

40487**Recognise key characteristics and impacts of stroke**

Kaupae Level	3
Whiwhinga Credit	10
Whāinga Purpose	<p>This skill standard is intended for people who work in health, disability, or community support settings roles, and need foundational and contextual knowledge to support people with long-term conditions.</p> <p>People credited with this skill standard are able to: determine the key characteristics of stroke; discuss its prevalence in Aotearoa New Zealand; identify strategies used to prevent stroke and reduce harm from a stroke, and recognise potential long-term impacts of stroke on a person, their whānau, and caregivers.</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Determine the key characteristics of stroke.	a. Identify and describe the likely effects of a stroke based on which part of the brain has been affected.
	b. Identify the three main types of stroke people experience and summarise the different treatments.
	c. Identify stroke risk factors and common links to other long-term conditions.
2. Discuss the prevalence of stroke in Aotearoa New Zealand.	a. Identify the prevalence of stroke in Aotearoa New Zealand.
	b. Identify population groups in Aotearoa New Zealand who are at most risk of experiencing a stroke.
	c. Examine how specific risk factors contribute to the higher prevalence of stroke in certain population groups.
	d. Discuss the implications of risk factors on public health strategies and healthcare services in Aotearoa New Zealand.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
3. Identify strategies used to prevent stroke and reduce harm from stroke.	a. Identify and review strategies used to prevent stroke.
	b. Summarise common signs of stroke and the need to act F.A.S.T.
	c. Outline common post-stroke medical treatments.
	d. Explore post-stroke recovery expectations over time.
	e. Identify support services in Aotearoa New Zealand which can be involved in the long-term management of a person post-stroke.
4. Recognise potential long-term impacts of stroke for a person, their whanau, and caregivers.	a. Determine the potential long-term impacts of stroke on a person's quality of life.
	b. Determine the potential long-term impacts on whanau and caregivers of a stroke survivor.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

For assessment purposes:

- F.A.S.T is a simple acronym to recognise the signs of stroke and act quickly:
 F – Face: Is one side of the person's face drooping?
 A – Arm: Can they lift both arms?
 S – Speech: Are they having difficulty speaking?
 T – Time: Take action and call 111.
- Assessment against Learning Outcome 4 may be undertaken as a case-study, or, in a supervised work environment, with a person diagnosed with stroke.

Ngā momo whiwhinga / Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Definition of a stroke, understanding the number of people affected, average rates of mortality, the range of impairment that can be experienced - from significant to little or no ongoing effects.
- The effects of stroke depending on where in the brain the stroke has occurred as well as commonly shared impacts such as fatigue, mental wellbeing, and grief.
- The three main types of stroke, treatment of them, and the risk of additional strokes.
- Understanding neuroplasticity and recovery expectations over time.
- The broader impacts of stroke on the person including relationship changes, being unable to drive, loss of income, financial difficulty, social isolation, housing challenges, and inability to continue to participate in previously enjoyed recreational activities.

- Understanding who is affected by a person's stroke, how they are impacted, and common challenges they may face.
- Causation of disability, increasing rates of stroke, strokes in fit and healthy people, the percentage of strokes that are preventable, the population groups that are most at risk compared to others and why.
- Comorbidities and links to other long-term conditions.
- The signs of stroke, why acting F.A.S.T. is so important and the link to improving outcomes.
- The risk factors for stroke and the impact of multiple risk factors leading to a greater risk of stroke.
- The modifiable factors that can help prevent stroke and secondary stroke and knowledge of tools and resources to reduce stroke risk.

Rauemi | Resources

Recommended resources:

- *Stroke Foundation NZ*. (n.d.). Free Resources. Available at <https://www.stroke.org.nz/free-resources>.

Tools include:

- F.A.S.T. training (for primary care community kaimahi).
- He Taonga (digital tool to support lifestyle change).
- Video resources (Youth, F.A.S.T, Stroke stories).

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Health, Disability, and Aged Support > Core Health
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	27 February 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaiora.nz to suggest changes to the content of this skill standard.