

## Stroke Awareness

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**Duration** 30 Minutes

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**Target group** Other Industries (military; leisure; aviation; public; others; etc.)

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective** LO1: What are strokes and why do they occur?  
LO2: Causes and types of stroke  
LO3: Symptoms of a stroke  
LO4: How you can help if you recognise that someone is having a stroke  
LO5: Stroke treatment and recovery  
LO6: Stroke prevention

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**Contents** The course includes information on the prevention and awareness of strokes. Also covering the symptoms of a stroke and how you can help if you recognise that someone is having a stroke. According to The Stroke Association, there are more than 100,000 strokes in the UK each year and over 1.2 million stroke survivors. Stroke is the fourth biggest killer in the UK.

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**Exam** The assessment is taken during the course and is within the expected duration.