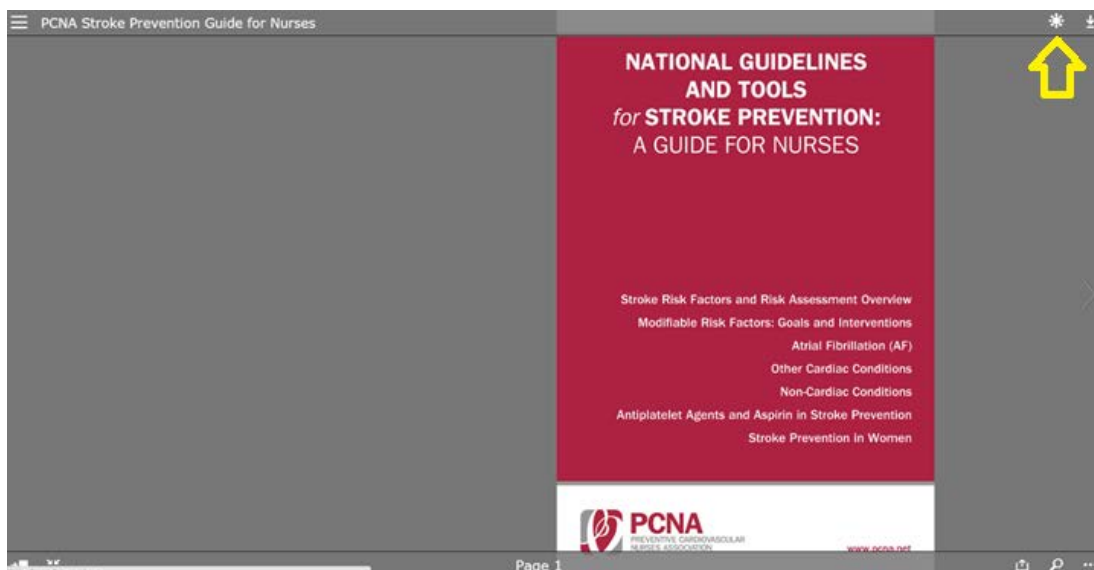


Directions for using the Stroke Prevention Pocket Guide

For a basic overview of how to use this piece, please click on the gear icon in the upper right-hand corner. That will take you to the tutorial.

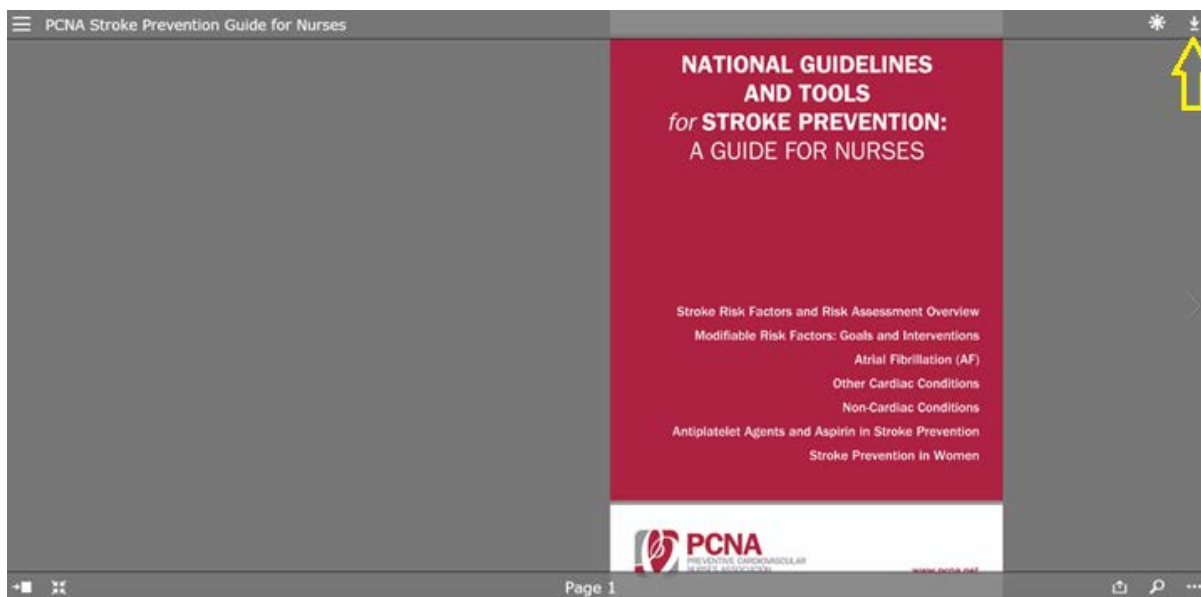


If the tutorial does not answer your questions, there will be a few more directions below.

