

# PREVENTING A SECOND STROKE: THE ESSENTIAL ROLE OF LOVED ONES

## Training for families and caregivers of stroke survivors

Become a key player in prevention and react effectively in an emergency

<b>Duration :</b> 2 hours	<b>Modules :</b> 4 modules
<b>Lessons :</b> 16 lessons	<b>Audience :</b> Families and close ones of stroke survivors
<b>Format :</b> 100% online, asynchronous	<b>Provider :</b> N° 11757351875
<b>Certification :</b> Qualiopi	<b>Price :</b> On request

[www.dynseo.com/nos-formations](http://www.dynseo.com/nos-formations) | [contact@dynseo.com](mailto:contact@dynseo.com) | 09 66 93 84 22

## Course description

After a first stroke, the risk of recurrence is real, and loved ones play a crucial role in its prevention. This 2-hour training provides families with concrete skills to recognize warning signs, ensure medication adherence, adapt lifestyle habits, and know how to react in an emergency. You will learn to become true actors in prevention without falling into anxious hypervigilance. Practical, accessible, and designed to give you confidence and the right reflexes to protect your loved one.

## Module summary

<b>MODULE 1</b>	Understanding the risk of recurrence	4 lessons
<b>MODULE 2</b>	Medication adherence	4 lessons
<b>MODULE 3</b>	Recognizing warning signs and reacting quickly	4 lessons
<b>MODULE 4</b>	Adapting life without living in fear	4 lessons

## Learning objectives

### Learning objectives

- Understand the risk factors for stroke recurrence and their impact on daily life
- Support medication adherence and monitor home health indicators
- Recognize emergency warning signs and apply the FAST protocol
- Adapt lifestyle habits together while managing caregiver anxiety
- Know how to react quickly and effectively in case of emergency

## General information

<b>Duration</b>	2 hours
<b>Target audience</b>	Families, caregivers, and close ones of people who have had a stroke
<b>Prerequisites</b>	None
<b>Price</b>	On request - VAT not applicable (article 261-4-4° of the French Tax Code)
<b>Certification</b>	Qualiopi - Certificate of completion
<b>Training organization</b>	DYNSEO - Activity registration number: 11757351875

**Lesson 1 - Why the risk of a second stroke exists**

- Statistics: recurrence risk within 5 years after a first stroke
- Persistent risk factors: hypertension, atrial fibrillation, diabetes
- Profiles at higher risk and why
- The real impact of secondary prevention

**Lesson 2 - Modifiable risk factors in daily life**

- Monitoring blood pressure at home and target goals
- Diabetes and blood sugar: warning signs and dietary role
- Tobacco, alcohol, sedentarism: supporting change without imposing
- Overweight and diet: accessible adjustments without strict dieting

**Lesson 3 - Non-modifiable risk factors to be aware of**

- Age, sex, family history: what cannot be changed
- Atrial fibrillation: understanding this rhythm disorder
- Arterial stenoses: definition and monitoring
- Why knowing these factors helps understand medical follow-up

**Lesson 4 - Medical follow-up after a stroke — what the family needs to know**

- Essential consultations: neurologist, cardiologist, primary care physician
- Regular monitoring examinations and their purpose
- Helping your loved one not miss appointments
- Your role as an observer: what to report to the doctor

**Lesson 1 - Understanding the treatments prescribed after a stroke**

- Anticoagulants and platelet aggregation inhibitors: their purpose
- Treatments for hypertension, cholesterol, diabetes: preventive role
- Why stopping treatment even briefly can be dangerous
- Common side effects and how to manage them

**Lesson 2 - Helping your loved one take their medication regularly**

- Weekly pill organizers and reminder alarms: practical setup
- Integrating medication intake into daily rituals
- What to do in case of forgotten dose: simple rules
- When and how to alert the doctor if treatment is refused

**Lesson 3 - Monitoring interactions**

- Medications and supplements that can interact with anticoagulants
- Diet and anticoagulants: vitamin K, alcohol considerations
- Situations requiring medical advice before taking other medications
- Preparing for consultations or hospitalization with anticoagulants

**Lesson 4 - Home monitoring — good practices**

- Measuring blood pressure at home: how, when, interpretation
- Monitoring blood sugar for diabetic loved ones: practical steps
- Keeping a useful tracking notebook for the doctor
- Warning signs that require immediate medical contact

**Lesson 1 - The FAST protocol — recognizing and applying it**

- F: Face — facial asymmetry, mouth drooping on one side
- A: Arms — arm drooping, weakness on one side
- S: Speech — speech disorder, incomprehensible words

- T: Time — call emergency services immediately, do not wait

### Lesson 2 - Other warning signs to be aware of

- Sudden visual disturbance in one or both eyes
- Severe, violent, unusual headache — "the worst of my life"
- Sudden dizziness, loss of balance, coordination problems
- Sudden confusion or brief loss of consciousness: never underestimate

### Lesson 3 - The TIA — the alert not to be ignored

- Definition of TIA: symptoms resolve but risk remains
- Why a TIA is an emergency even when symptoms disappear
- Common family mistake: waiting because symptoms have passed
- Course of action: call emergency services immediately

### Lesson 4 - What to do in the following minutes — emergency procedure

- Calling emergency services: what to say, staying calm
- What never to do: give aspirin, leave the person alone
- Stay with your loved one until help arrives
- Prepare useful information: treatments, medical history, allergies

## MODULE 4

## Adapting life without living in fear

4 lessons

### Lesson 1 - Finding the balance between vigilance and hypervigilance

- Difference between being attentive and living in constant anxiety
- How caregiver anxiety transfers to your loved one
- Defining clear alert thresholds to know when to worry
- Accepting unavoidable uncertainty and what cannot be controlled

### Lesson 2 - Adapting lifestyle hygiene together

- Cardioprotective diet: simple and lasting changes
- Adapted physical activity after stroke: recommendations and starting tips
- Sleep and stress management: often overlooked protective factors
- Making changes together rather than imposing: key to sustainability

### Lesson 3 - Preparing your home and your surroundings

- Display emergency protocol at home: numbers, medication list
- Inform close individuals about warning signs and actions
- Prepare a medical emergency file
- Useful mobile applications: health records, medical alerts

### Lesson 4 - Taking care of yourself to better protect your loved one

- Your own cardiovascular health as a caregiver
- Managing your own anxiety about recurrence risk
- Finding support to cope without collapsing
- Available resources: associations, support groups, psychological support

## Teaching methods

- Online training accessible 24/7 from any device
- Video lessons, practical exercises, and downloadable resources
- Self-paced learning with progress tracking
- Certificate of completion provided at the end of training