

References

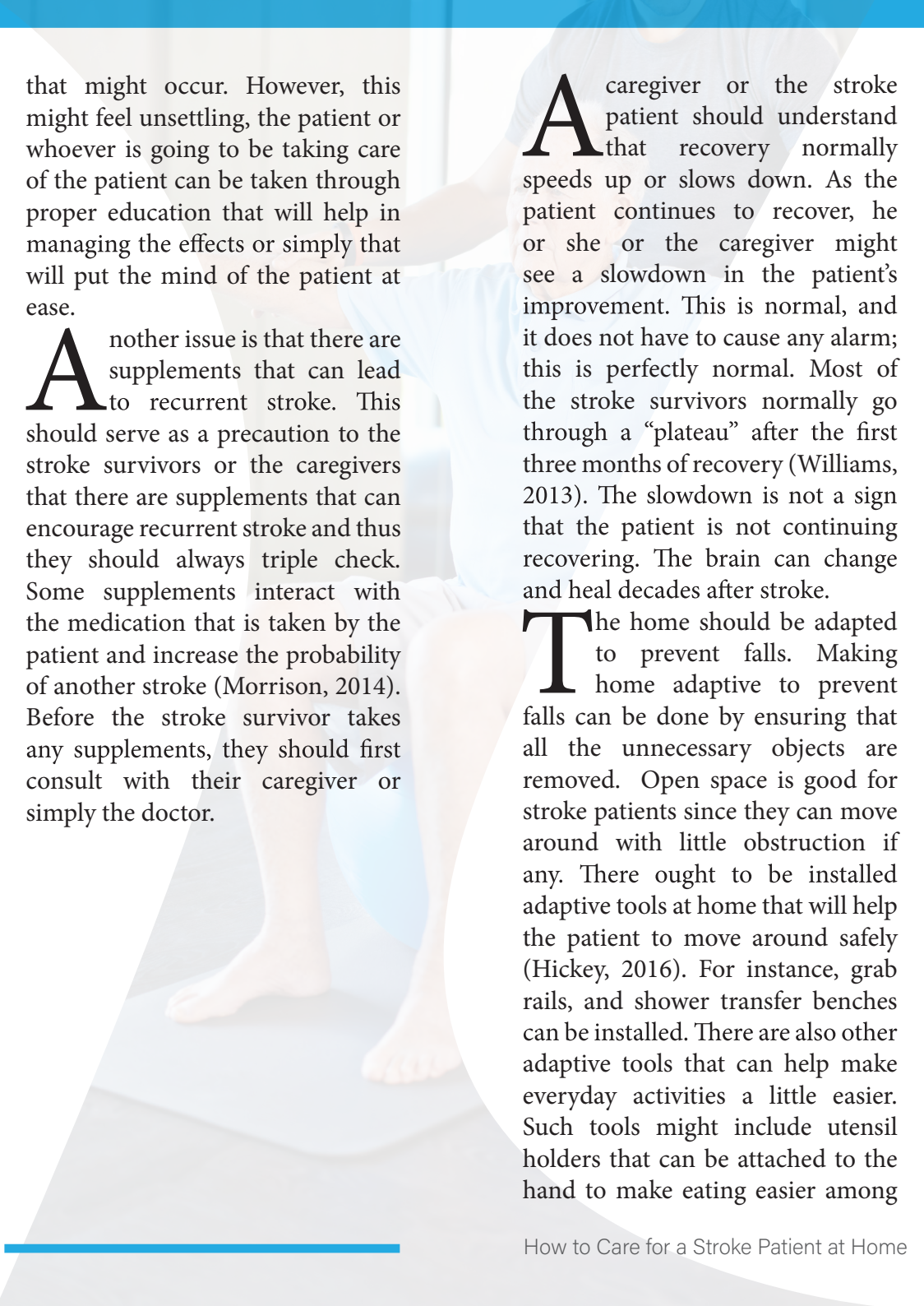
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HOW TO CARE FOR A STROKE PATIENT AT HOME

A person wearing a light blue hospital gown is standing on a white circular mat. The background is a soft-focus indoor setting with light-colored walls and a wooden floor. The person's legs and feet are visible, and they appear to be demonstrating a standing posture.

Within the society, many people are turning to be so busy with their day-to-day schedules that taking some time off to stay with their aging parents has proved almost impossible. The following are the step to be taken to take care of a stroke patient at home:

The first step should be monitoring medication schedule and side effects. People who suffer a stroke in most cases are put under multiple forms of medication that each serve a different purpose. For instance, there are medications that are meant to control cholesterol levels, blood thinners among others. Apart from that, it should be known that all medications come with side effects that ought to be carefully monitored (Morrison, 2014). It is a good idea to have a report of your stroke survivor's symptoms and behavior and any other observable changes. After keeping the said report, then one should consult with a doctor regarding these issues as soon as possible.

It is also a good idea to understand as many post-stroke side effects as possible (Hickey, 2016). After a stroke survivor has been discharged from the hospital, there are many post-stroke side effects

that might occur. However, this might feel unsettling, the patient or whoever is going to be taking care of the patient can be taken through proper education that will help in managing the effects or simply that will put the mind of the patient at ease.

Another issue is that there are supplements that can lead to recurrent stroke. This should serve as a precaution to the stroke survivors or the caregivers that there are supplements that can encourage recurrent stroke and thus they should always triple check. Some supplements interact with the medication that is taken by the patient and increase the probability of another stroke (Morrison, 2014). Before the stroke survivor takes any supplements, they should first consult with their caregiver or simply the doctor.

A caregiver or the stroke patient should understand that recovery normally speeds up or slows down. As the patient continues to recover, he or she or the caregiver might see a slowdown in the patient's improvement. This is normal, and it does not have to cause any alarm; this is perfectly normal. Most of the stroke survivors normally go through a "plateau" after the first three months of recovery (Williams, 2013). The slowdown is not a sign that the patient is not continuing recovering. The brain can change and heal decades after stroke.

The home should be adapted to prevent falls. Making home adaptive to prevent falls can be done by ensuring that all the unnecessary objects are removed. Open space is good for stroke patients since they can move around with little obstruction if any. There ought to be installed adaptive tools at home that will help the patient to move around safely (Hickey, 2016). For instance, grab rails, and shower transfer benches can be installed. There are also other adaptive tools that can help make everyday activities a little easier. Such tools might include utensil holders that can be attached to the hand to make eating easier among

other tools. As for the benches, the community can make use of local resources such as the trees that are around; they can cut logs from the trees to make the benches that will help the patient by supporting them to prevent them from falling.