

Questions

We recognize that this is a difficult time for you and your family. Washington County Hospital provides staff that can help you and your family through this unexpected event, spiritually and psychologically. If you have any questions or concerns please call our clinical manager at 301-790-5470.



WASHINGTON COUNTY
HOSPITAL

Washington County Hospital

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Cardiovascular Telemetry and Stroke



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The Cardiovascular Telemetry and Stroke Program at Washington County Hospital is here to provide you with excellent care and support in the event of a stroke.

Our primary focus is stroke and cardiovascular disease, although we care for patients with varying illnesses and diseases. We also provide cardiac monitoring through telemetry monitors. We offer semi-private rooms. The average length of stay is four days, although time may vary based on your physician's recommendations. During your stay our staff will make you and your family as comfortable as possible. Our highly trained staff consists of registered nurses, licensed practical nurses, certified nursing assistants, cardiac monitor technicians, social workers, dieticians, therapists, and care specialists.

Please feel free to ask any questions, or express any needs or concerns that you have.

Preventing a Recurring Stroke

The risk for recurring stroke is highest in the first weeks after a first stroke. There are steps you can take to prevent future stroke. Nutrition, exercise, and avoiding alcohol and tobacco consumption are vital to preventing stroke occurrence. In order to provide your body with good nutrition you should limit the intake of caffeine, animal fats, and sugars.

It is very important to find ways to stay active. Walking is an excellent way to exercise, although you may find other activities that you enjoy doing in moderation

that allow you to remain active. In order to avoid a stroke it is imperative to limit alcohol consumption and to not use tobacco products.

Warning Signs of a Stroke

Some signs that you should look for if you think you are experiencing a stroke include sudden numbness or weakness of face, arm or leg (especially on one side of the body), sudden confusion, trouble speaking or understanding. You may experience vision problems in one or both eyes, sudden trouble walking, dizziness, or loss of balance. A severe headache with no known cause may also be a symptom.

If any of these symptoms occur call 911 immediately!

What happens if you have another stroke?

In the event of a stroke, you will be admitted to Washington County Hospital, and guided by a stroke team. This team will help plan your care. The stroke team specializes in the care and recovery of stroke patients. They will provide you with individualized care and help you plan for returning home and your regular activities.

To evaluate the severity of your stroke you may have some routine tests done. These include:

CT Scan

An x-ray machine using a computer takes pictures of your brain.

MRI

A machine that takes three dimensional pictures of your brain. Your caregivers use these pictures to determine your medical condition.

Swallow Screen

Your caregiver will ask you to drink a small cup of water to see if you have difficulty swallowing. Trouble swallowing is an indication of stroke.

Neuro Assessment

Your caregiver will test how your brain is functioning by asking you to perform certain tasks such as, speaking, moving your arms and legs, and reading.

Rehabilitation

Most of our patients are discharged from the Cardiovascular Telemetry and Stroke Unit within 3-5 days. Our patients may go home or to another unit or facility for exercise and training to help them recover. Patients and family members should be assured that a quick transition to rehabilitative care offers many benefits.