



STROKE RECOVERY GUIDE



**THE QUEEN'S
MEDICAL CENTER**
WEST O'AHU



WELCOME TO THE QUEEN'S MEDICAL CENTER – WEST O'AHU

We understand that recovering from a stroke can feel overwhelming—for both you and your loved ones. At Queen's West, you are not alone. We are here to support you every step of the way with expert care, compassion, and resources to help you heal.

Our hospital is recognized for excellent stroke care. We offer:

- Neurology consultation services, including telestroke and telephone triage
- Skilled nurses trained in stroke and neurology care
- Therapists in physical, occupational, and speech therapy
- Social workers and case managers to help plan your next steps

Together, we'll work toward your recovery. Your healing matters to us.

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INTRODUCTION

This booklet provides information about stroke, the recovery journey, and resources available locally to support your rehabilitation and long-term wellness. It is inspired by leading resources like the American Stroke Association's "Life After Stroke: Our Path Forward" and "HOPE: The Stroke Recovery Guide" to ensure you have access to the best practices in stroke care and recovery.

UNDERSTANDING STROKE

What is a Stroke?

A stroke occurs when blood flow to a part of the brain is interrupted, depriving brain tissue of oxygen and nutrients. This can cause brain cells to die within minutes, making immediate treatment essential.

Types of Stroke

1. Ischemic Stroke: Caused by a blocked artery.
2. Hemorrhagic Stroke: Caused by a burst blood vessel.
3. Transient Ischemic Attack (TIA): Temporary symptoms, often called a "mini-stroke."

Common Symptoms

- Sudden numbness or weakness (face, arm, or leg, especially on one side of the body).
- Confusion or trouble speaking.
- Sudden vision problems in one or both eyes.
- Difficulty walking, dizziness, or loss of balance.
- Severe headache with no known cause.

Remember: B.E.F.A.S.T.

B: Balance issues

E: Eyesight changes

F: Face drooping

A: Arm weakness

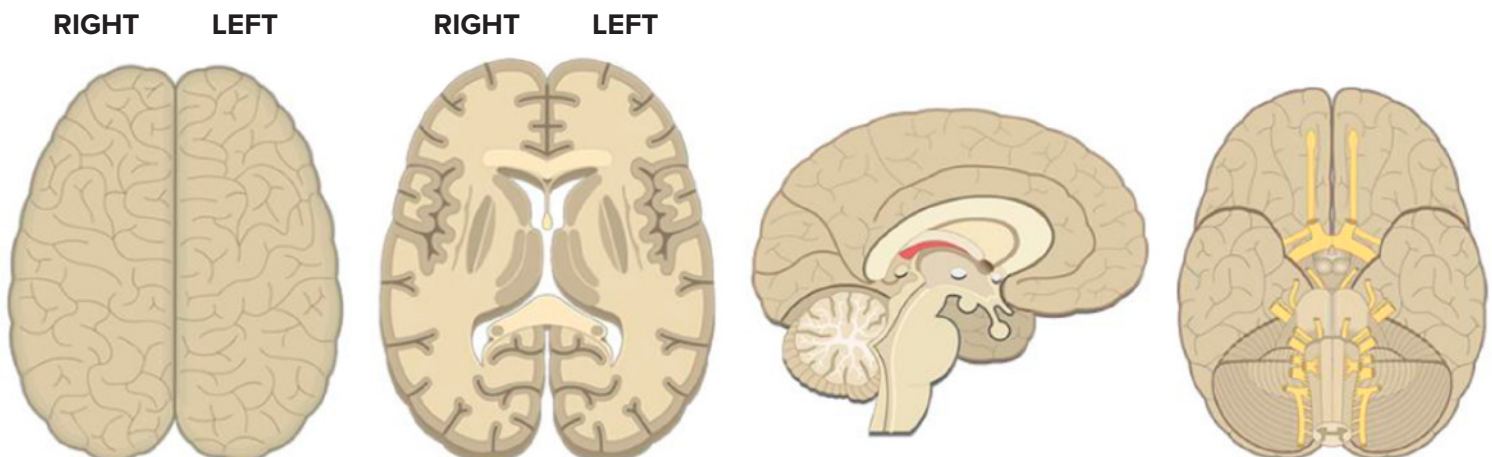
S: Speech difficulty

T: Time to call 911 immediately



WHERE WAS YOUR STROKE?