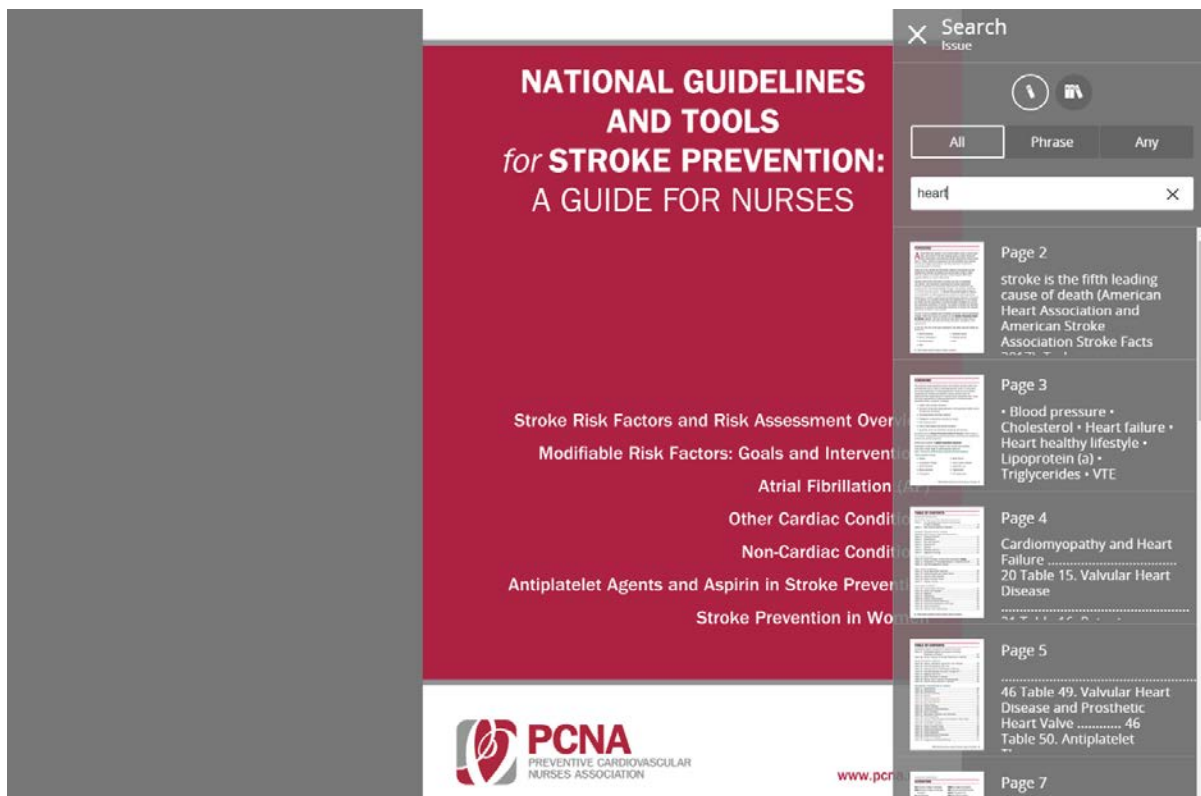
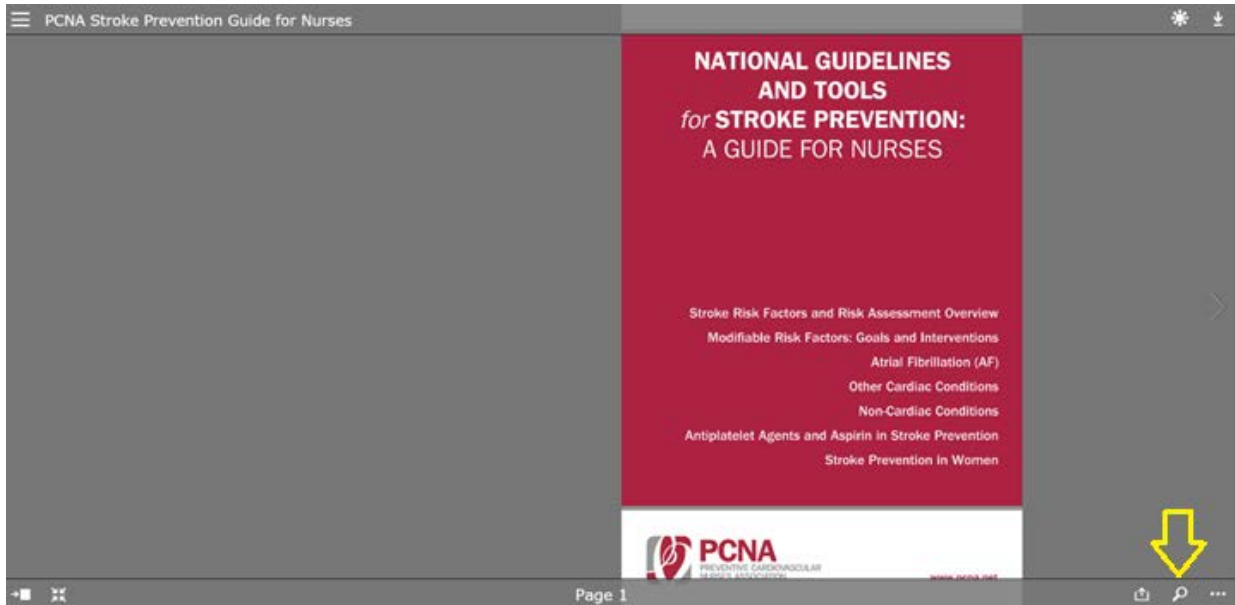
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5. [View the table of contents](#)

