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Lesson: Stroke Awareness/F.A.S.T.

Audience: Elementary and/or Middle School Students

Time: Approximately 15 minutes

Lesson Plan: FAST

Intended Procedure:

- 1. Give each student a pre-constructed packet containing the materials in this lesson.*
- 2. Engage students and discuss the questions posed on "What do you know" (p. 1).*
- 3. Prepare students to fill in the fragmented notes provided as video is cued (pp. 2-3)*
- 4. Watch video/fill in the blanks (pp. 2-3)*
- 5. Read through the Q & A provided; allow for questions (p. 4)*
- 6. Read aloud the final reminder of FAST procedure*
- 7. Invite students to share this packet with their parents/guardians/friends and loved ones.*
- 8. Hand out FAST wallet cards and FAST book marks to conclude the lesson.*



What do you know?

1. How many think they know what a stroke is?
2. How many think strokes only happen to older people?
3. How many know the signs of a stroke?
4. How many know what to do if you're with someone who seems to be having a stroke?
5. How many know what **F.A.S.T.** means?
6. How many people want to watch a short video to learn about strokes and **F.A.S.T.**???



S**T****R****O****K****E**: Video

Jenny and her **G_____** were in the kitchen...

Her grandma sounded strange when she **S_____!**

She thinks she better act **F_____!**

Does her **F_____** look a little bit uneven?

Does her **A_____** hang down?

Is her **S_____** coming out a bit strangely?

Then it's **T_____** to call 911!

J_____ and his favorite friends were having lunch in town...

When Hank looked up, half of his **F_____** drooped down!

Jack decided he'd better act **F_____!**

Does his **F_____** look a little bit uneven?

Does his **A_____** hang down?

Is his **S_____** coming out a bit strangely?

Then it's **T_____** to call 911!

Helen and **B_____** were walking at their favorite time of day...

Helen turned Bob and said, "My **A_____** is not OK!"

Her arm was **L_____** inside her coat!

So Bob had to ask, “What if Helen is having a **S_____?**”

Does her **F_____** look a little bit uneven?

Does her **A_____** hang down?

Is her **S_____** coming out a bit strangely?

Then it's **T_____** to call 911!

Stroke can happen anywhere, morning, **N_____**, or night!

Every minute after that, more brain **C_____** die!

Our **H_____** acted quickly...

So, they all had **H_____!**

The one you **L_____** is depending on you!

**For more information, call the
Oklahoma State Department of Health
1.888.669.5934**

or

**American Heart Association
1.888.4STROKES (787.6537)**



STROKE: Q & A

What is a stroke? *A stroke is a sudden “brain attack” that cuts off the blood flow and oxygen to the brain.*

If it’s been over 3 hours, do I still need to call 911? *Yes! Even if it was 3 days ago, you still need to get your loved one to a hospital as soon as possible.*

Are there other signs of stroke besides F.A.S.T.? *Some other signs include:*

- *sudden numbness or weakness in the face, arm or leg*
- *sudden confusion*
- *sudden severe headache with no known cause*
- *sudden trouble seeing in one or both eyes*
- *sudden trouble walking*
- *dizziness or loss of balance or coordination*

What are things people can do to help avoid having a stroke?

- *keep blood pressure normal!*
- *control your diabetes, if you have it!*
- *exercise every day!*
- *no smoking!*
- *limit alcohol*
- *cut down on salt!*



F.A.S.T

Remember...

*If a loved one begins to act strangely
and you suspect a **STROKE**... Act
F.A.S.T and help save a life!*

F → *Face?*

A → *Arm?*

S → *Speech?*

T → *Time... Call 911!*