

# 辛辛那提中風指標

## (The Cincinnati Prehospital Stroke Scale)

**Cincinnati Pre-hospital Stroke Scale**

**1. FACIAL DROOP:** Have patient show teeth or smile.

**Normal:** both sides of the face move equally

**Abnormal:** one side of face does not move as well as the other side

**2. ARM DRIFT:** Patient closes eyes & holds both arms out for 10 sec.

**Normal:** both arms move the same or both arms do not move at all

**Abnormal:** one arm does not move or drifts down compared to the other

**3. ABNORMAL SPEECH:** Have the patient say "you can't teach an old dog new tricks."

**Normal:** patient uses correct words with no slurring

**Abnormal:** patient slurs words, uses the wrong words, or is unable to speak

**INTERPRETATION: If any 1 of these 3 signs is abnormal, the probability of a stroke is 72%.**

手麻腳麻、頭暈、感覺異常、臉歪，都可能是中風前兆。民眾在家可採用辛辛那提中風指標來測試，包含 FAST 共 4 個步驟：

- 1.首先是 F (Face 顏面下垂)，觀察微笑露齒的臉部兩邊肌肉是否對稱，有無歪斜；
- 2.二是 A (Arm 手臂下垂)，雙臂平舉與身體呈 90 度，看有無垂落狀況；
- 3.三是 S (Speech)，即說話有無口齒不清；
- 4.發現有符合上述單項或多項情況，要趕緊 T (Telephone ) 打電話給 119 送醫；另外，T 也是「Time」，記得要記錄症狀發生的第一時間〔onset time〕。

三項中有任一項不正常反應，中風可能性為 72% ！

若有以上症狀 不要猶豫 馬上就醫！

## CPR急救口訣

(1) 叫 呼叫病人



(2) 叫



(3) C



(4) A



(5) B



(6) D