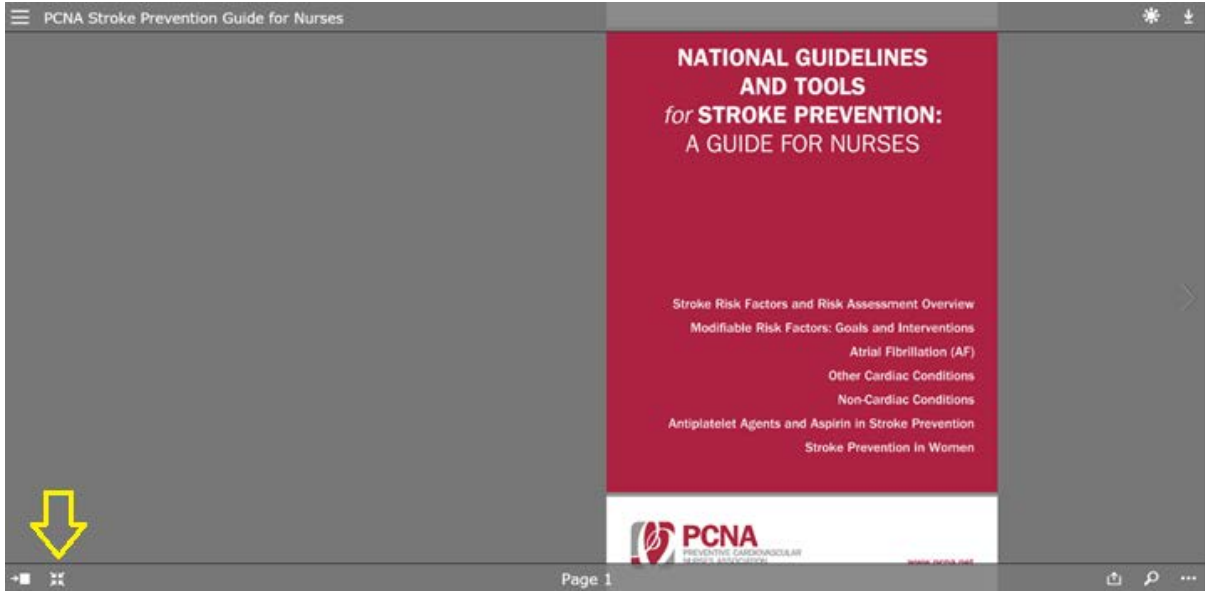
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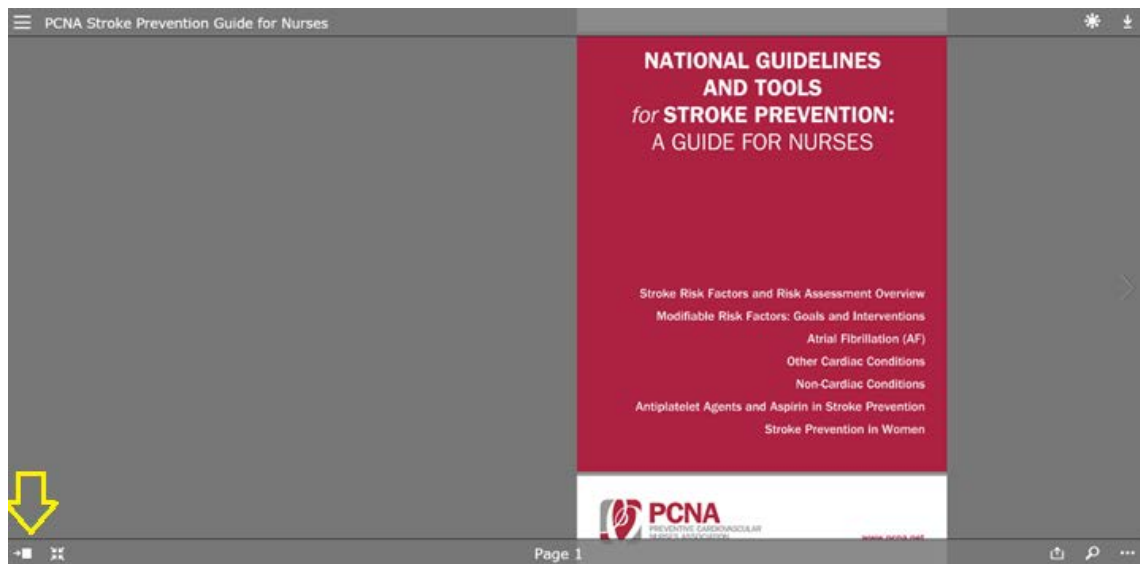
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3. To view the document full screen, click on the arrows in the lower left-hand side. To exit full screen, push “ESC” on your computer.



