



Croga Wellness

An ISO 9001 : 2015 certified Homehealthcare company

“Mind Matters”-

**A Neurological Health Awareness Session by –
Dr. Dhawal Narang (M.D. , D.M. Neurology)**

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Dr. Dhawal Narang

Dr. Dhawal Narang is a well known Neurophysician based in lucknow, with a strong background In managing complex neurological conditions.

Educational Qualifications :

- **MBBS - Maulana Azad Medical College, University of Delhi**
- **MD - Delhi University**
- **DM (Neurology) - PGI Chandigarh**

Experiences :

Dr. Narang has over 12 years of medical experience .

Consultant Neurology (ST Joseph Hospital)

Consultant Neurology (Tender Palm Hospital)

Associate Consultant (Apollomedics Hospital, Lucknow.)

Senior Resident (PGI Chandigarh)

Senior Resident (Lady Hardinge Medical College, Delhi)

At present Dr. Narang is Consultant - Neuro Physician at Tender Palm hospital & St. Joseph hospital Lucknow.

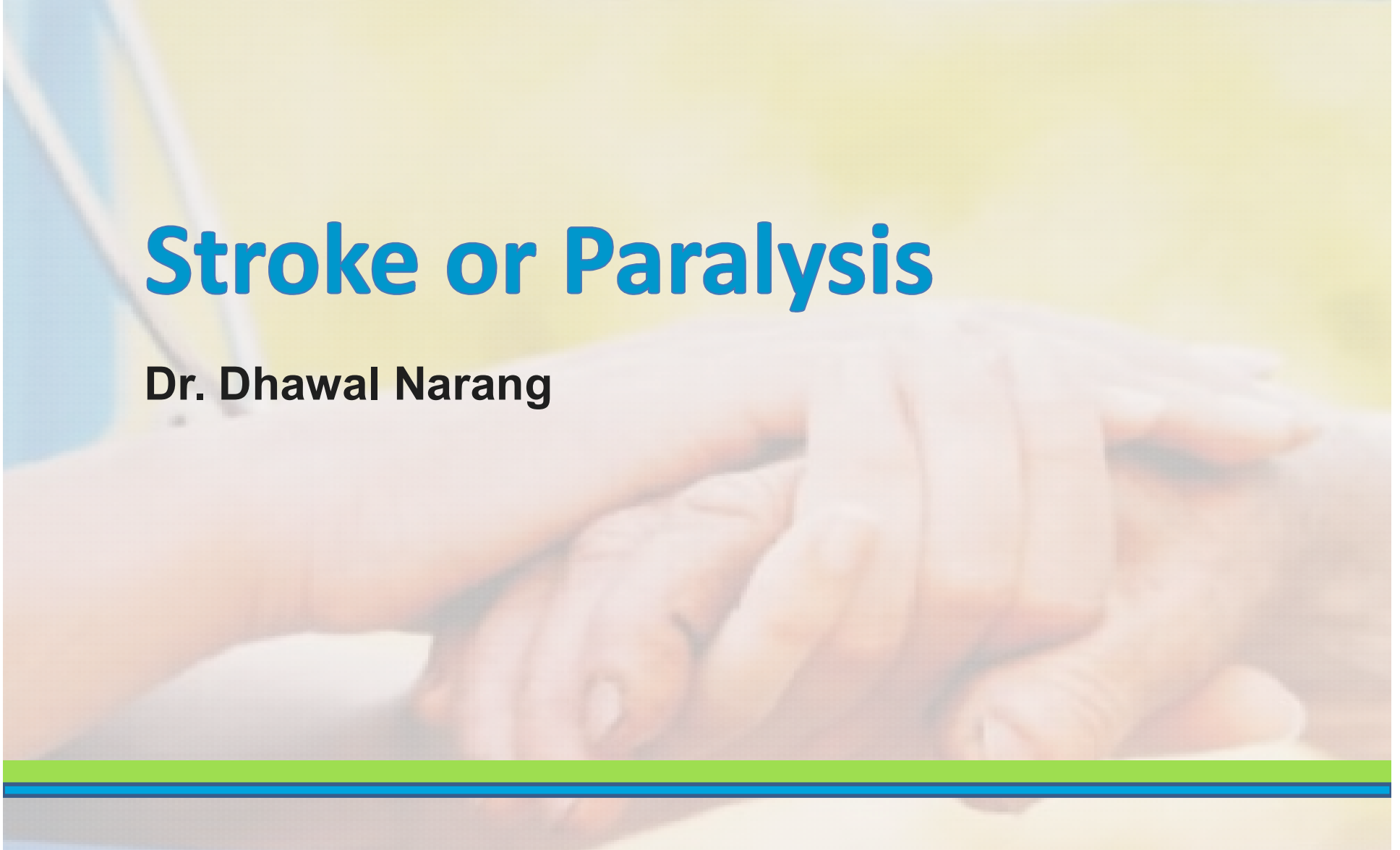
Area of Expertise :

