

Secondary Stroke Prevention Assessment

Risk Factors	Assessment		Education
Modifiable	Yes	No	
Hypertension	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure is the most dominant and easiest risk factor. Keep you blood pressure under control.
Atrial Fibrillation	<input type="checkbox"/>	<input type="checkbox"/>	This irregular heart rhythm increases your risk for clots.
Smoking	<input type="checkbox"/>	<input type="checkbox"/>	Smoking doubles stroke risk. If you smoke, STOP. Smoking cessation information and classes are available
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Having diabetes makes you more susceptible to cardiovascular disease, which can result in stroke. Keep your diabetes well controlled.
Overweight	<input type="checkbox"/>	<input type="checkbox"/>	Being overweight predisposes you to high cholesterol, and diabetes, all of which can result in stroke. If you are overweight, modify your diet and limit your intake of fatty foods.
Physical Inactivity	<input type="checkbox"/>	<input type="checkbox"/>	Lack of exercise can contribute to being overweight.
Excessive Alcohol Use	<input type="checkbox"/>	<input type="checkbox"/>	Excessive alcohol consumption narrows blood vessels and increases triglycerides. Excessive Alcohol Use is defined as greater than 4 drinks per day
Risk Markers			
Non-Modifiable			
Age (>55)	<input type="checkbox"/>	<input type="checkbox"/>	Stroke risk increases with age
Male Gender	<input type="checkbox"/>	<input type="checkbox"/>	Men are more likely to experience stroke
Race	<input type="checkbox"/>	<input type="checkbox"/>	Native Americans, African Americans, and Hispanics have twice the stroke risk as Caucasians.
Family history	<input type="checkbox"/>	<input type="checkbox"/>	Having a family history of stroke increases your risk
Previous TIA/Stroke	<input type="checkbox"/>	<input type="checkbox"/>	A previous TIA/Stroke increases your risk

Available Resources:

- American Heart Association/American Stroke Association www.americanheart.org
- National Stroke Association
1-800-STROKES (1-800-787-6537)
- American Academy of Neurology
www.aan.com
- Centers for Disease Control and Prevention
www.cdc.gov/cvh
- National Institute of Neurological Disorders and Stroke www.ninds.nih.gov/health
- University of Maryland Brain Attack Center
www.mbac.umm.edu
- WeMove
204 West 84th Street
New York, NY 10024
www.wemove.org

Patient/Family Signature _____

Nurse Signature _____ Date _____ Time _____

White Copy- Patient
Yellow Copy-Chart