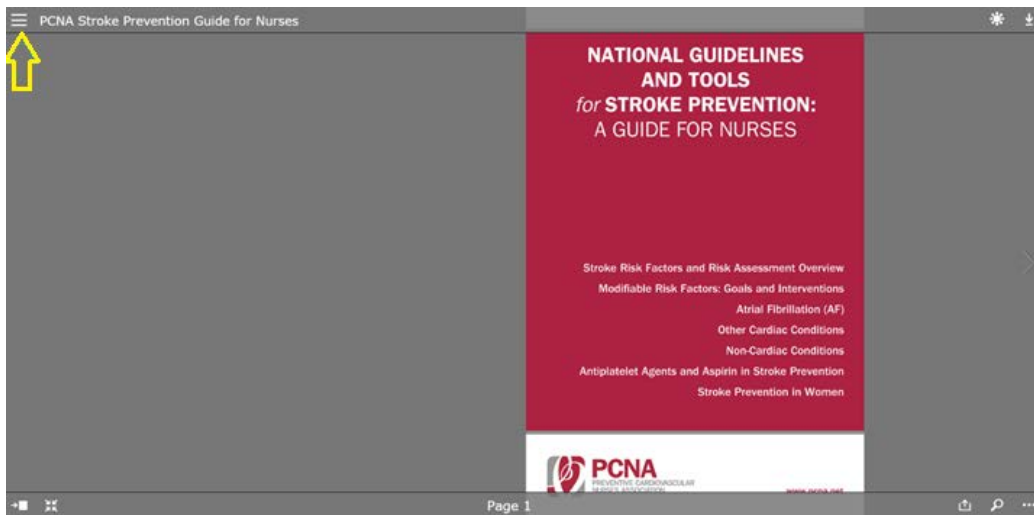
4. To select a new page without scrolling through the entire document, click on the arrow pointing at the box in the lower left-hand corner. Slide the dot to the left to right to change pages.



PRIMARY PREVENTION OF STROKE		
TABLE 16. PATENT FORAMEN OVALE		
Recommendation	COR	LOE
Antithrombotic treatment and catheter-based closure are not recommended in patients with patent foramen ovale for primary prevention of stroke.	III	C
<i>Adapted from 2014 AHA/ASA Guidelines for Primary Prevention of Stroke</i>		
TABLE 17. CARDIAC TUMORS		
Recommendation	COR	LOE
Surgical excision is recommended for treatment of atrial myxomas.	I	C
Surgical intervention is recommended for symptomatic fibroelastomas and for fibroelastomas that are >1 cm or appear mobile, even if asymptomatic.	I	C
<i>Adapted from 2014 AHA/ASA Guidelines for Primary Prevention of Stroke</i>		
NON-CARDIAC CONDITIONS		
A variety of non-cardiac conditions place individuals at risk for stroke. These include asymptomatic carotid stenosis or the presence of atherosclerotic plaque in the extracranial internal carotid artery or carotid bulb. Sickle cell disease (SCD) is a genetic disorder characterized by chronic anemia and manifests in acute vaso-occlusive crises. Stroke in young adulthood is a major complication of SCD with an estimated prevalence of 11% by age 20.		
Migraine headache has been associated with especially those who experience migraine with well-documented and potentially modifiable causes. Prevention of stroke include alcohol and drug hyperhomocysteinemia, elevated Lp(a), infection and hypercoagulability.		
<i>Adapted from 2014 AHA/ASA Guidelines for Primary Prevention of Stroke</i>		
22 PCNA Stroke Prevention Guide for Nurses: Non-Cardiac Conditions		

