

Baystate Health

Scholarly Commons @ Baystate Health

Nursing Research and Scholarship 2022

Presentations and Posters

2022

Improving the Delivery of Stroke Education

Karen Marcoux RN
Baystate Health

Jennifer Mayo RN
Baystate Health

Follow this and additional works at: https://scholarlycommons.libraryinfo.bhs.org/nurs_presentations



Part of the [Medicine and Health Sciences Commons](#)

Recommended Citation

Marcoux, Karen RN and Mayo, Jennifer RN, "Improving the Delivery of Stroke Education" (2022). *Nursing Research and Scholarship 2022*. 6.

https://scholarlycommons.libraryinfo.bhs.org/nurs_presentations/6

This Book is brought to you for free and open access by the Presentations and Posters at Scholarly Commons @ Baystate Health. It has been accepted for inclusion in Nursing Research and Scholarship 2022 by an authorized administrator of Scholarly Commons @ Baystate Health.

Improving the Delivery of Stroke Education

Karen Marcoux, BSN, RN, CNRN, HN-BC
Jennifer Mayo, BSN, RN, CNRN

Introduction

Stroke management in the neuroscience population is complex. The complexity of patient comorbidities coupled with the unprecedented turnover of experienced staff has resulted in nursing staffs lack of education and confidence in providing stroke education, implementing treatment and creating individualized care plans.

Objective

By introducing a concise and detailed stroke education booklet, nurses will improve knowledge of stroke type and their comfort level with providing individualized stroke education to the patient. Nurses will increase their confidence when providing patient and family education related to stroke. Nurses will be able to tailor an individualized care plan to decrease patient's risk for stroke.



Intervention

A paper and pencil knowledge gap analysis for stroke understanding and patient education was performed. Staff were engaged in the development and implementation of a stroke education booklet which was utilized with patients. A post-intervention survey was conducted to evaluate nurses' knowledge and comfort level with providing individualized stroke education to patients.



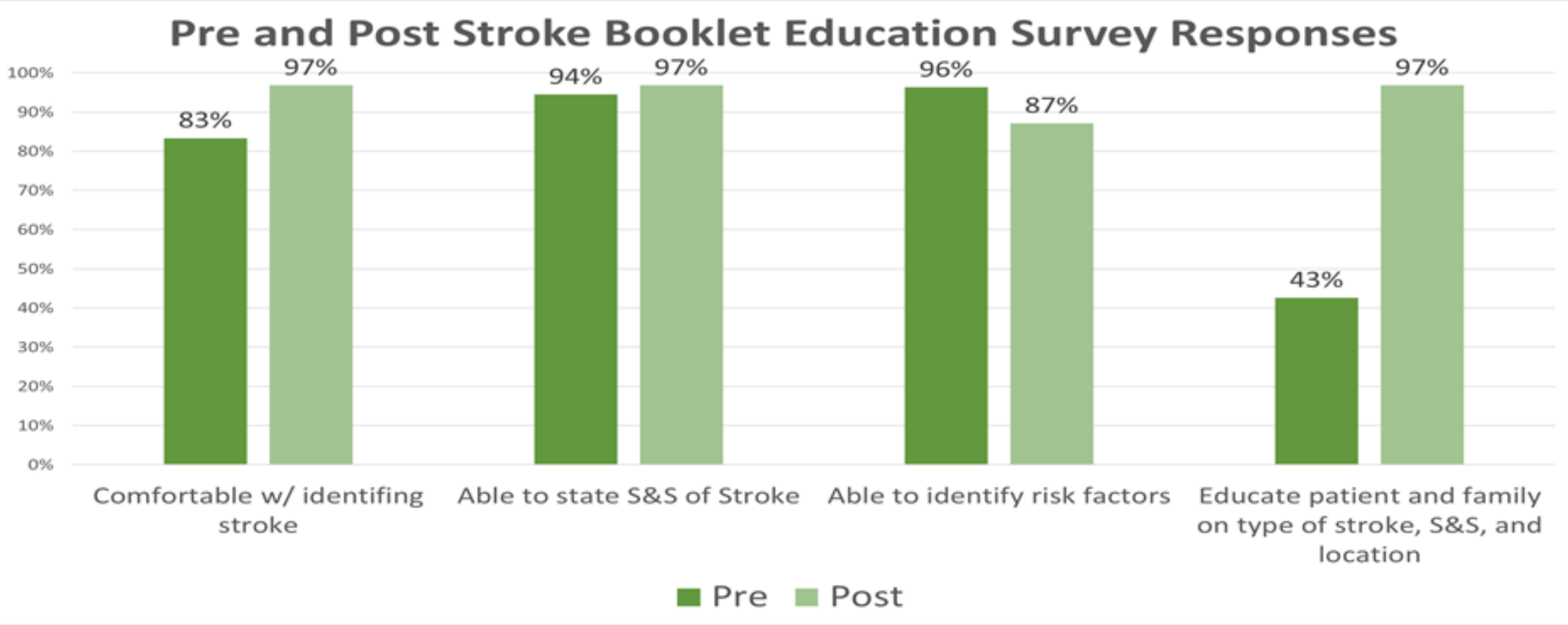
References

Day, C. B., Bierhals, C., Santos, N., Mocellin, D., Predebon, M. L., Dal Pizzol, F., & Paskulin, L. (2018). Nursing home care educational intervention for family caregivers of older adult's post stroke (SHARE): study protocol for a randomised trial. *Trials*, 19(1), 96. <https://doi.org/10.1186/s13063-018-2454-5>

Kernich, C., Lloyd, A., Henniger, D. B., Ogbogu, K., Heinz, S., Habenicht, S., Tran, D., Hicks, A., & Pundik, S. (2020). Abstract wp454: benefits of a multidisciplinary stroke wellness, exercise and education program (sweep) for chronic stroke survivors. *Stroke*, 51(Suppl_1). https://doi.org/10.1161/str.51.suppl_1.WP454

Morrison, L., McAteer, C., Donaghy, L., O'Connor, M., & Dolan, E. (2019). 248 an evaluation of patient education post-stroke. *Age and Ageing*, 48(Supplement_3), 65. <https://doi.org/10.1093/ageing/afz103.152>

Results



Conclusion

Increased confidence to educate patients and families was strongly demonstrated. The post-survey revealed staff nurses have greater confidence in identifying warning signs that require immediate patient intervention. Specific rehabilitation interventions to enhance recovery were shared. Nurses are now able to individualize the patient care plan specific to the type of stroke presentation. Nurses understand basic cardiovascular risk factors, but the post-survey revealed that there is still a learning curve for specific risk factors associated with different types of stroke. While we do not have survey data to support this, our discharge education has improved through use of a standard stroke education booklet. A limitation of this project is that we only had 31 post-survey respondents and all data is self-reported.