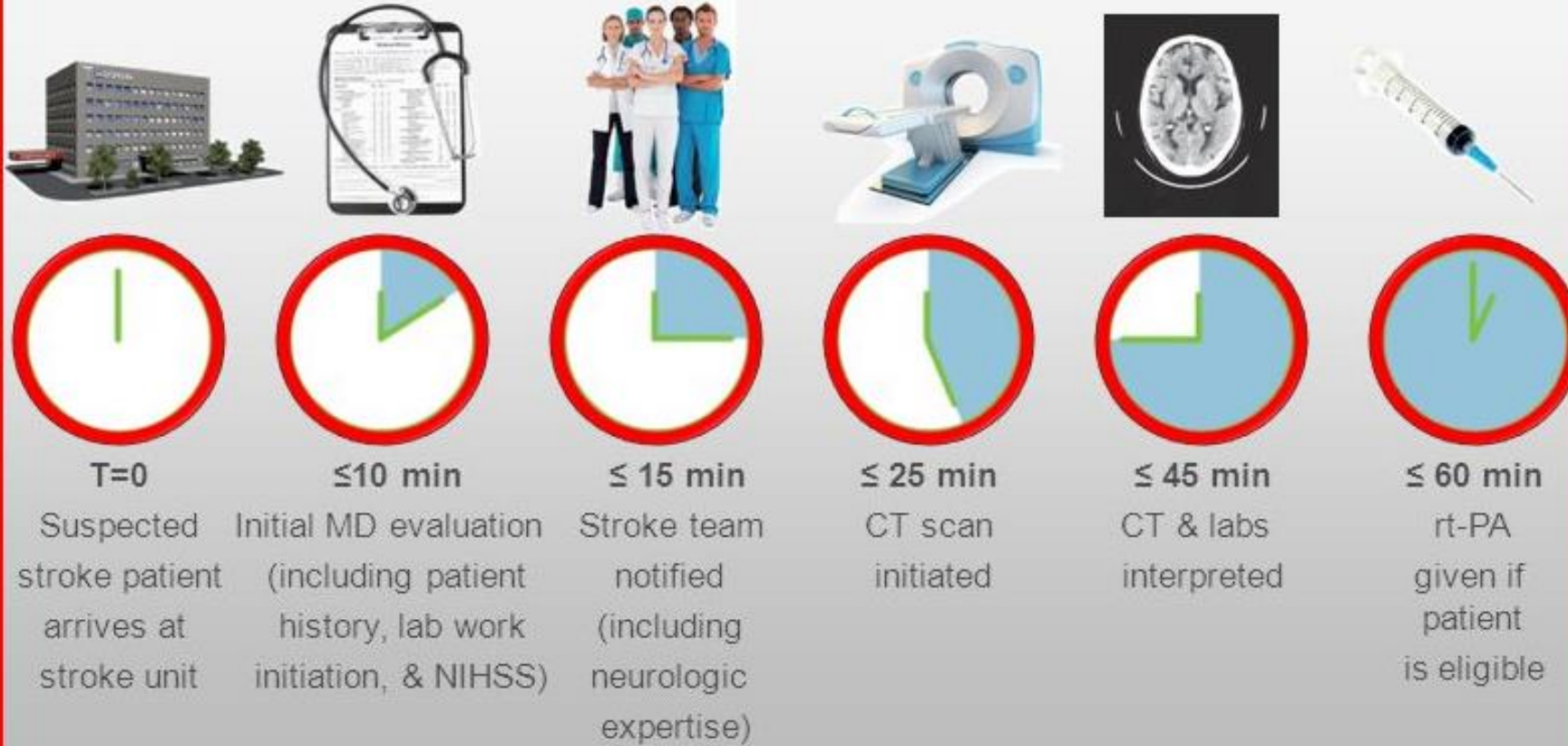
FAST → Time is brain

- 2 behandel mogelijkheden
 - Intraveneuze thrombolyse → max 4,5 uur na ontstaan van de symptomen
 - Thrombectomie
- 'The golden hour'



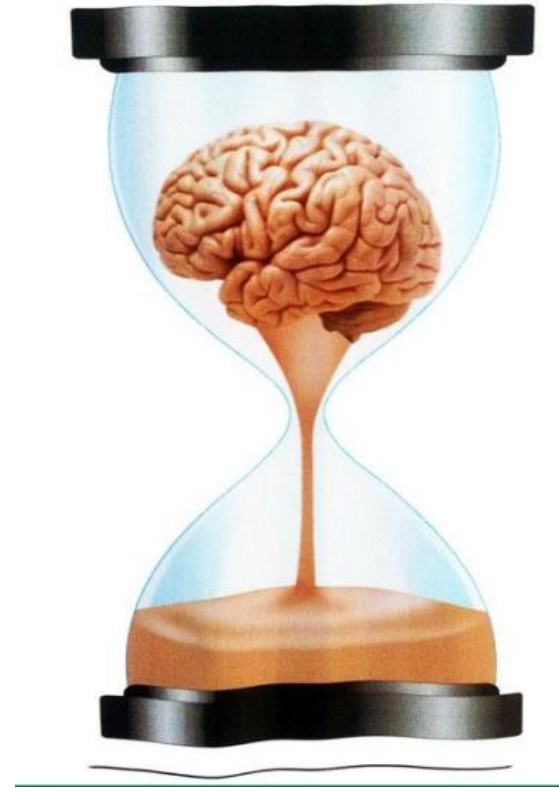
'The golden hour'

DTN ≤ 60 min : the "golden hour" for evaluating & treating acute stroke



Besluit

- Plots begin
- **FAST**
 - **F**ace (gelaat)
 - **A**rm
 - **S**peech (spraak)
 - **T**ime (tijd) → Time is brain!
- www.herkeneneenberoerte.be
- Belang van snelle herkenning
 - Snelle behandeling
 - Grotere kans op herstel



**Stroke: time lost is
brain lost**



Bedankt voor uw aandacht!

