



FEBRUARY IS



HEART MONTH



AC NURSING'S UPDATE



- Every four years, Accreditation Canada reviews Health Care Standards for all organizations
- AC Nursing will be in the process of having our services and standards of health care reviewed by Accreditation Canada this year
- Accreditors will be in our office to review all our company health care and safety policies and procedures
- Accreditors will identify if we have met all standards accordance to healthcare safety and leadership to ensure all our employees are working in compliance with Ontario Health and Safety ACT
- After the review and passed all criteria needed, AC Nursing will be granted a certificate for the next 4 years.

MILD STROKE

STROKE SYMPTOMS
Remember, recognize and act fast

F Face drooping
A Arm weakness
S Speech difficulties
T Time to call

Heart Attack Symptoms:

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH with or without chest discomfort

OTHER SIGNS may include breaking out in a cold sweat, nausea or light- headiness