



## The Dorset Cardiac & Stroke Network

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Stroke Network

### **'Know Your Pulse' – A Life-Saving Message Beaming into GP Waiting Rooms**

The Dorset Cardiac and Stroke Network decided to commission a Know Your Pulse campaign resource as a result of strong support from its cardiology and stroke colleagues, GPs, patients and carers. They felt that showing people how to check their pulse and recognise abnormalities was an essential part of its overall strategy in reducing the number of strokes in the county.

They developed a Life Channel clip; a short animation explaining why knowing your pulse is important and demonstrating how a person can take their own pulse in just thirty seconds.

The Life Channel clip has been used on TV screens across 86% of practices across the county where the Life Channel is available, and has been offered through the Dorset hospital networks. The clip provides Department of Health endorsed resources and statistics.

For further information contact Sara Leonard, Lead Manager, Dorset Cardiac & Stroke Network, 01202 541689 / [Sara.Leonard@bp-pct.nhs.uk](mailto:Sara.Leonard@bp-pct.nhs.uk)

The NEW Know Your Pulse film resulted from development of the Life Channel clip and is now available to view and download via [www.knowyourpulse.org](http://www.knowyourpulse.org)