Ask your doctor, APRN, or the Stroke Navigator to show you.



STROKE RECOVERY JOURNEY

Acute Care

- Immediate focus on stabilization and preventing further brain damage.
- May involve imaging tests, medication, or surgery.

Rehabilitation

- Physical Therapy: Focuses on improving mobility and strength.
- Occupational Therapy: Helps regain independence in daily activities.
- Speech Therapy: Supports recovery of speech and swallowing functions.

Ongoing Care

- Regular follow-ups with neurologists and therapists.
- Access to outpatient rehabilitation services and support groups.

Recovery Timeline

- First Few Weeks: Stabilization and early therapy.
- 1–3 Months: Intensive rehabilitation and goal setting.
- 6–12 Months: Progress toward independence.
- Beyond 12 Months: Continued adaptation and long-term recovery.



LOCAL REHABILITATION SERVICES

The Queen's Medical Center – West O'ahu

Outpatient Rehab Services

Clinical Service Center, 4th Floor

91-2135 Fort Weaver Rd, 'Ewa Beach, HI 96706

Tel: 808-691-3879

Hours: Monday - Friday: 7:00 am - 7:00 pm; Saturday: 8:00 am - 4:30 pm



The Queen's Medical Center – West O'ahu

Neurology and Cardiology Clinics

Neurology Clinic

Tel: 808-691-3135

Hours: Monday - Friday, 8:00 am - 5:00 pm

Cardiology Clinic

Tel: 808-691-3340

Hours: Monday - Friday, 8:00 am - 5:00 pm

Support Groups

- Weekly stroke survivor meetings
(in-person and virtual options available)
- Call: 808-691-7117 or visit www.queens.org/events



KEY TIPS TO PREVENT ANOTHER STROKE

 Risk Factor	 Target Goal	 Your Numbers
Blood Pressure	Less than 140/90 mmHg	_____
LDL (Bad Cholesterol)	Less than 70 mg/dL	_____
Total Cholesterol	Less than 200 mg/dL	_____
A1C (Avg. Blood Sugar)	Less than 7% (if diabetic)	_____
Physical Activity	30+ minutes per day (most days)	_____
Medication Use	Take all medications as prescribed	_____
Smoking & Alcohol	Quit or limit as directed by provider	_____

A1C: A simple blood test that shows your average sugar levels over 2–3 months. Can be ordered by your Primary Care Provider (PCP).

