# Course Details- Smart Parenting

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| Title of the Topic | COMPLETE GUIDE TO NUTRITION IN STROKE |
| Specialty | nutrition |
| Target Audience /Who should attend | Dietitians, rehabilitation specialists,homecare nurse, nutrition students, Diabetologists |
| Objective/ Why should they attend |  The role of dietary factors in stroke is apparent from the disorder’s pathophysiology. Nutrition plays much more important role in the stroke prevention. This course gives you the brief relationship between dietary intake and stroke incidence. |
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| What is covered in | * Signs and symptoms of stroke
* Types and treatment of stroke
* whats the impact of malnutrition and stroke
* Stroke epidemiology
* impact of nutritional status post stroke
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| Course Description (150-200 words) | Worldwide, 15 million people suffer a stroke each year; one ‐third die and one ‐third are left permanently disabled The World Health Organization (WHO) predicts that disability ‐adjusted life years (DALYs) lost to stroke (a measure of the burden of disease) will rise from 38 million in 1990 to 61 million in 2020.Stroke is one of the leading causes of death and certainly the major cause of disability in the world. Nutrition is the important in stroke risk than most physicians suppose. Nutritional status following stroke can have a negative impact on functional recovery and mortality. Complications associated with malnutrition include a greater incidence of infections and pressure sores, and longer lengths of hospital stays. Clinical nutritional management requires effective methods of assessment, an understanding of the underlying causes of nutritional deficiencies, and effective methods of administering nutrients via feeding techniques and supplementation.This course gives you the brief relationship between dietary intake and stroke incidence. |

MCQ:

1. An ischemic stroke occurs when a blood clot blocks a blood vessel to the brain.

A. True

B. False

Answer A

2. One of the most common features of neurological disorders are Language deficits and are collectively known as

 a) Anomias

 b) Alogias

 c) Dysphasias

 d) Aphasias

ANSWER C

3. Identify the Complications associated with malnutrition?

a) greater incidence of infections

b) pressure sores

c) longer lengths of hospital stays

d)All the above

Answer D

The most recommended drug for Chinese people during Hypertension

1. Metformin Therapy
2. Folic acid Therapy
3. None of the above
4. A and b

Answer b

Which of these is a symptom of stroke?

1. Paralysis
2. Dysphagia
3. neuropsychological deficits
4. All of the above

Anwer D