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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Transient Ischemic Attack (TIA)

Information from the Stroke Services



Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Jess Gill, Stroke Specialist Nurse

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TALK - Support for People with Aphasia following stroke (Ashford)

Room 3, the Salvation Army

Email: info@talksurrey.org.uk

Contact number: 07718425953

Support for People with Aphasia following a stroke is a Stroke Association affiliated independent group. The group offers a variety of activities, mainly focusing on social and communication support.

Surrey Heart and Stroke Network

Postcode: KT22 9AE

County: Surrey

Phone: 01372 201704

NHS 111 Helpline

A free urgent and emergency helpline available 24/7 for medical concerns

Phone: 111

What is a TIA?

A TIA is similar to a stroke, except that the symptoms only last a short amount of time.

With a TIA, a blood vessel in the brain may become blocked, but the blockage clears itself.

A TIA is also known as a mini stroke and some people think of it as a “funny turn”, but a TIA is a major warning sign of having a full stroke (Stroke Association 2017).

Signs of a Stroke

The FAST test helps to spot the three most common signs of a stroke or TIA. There are others that you should always take seriously. These are

- Sudden weakness or numbness on one side of the body including arms, legs, hands and feet
- Difficulty finding words or speaking in clear sentences
- Sudden blurred vision or loss of sight in one or both eyes
- Sudden memory loss or confusion, unable to carry out normal activities, dizziness or sudden collapse

Stroke - Act F.A.S.T



Stroke can happen to anyone, at any age. Every second counts. If you spot the signs of a stroke, don't wait. Call 999 straight away.

There is no way of knowing whether you are having a full stroke or a TIA when the symptoms first start.

Some of these symptoms can be caused by other things such as low blood sugar, a migraine, an inner ear problem or seizures. However, you cannot be sure of a cause until your symptoms are investigated by a doctor.

What causes a TIA?

Like a stroke, a TIA is caused by a blockage cutting off the blood supply to part of your brain.

The difference when you have a TIA is that the blockage is temporary – it either dissolves on its own or moves, so that the blood supply returns to normal and your symptoms resolve.

More information and support can be found through the Stroke Association.

Stroke Association

Tel: 0303 3033 100

Email: info@stroke.org.uk

Website: www.stroke.org.uk

Or the **NHS website**

www.nhs.uk/conditions/transient-ischaemic-attack-tia

Walton Stroke Group

Email: jsteele39@talktalk.net

Number: 01932 229 164

The Walton Stroke Club welcomes new members and offers a range of activities including speakers, outings, games and exercise. They provide social support and communication support to people affected by stroke.

- Magnetic Resonance Imaging (MRI) to help doctors rule out any other causes of your symptoms.

These tests can be performed as an outpatient, and the specialist doctors can write to you or call you with any results.

Driving Advice

Anyone who has been diagnosed with a TIA or a suspected TIA has to stop driving immediately, but for many this is just temporary.

You do not have to tell the DVLA, and if your doctor is happy that you have made a good recovery and there are no lasting effects **after one month**, you can return to driving.

The rules for drivers of Lorries, buses and coaches are stricter, and they are required to tell the DVLA immediately.

The blockage is usually caused by a blood clot, although rarely it can be caused by other things such as a piece of fatty debris or an air bubble.

Blood clots may form in areas where your blood vessels have become narrow or 'furred up' by fatty deposits (Stroke Association 2017).

How is a TIA diagnosed and treated?

A TIA is diagnosed with a medical examination and a brain scan. The doctor will use the brain scan results to determine if the TIA has been caused by bleeding, to determine the position of the TIA or if there is another cause of the TIA.

If you have had a suspected TIA, you should be referred straight away to a TIA clinic or a Stroke Specialist Nurse.

If you have had a TIA, you could be at an increased risk of having a stroke, so it is important to seek medical help as soon as possible, to reduce the risk of developing a stroke.

It is likely that the doctor will give you Aspirin to take until you see a Specialist. This belongs to a group of medicines called antiplatelet, and will help prevent blood clots from forming.

As well as taking antiplatelet medication such as aspirin, it may be necessary to start blood pressure medication to lower blood pressure or statins to reduce cholesterol levels.