Acute Stroke Management, . Epilepsy Syndrome, . Headache and Migraine Management



Stroke or Paralysis

Dr. Dhawal Narang

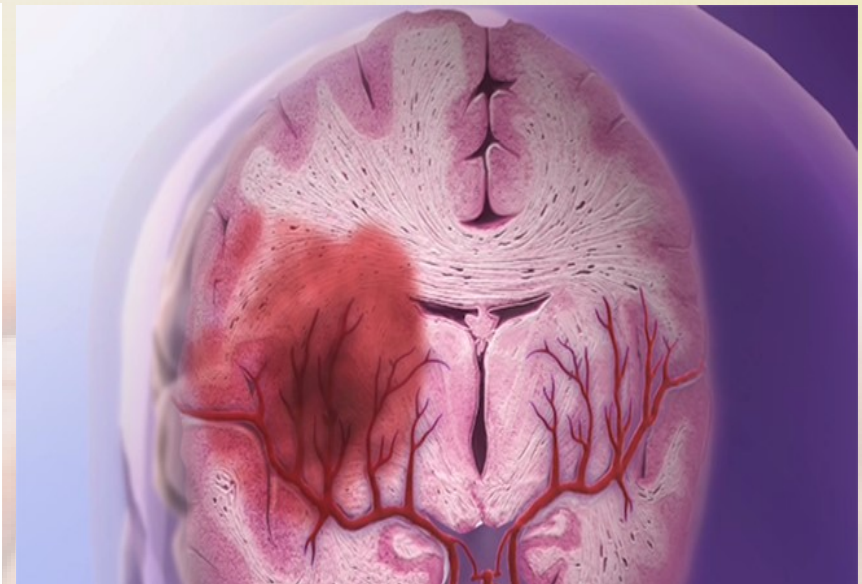




What is a Brain Stroke ?



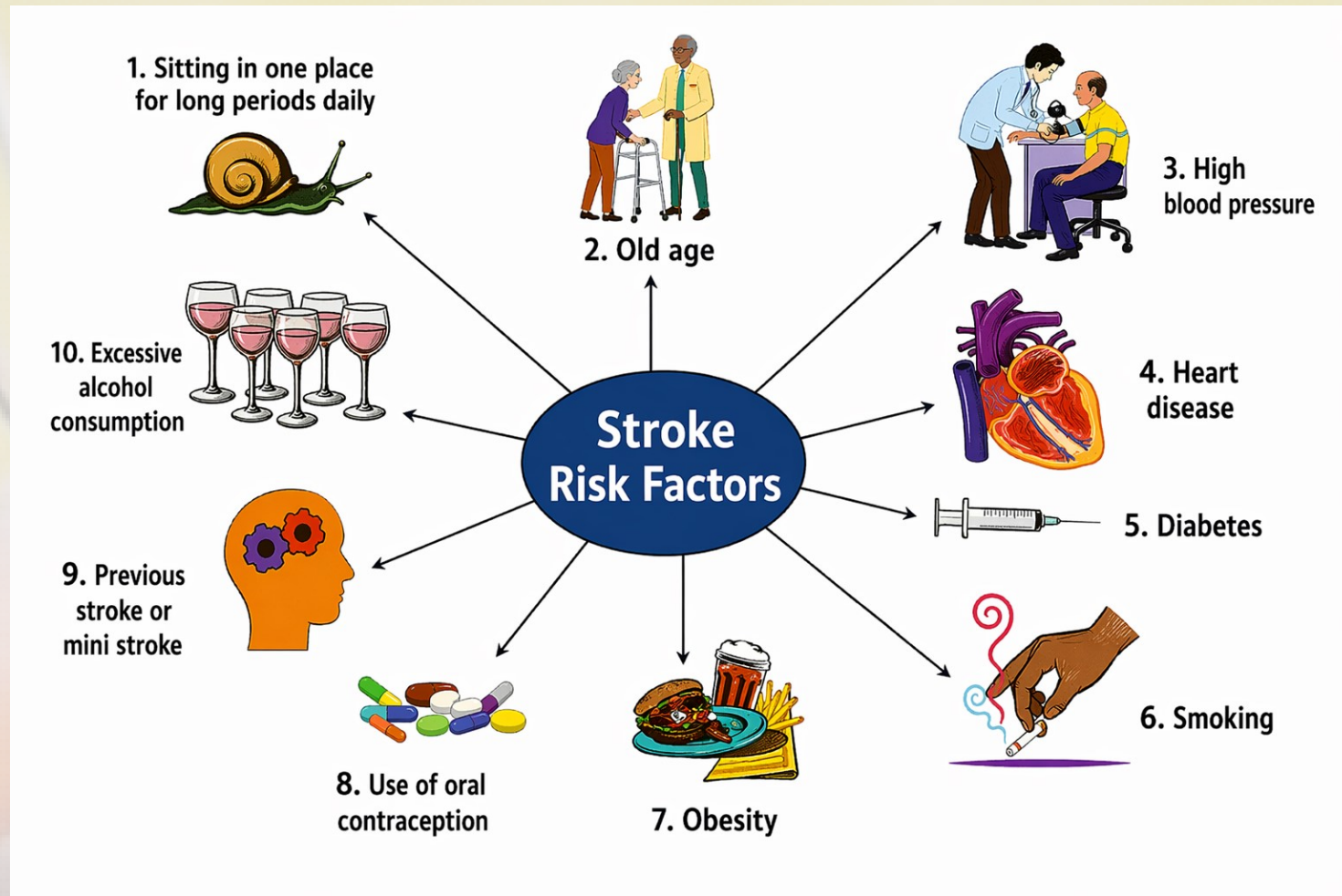
In a stroke, a blood clot suddenly gets stuck in the blood vessels of the brain.



