

PRIMARY CARE TREATMENT POST STROKE / TIA FOLLOWING SPECIALIST STROKE TEAM ASSESSMENT

See clinic / discharge letter for individual treatment plans and recommendations

Maintain blood pressure below 130/80 (120/70 with diabetes mellitus)

**If ischaemic stroke
treat with:-**

a) Antiplatelets - Aspirin 75 mg daily + Dipyridamole MR 200 mgs OD (for first week then BD)
(Clopidogrel 75mg daily may be prescribed if intolerant of aspirin/dipyridamole)

b) Simvastatin 40 mgs daily, target total cholesterol < 4

Patients with AF should be managed using locally agreed guidelines

Discuss:

Lifestyle, Diet and Other risk factors e.g. smoking, alcohol and salt intake

Alcohol consumption, inactivity, Exercise / daily activity (minimum of 30 minutes 5 times per week but any increase is beneficial)

Manage diabetes and review glycaemic control

NO DRIVING FOR ONE MONTH POST EVENT

Resume driving only after medical assessment

Other important factors to consider:

Rehabilitation needs and referrals

Continence issues

Depression