

Stroke Lesson Plan
12th grade
F.A.S.T

Materials:

White Board
Markers

Objectives:

The student will be able to:

1. Learn why it's important to know about stroke.
2. Identify signs of Strokes.
3. Learn procedures to assist a stroke patient.

Pass Objectives:

Standard 2: The student knows how to access valid health information, health products and services.

Standard 4: The student will demonstrate the ability to use interpersonal communication skills to enhance health and safety.

Standard 5: The student will develop plans for a healthy future through individual goal setting and decision making.

Standard 6: The student becomes an advocate for health and safety for self, family, and community.

Introductory Activity:

Discuss what a stroke is and how it affects people, and the different types and causes.

Lesson Focus:

Explain the acronym F.A.S.T

F: Facial Paralysis-- Ask the person to smile. If one side of the face appears crooked or drooping this person may be having a stroke.

A: Arms Weakness-- Ask the person to lift both arms in the air. If they have difficulty with one arm this person may be having a stroke

S: Speech Difficulty- Ask the person to speak, If they have slurred words or unable to speak this person may be having a stroke.

T: Time- if any of these symptoms are present call 911 immediately in order to make sure that the person reaches the hospital FAST.

Activities:

Assign the students into groups of 4-5 and give each a role to play. Assign each group to write and perform a short (2-3 minute) skit for the Stroke scene Investigators; make sure the skit includes and teaches F.A.S.T.

Narrator- explains the scene.

Patient- experiencing the signs of stroke.

Family Member 1- panicking and stressing out over the situation.

Family Member 2- recognizing the signs and symptoms and acting on them.

Assessment: have the students write on a piece of paper what the acronym F.A.S.T stands for.

Evaluation/ Review (Closure):

Go back over the steps of F.A.S.T reensure the students know the steps and are ready to perform their skits. Tomorrow each group will perform their skits for their younger classmen.