A state of mind

NHS
Gloucestershire Hospitals
NHS Foundation Trust

Stroke Discharge Care Plan

This Care Plan is designed for you and your family/carer.
It contains information relevant to you and your ongoing treatment following your stroke.

Name: _____

Ward: _____

Information about your stroke:	
Date you were first admitted to hospital:	
Your consultant was:	

Your health targets are:		
	Your current level	**Target level no higher than:**
Blood pressure		130/80
Cholesterol		4.0

You have been diagnosed as having had a:	**Please tick below ✓**	
	Yes	No
Ischaemic stroke		
Haemorrhagic stroke		
I received thrombolysis		
I received thrombectomy		

Medication:

You will be given your list of medications on a separate sheet. Please take these as directed.

Can you also make an appointment to see your GP to arrange repeat prescriptions and to review your health targets.

Continue to reduce your risk of stroke by:

- Taking your medications as directed
- Managing your blood pressure
- Managing your cholesterol
- Controlling diabetes (if appropriate)

Changes to your lifestyle might include:

- Stopping smoking
- Eating a healthy and varied diet
- Making sure you stay at a healthy weight
- Keeping active, doing regular exercise
- Being careful not to drink too much alcohol

Eye health:

- Please consider regular optician reviews

You will have support on discharge from:

Community Stroke Nurse		
General Practitioner		
	Yes	No
Early Supportive Discharge Team		

Referrals made:	**Please tick ✓**	
	Yes	No
District Nurse		
Orthoptics (vision assessment)		
You have been referred to Community Stroke Nurse The contact number is **0300 421 7198**		
Your named nurse is:	Yes	No
Steve Carpenter		

Contact information:	
HASU (ACUC Cheltenham General Hospital)	0300 422 4343 / 3617
Woodmancote Ward Cheltenham General Hospital	0300 422 4406 / 4476
Stroke Specialist Nurses	0300 422 2951 / 4135
Therapy Team	0300 422 6715

Other:	
Adult Help Desk (Social Services)	01452 426868
Stroke Association	0303 3033 100 www.stroke.org.uk
Re-Connect Befriending	0747 999 9919