PRIMARY PREVENTION OF STROKE		
TABLE 18. CAROTID ARTERY STENOSIS		
Recommendation	COR	LOE
Patients with asymptomatic carotid stenosis should be prescribed daily aspirin and a statin. Patients should also be screened for other treatable risk factors for stroke, and appropriate medical therapies and lifestyle changes should be instituted.	I	C
It is reasonable to consider performing carotid endarterectomy in asymptomatic patients who have >70% stenosis of the internal carotid artery if the risk of perioperative stroke, myocardial infarction, and death is low (<3%). However, its effectiveness compared with contemporary best medical management alone is not well established.	IIa	A
It is reasonable to repeat duplex ultrasonography annually by a qualified technologist in a certified laboratory to assess the progression or regression of disease and response to therapeutic interventions in patients with atherosclerotic stenosis >50%.	IIa	C
Prophylactic carotid angioplasty and stenting might be considered in highly selected patients with asymptomatic carotid stenosis (minimum, 60% by angiography, 70% by validated Doppler ultrasound), but its effectiveness compared with medical therapy alone in this situation is not well established.	IIb	B
In asymptomatic patients at high risk of complications for carotid revascularization by either carotid endarterectomy or carotid angioplasty and stenting, the effectiveness of revascularization versus medical therapy alone is not well established.	IIb	B
<i>Adapted from 2014 AHA/ASA Guidelines for Primary Prevention of Stroke</i>		
PCNA Stroke Prevention Guide for Nurses: Non-Cardiac Conditions 23		

5. To view the table of contents, click on the three lines in the upper left-hand corner.



Click "Table of contents" or "contents view" and choose your page by topic. You can click on the words in the table.

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TABLE OF CONTENTS	Antipiatelet Agents and Aspirin in Stroke Prevention
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Table 2. Risk Factors Specific to Women	Table 28. Aspirin Therapy for Stroke Prevention in Women
PRIMARY PREVENTION OF STROKE	
Modifiable Risk Factors: Goals and Interventions	Stroke Prevention in Women
Table 3. Physical Inactivity	Table 29. Obesity, Metabolic Syndrome, and Lifestyle
Table 4. Dyslipidemia	Table 30. Oral Contraceptive (OC) Use
Table 5. Diet and Nutrition	Table 31. Cerebral Venous Thrombosis in Women
Table 6. Hypertension	Table 32. Post-Menopausal Hormone Therapy (MHT)
Table 7. Obesity	Table 33. Migraine with Aura
Table 8. Diabetes Mellitus	Table 34. Atrial Fibrillation in Women
Table 9. Cigarette Smoking	Table 35. Women with a History of Preeclampsia
Atrial Fibrillation (AF)	Table 36. Carotid Artery Stenosis in Women
Table 10. Atrial Fibrillation Stroke Risk Calculators (links)	SECONDARY PREVENTION OF STROKE
Table 11. Prevention of Thromboembolism in Patients with AF	Table 37. Hypertension
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Table 24. Hyperhomocysteinemia and Lp(a)	Table 52. Patent Foramen Ovale
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	Table 55. Anticoagulated Antibodies
	Table 56. Sickle Cell Disease
	Table 57. Pregnancy and Breastfeeding

The contents view shows large ideas and summaries.

The screenshot displays the 'PCNA Stroke Prevention Guide for Nurses' in a 'Contents View'. The page features a dark header with the PCNA logo and a search icon. Below the header, the title 'PCNA Stroke Prevention Guide for Nurses' is centered. The main content area is a grid of seven summary cards, each with a title, a left-pointing arrow, and a brief text summary. The cards are: 'Stroke Risk Factors and Risk Assessment Overview', 'Modifiable Risk Factors: Goals and Interventions', 'Atrial Fibrillation (AF)', 'Other Cardiac Conditions', 'Non-Cardiac Conditions', 'Antiplatelet Agents and Aspirin in Stroke Prevention', and 'Stroke Prevention in Women'. A seventh card, 'Secondary Prevention of Stroke', is located at the bottom left. Each card provides a concise overview of the topic it covers, such as the importance of risk factor assessment, the goals of primary stroke prevention, and the specific conditions associated with stroke.

To go back to the table of contents after reviewing a section, just click again on the three lines at the top left hand corner.