

Stroke resources for GPs

The National Stroke Foundation (NSF) is committed to supporting best practice stroke care, as outlined in this issue of *Australian Family Physician*. The NSF is the peak national body which aims to:

- increase the awareness and prevention of stroke
- improve the treatment and reduce the impact of stroke
- support stroke survivors and reduce the suffering from stroke.

The NSF understands the importance of general practitioners to the overall care of those at risk of stroke, and to those who have suffered a transient ischaemic attack (TIA) or stroke. To support GPs, the NSF has recently developed two important resources.

Clinical guidelines

The NSF coordinates the development of national clinical guidelines for stroke. As part of this program a concise guide has been developed which covers relevant aspects of care for GPs taken from the *Clinical guidelines for acute stroke management* (2007) and *Clinical guidelines for stroke rehabilitation and recovery* (2005).

The *Clinical guidelines for stroke and TIA management: a guide for general practice*, provides a snapshot of recommended care for aspects of TIA assessment and management, stroke assessment, secondary prevention and long term recovery.

This resource can be accessed from the NSF website at www.strokefoundation.com.au (click the health professional link).

Education resources

Module 1: TIA and early assessment

This is the first of a series of educational modules currently being developed to cover relevant aspects of stroke for GPs. The focus of this module is TIA assessment and management. This flexible resource includes an interactive PowerPoint presentation and moderators guide, which can be used on an individual basis or in workshop format. The PowerPoint presentation uses a case study throughout with links to relevant aspects of the guidelines and pertinent research, along with the option of linking to a consult by a leading neurologist. Continuing professional development points may be claimed via the new self reporting process.

Information about how to receive a copy of this new resource can also be found on the NSF website.

Future modules will cover acute treatments, prevention of stroke, and long term recovery (including management of depression).

Other resources

The NSF develops public health information to raise the awareness of stroke in the general public.

FAST

FAST – **F**acial weakness, **A**rm weakness, **S**peech difficulty, **T**ime to act.

The FAST campaign, which reflects the three most common signs of stroke and urges people to ring an ambulance, is the focus of the NSF's current public awareness message. Resources specific to the FAST campaign are available from the NSF.

Prevention messages

Information about key stroke prevention messages, along with general information about stroke, is available from the NSF. Information booklets along with a series of fact sheets have also been developed specifically for stroke patients and their families or carers.

All resources can be ordered from the NSF, either by phoning 03 9670 1000 or by downloading a resource order form from the NSF website at www.strokefoundation.com.au.

**The National Stroke
Foundation**

www.strokefoundation.com.au