Types of medication	Common medications	Comments
Blood pressure lowering drugs Helps to keep your blood pressure lower.	Perindopril Ramipril Amlodipine Indapamide Bendroflumethiazide	“ACE inhibitors” “Calcium Channel Blockers”
Anti-platelet Agent To prevent blood clots. Reduces the stickiness of your blood so it flows more easily to the brain.	Aspirin Clopidogrel Dipyridamole Your doctor will decide which of these medications is best for you.	Aspirin - take with/after food to avoid stomach problems. If you experience severe indigestion seek advice from your GP. Dipyridamole – headaches are common when first started, but tend to wear off. The headaches can be treated with painkillers if needed but if they continue seek advice from your GP.
Statin Helps to reduce your cholesterol levels	Simvastatin Atorvastatin	We aim for a total cholesterol of less than 3.5 mmol/l . It is measured by a

As a part of the routine work-up in the clinics, you will have your vital signs checked. This will be carried out by a **nurse or care assistant** when you arrive at the clinic. This includes recording your blood pressure, pulse rate, temperature, respiratory rate, oxygen levels and the level of sugar in your blood (finger prick test).

Other routine tests are:

- Computed Tomography (CT) brain scan
- Carotid Doppler ultrasounds which checks for narrowing or blockages in the neck arteries
- Collection of blood samples to check cholesterol levels and other basic blood levels.
- Electrocardiogram (ECG) which checks the electrical rhythm of the heart

Once you have had all the routine tested carried out, you will see a specialist in stroke management (**Consultant Nurse or Consultant Doctor**) to discuss your diagnosis and treatment plan.

It may also be necessary to have further tests to accurately diagnose and treat a specific cause of a TIA. These include:

- Echocardiogram (Echo) to establish adequate heart function.
- 72 hour Cardiac monitor to diagnose any irregular heart rhythms

Heavy Alcohol intake

- Limit your alcohol intake to the recommended units
- 14 units per week for men and women (NHS Choices 2018)

(Table adapted from North Bristol NHS Trust 2018)

TIA Clinic – Assessment with a Specialist

At Ashford and St Peters Hospital, a specialist TIA Clinic is available for rapid assessment and management of suspected new TIAs. This clinic is organized by the Stroke Team.

The TIA clinics are held on the Stroke Unit – Cedar Ward, Level 4, Duchess of Kent Wing, St Peters Hospital.

Tel: 01932 723252

Email: asph.strokereferrals.nhs.net

If you have any queries in relation to appointments or follow up tests, please call the clinic for further information. If you have any concerns in relation to your medical condition (reoccurrence of symptoms, deterioration in symptoms or medications issues), please contact your GP or the NHS 111 service.

If you have any letters from your GP or the A&E department, as well as any medications you have been prescribed; please remember to bring them to your appointment.

blood test.

Preferably you are given your statin at **night**. (Atorvastatin can be taken in the Morning).

Anticoagulant

To prevent blood clots that can form if you have an irregular heart rhythm called atrial fibrillation or atrial flutter

Warfarin

Dabigatran
Rivaroxiban
Apixaban
Edoxaban

The warfarin dose needs to be monitored regularly by a **blood test** (the INR), which will be directed by your doctor/GP.

(Table adapted from North Bristol NHS Trust 2018)

Reducing Risk

A TIA can be a sign that there is a problem with the blood supply to part of your brain, so anyone that has had a TIA is at an increased risk of Strokes in future.

The risk is greatest in the first few days following a TIA, so urgent assessment is essential.

One in twelve people who have has a TIA could have a stroke within a week of a TIA.

If investigations and treatment are carried out promptly, your risk of having a stroke can dramatically reduce.

Understanding what risk factors caused your TIA will help you to reduce having another TIA or stroke.

Health conditions such as high blood pressure, irregular heartbeats, diabetes or high cholesterol can contribute to a risk or TIA and Stroke.

Living a healthy lifestyle will also help to reduce any risk. Some people need to lose weight, exercise more, giving up smoking or drinking less alcohol.

One of the best ways to reduce your risk is to carry on with any treatment you are given.

Risk Factors for TIA and Strokes	What can you do?
High Blood pressure	<ul style="list-style-type: none"> • Know your blood pressure • Take your prescribed blood pressure medications • Reduce the amount of salt in your diet • Keep active • Reduce stress levels

High Cholesterol	<ul style="list-style-type: none"> • Take your prescribed cholesterol lowering medication • Reduce the amount of saturated fats in your diet such as butter, fatty meat and sweet snacks. • Increase the amount of fiber in your diet such as fruit and vegetables.
Smoking	<ul style="list-style-type: none"> • Giving up smoking
Diabetes	<ul style="list-style-type: none"> • Keep diabetes well controlled through diet and/or medication • Know your blood sugar levels • See a diabetic nurse through your local GP surgery
Being overweight	<ul style="list-style-type: none"> • Eat a well-balanced diet • Eat at least 5 portions of fruits and vegetables a day • Reduced fatty food from your diet • Increase you physical activity level