LDL vs Total Cholesterol

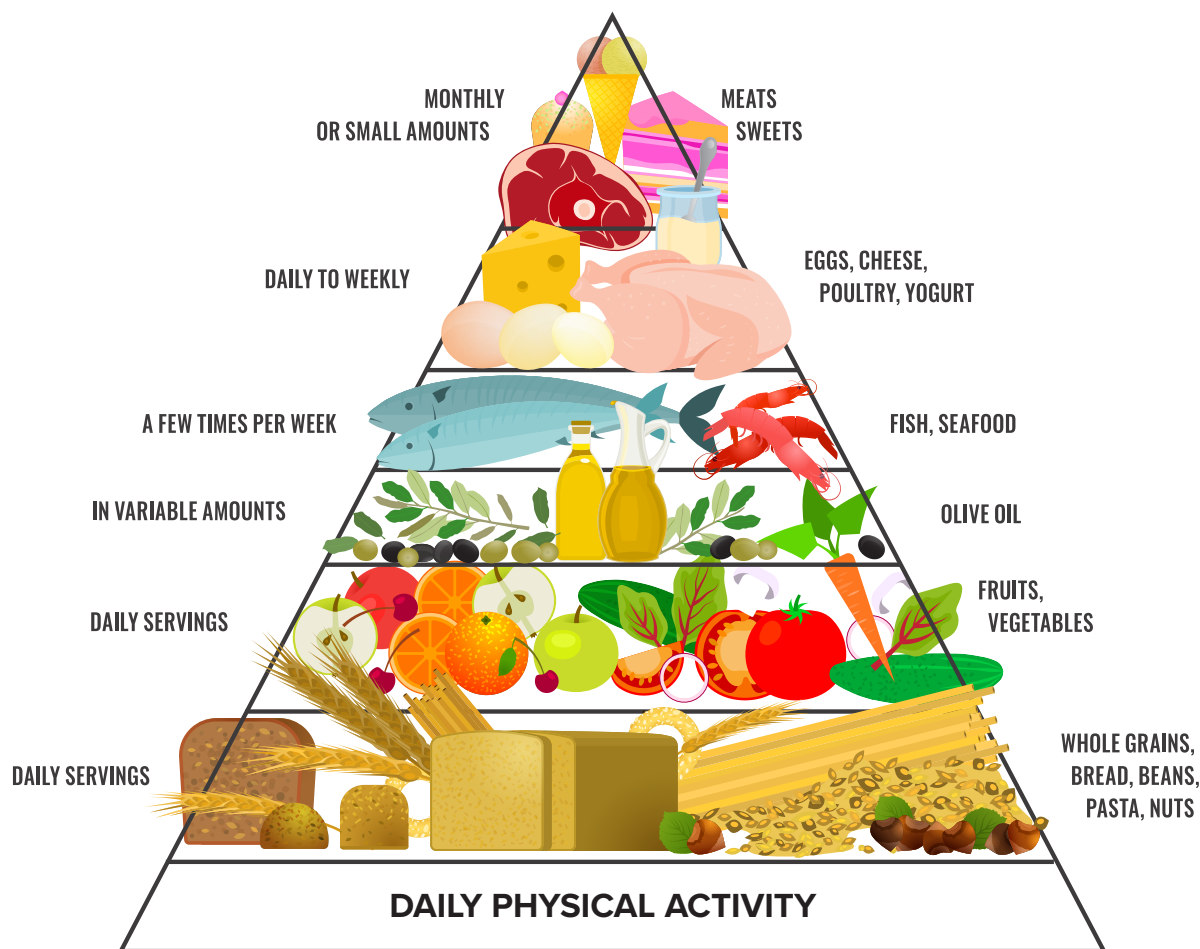
- LDL = bad cholesterol that clogs arteries.
- Total Cholesterol = LDL + HDL + triglycerides.

Keeping these within target helps protect your brain and heart from future damage.

Personal Prevention Plan (Write your goals)

Simple Advice for Eating Healthy

- Eat a diet of whole foods, fruits, and vegetables. Studies show that fruit and vegetable consumption can lower your stroke risk significantly.
- Prepare your own food as much as possible. Pre-prepared foods (from a can, box, or restaurant) are often higher in salt, sugar, and fat.
- Consider a Mediterranean Diet, which has been shown to increase overall heart and blood vessel health. Culturally, in Hawai'i, there are a lot of salty foods and seasonings (shoyu, fish sauce, and salted meats). Consider salt substitutes and using seasonings with herbs instead of salt to add flavor to your food.



MEDITERRANEAN DIET



My New Medications for Stroke

Medication Name	Dose	Route	Prescribed For

EMOTIONAL AND MENTAL WELL-BEING

- Depression and anxiety are common after a stroke. Support is available.
- Engage with family and caregiver support.
- Explore mental health services, including counseling and mindfulness programs.

CONTACT INFORMATION & APPOINTMENTS

Date	Time	Specialist	Purpose	Location

Conclusion

Stroke recovery is a personal journey, but you are not alone. Use this guide, rely on your care team, and take each step toward healing with confidence.

Your Personal Goals



Want more info?

Scan the QR code above with your phone or tablet to view the complete **Recovery Guide**.



Help us improve.

We are dedicated to improving patient experience. Scan QR code to participate in a short survey (3-5) minutes. Your responses are anonymous and used only for internal quality improvement.

Stay Positive. Stay Determined. Stay Supported.

Mahalo nui loa from The Queen's Medical Center – West O'ahu for the privilege of supporting you on your healing journey.

E mālama pono i kou olakino. E ola mau.

Take good care of your health. May you live well always.



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