or bleeding due to a ruptured blood vessel.

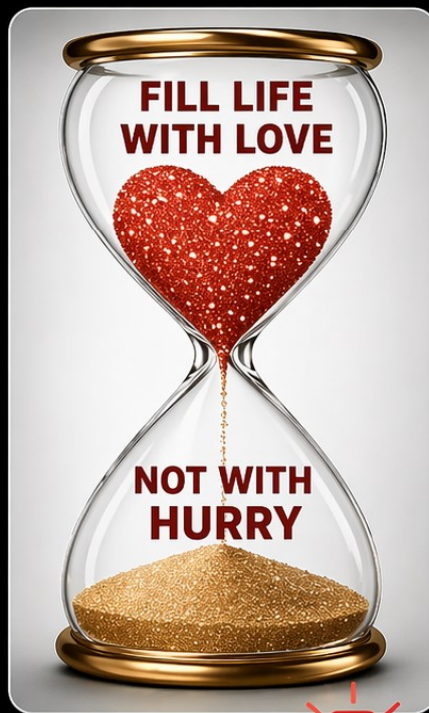


Why does this happen ?





RECOGNIZE STROKE SYMPTOMS IN TIME – TREATMENT BECOMES EASIER



STROKE

ARM



Weakness
in the arm

FACE



Face drooping /
becoming uneven

SPEECH



Slurred speech or
inability to speak
properly

TIME



Act immediately
(don't delay)

REACH THE HOSPITAL IMMEDIATELY!



Get the affected person to a hospital ASAP that treats strokes.



Note : After a stroke, 2 million brain cells are destroyed in 1 minute.



What is the treatment for stroke?

**Breaking up the blood clot with
an injection?**

Or

**Removing the clot with a wire
and inserting a stent?**





**Treatment is possible if done on
time!!**

(Four and a half hours)





Importance of Post-Thrombolysis Care

- **Risks after thrombolysis (Hemorrhagic transformation, re-occlusion, etc.)**
- **Need to monitor the patient's condition.**
- **Importance of prompt intervention.**



Benefits of Specialized care

- **Continuous monitoring:**

Monitoring of blood pressure, heart rate, oxygen levels, and blood sugar.

Continuous assessment of neurological status.

- **Team of specialists:**

Care by a team of neurologists, neurosurgeons, cardiologists, and other specialists.

Example: Patients treated in a stroke ICU have seen a 20% improvement in neurological recovery. (JAMA, 2018)

- **Emergency medical intervention:**

Immediate treatment of internal bleeding or other complications



Risks of Unprofessional Care

- **Lack of monitoring for complications**

At home, the patient doesn't receive constant monitoring.

In one study found that home care increased the risk of stroke recurrence by 40% in patients. (Neurology, 2020)

- **Slow or inaccurate treatment response.**

- **Lack of necessary testing and treatment**

- **Inadequate family member training and support**

Family members often make care errors during home care, which can worsen the condition.

According to one study, medication dosages were given incorrectly in 35% of home care cases. (Journal of Stroke and Cerebrovascular Diseases, 2019)



How Patient Care Can Be Improved?

- **Need of the post hospitalization care at home by professionals.**
- **Telemedicine and professional rehabilitation at home**
- **Training and guidance for family members**



Measures to prevent stroke

- Keep blood pressure under control.
- Control diabetes.
- Quit smoking.
- It's best not to drink alcohol.
- Control cholesterol.
- Manage weight.
- Stay active and exercise regularly.





Conclusion

- Initial treatment of stroke is important, but follow-up care is equally crucial.
- Receiving high-quality care in a stroke ICU is essential for patient safety and improved outcomes.
- Hospital care provides greater benefits to patients than home care.



OPEN FLOOR FOR QUESTIONS -

Let's talk about it



THANK YOU

