

Post-Stroke Review Service – Case study

Michelle's story

Michelle works in a solicitors' office as a legal cashier and has two young children. When she had a stroke, she didn't show any of the FAST symptoms, like face and arm weakness, and lack of speech. "I had a sharp pain in my head and lost my vision," Michelle remembers. "The hospital sent me home saying I'd had a migraine. But I've had migraines before, so I knew it wasn't that."

Michelle's vision didn't improve and she returned to the hospital three more times before she was given an MRI. Michelle was then told she'd had a stroke, which had left her partially sighted.

Like many people, it was further down the line that the effects of the stroke manifested for Michelle: "Over time I have suffered with more headaches, as well as fatigue, memory loss, word-finding difficulties, and anxiety about having another stroke. I am also more sensitive to light and noise now and have to wear ear defenders and sunglasses."

Michelle received a Post-Stroke Review from the Stroke Association several months following her stroke: "I like speaking to the coordinator, Rachael. I feel like I can speak to her more openly than to my doctor as they're interested in the medical stuff, whereas I need more help with the other support that's available."

"Rachael helped me realise that just because I've had a stroke, it doesn't necessarily mean I am going to have another one, and that feeling down and anxious is normal. She really has put my mind at ease and I know that she is there for me on email, text or phone, whenever I need her."

"Rachael also referred me to an online support tool, My Stroke Guide, where it's nice to talk to others who have had a stroke, and ask if they have similar symptoms."

Michelle told us she would recommend that all stroke survivors receive a Post-Stroke Review: "It's nice to have a review with the Stroke Association who specialise in all the after-effects of stroke, and who can refer you to appropriate support. Rachael gave me a lot of information about local groups and where I might be able to get additional help, like registering as partially sighted. I want to exercise again, and she offered advice about how to do this."



Find out more about our Post-Stroke Review service at stroke.org.uk/poststrokereview
