

# SPOT A STROKE



## Community Stroke Education and Response

Jennifer Sposito, MSN, RN; Amy Zipf, MSN, RN; Mohammed Almutairi, MSN, RN; & Fahad Alhowaymel, MSN, RN  
Faculty Advisor: Karen Breda, PhD, RN

### Background

- Stroke is a disease that affects the brain
- 5<sup>th</sup> cause of death in the U.S.
- 1<sup>st</sup> cause of adult disability
- Early recognition & treatment is associated with greater functional recovery
  - The public has low awareness of stroke symptom recognition & how to respond in the event of such symptoms

### Purpose

To examine the effectiveness of community stroke education & increased symptom recognition with willingness to activate 911 quickly

### Intervention

Population: Participants from 3 senior centers in CT  
• December 2016 - February 2017

Educational Curriculum:

- FAST (Face drooping, Arm weakness, Speech difficulty, & Time to call 911)
- PPT presentation, visuals & case scenarios
- Interactive teach-back
- Small group discussions to evaluate knowledge retention
- FAST magnets given to participants for long-term knowledge retention

### Outcomes

**62 participants** in this intervention

**Senior Center One:** 35 participants

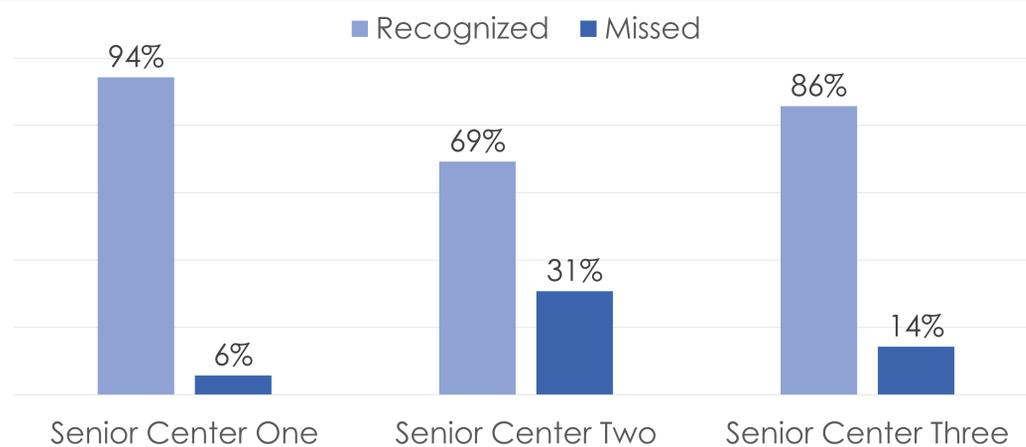
- 33 recognized FAST

**Senior Center Two:** 13 participants

- 9 recognized FAST

**Senior Center Three:** 14 participants

- 12 recognized FAST



### Discussion

- Stroke education was relevant and produced much discussion and participation
- FAST is easy to teach and engaging for participants
- The majority of participants were able to teach-back the key components of FAST and stated they were willing to dial 911 in response to these symptoms
- Sites' leaderships were grateful for the teaching and stated their openness to future presentations

### References

- American Heart Association. (2016). Spot a stroke: Stroke warning signs and symptoms
- American Heart Association. (2014). *Together to End Stroke Spring 2014 Fact Sheet* [Pamphlet]. AHA/ASA
- Smith, M. C., & Parker, M. E. (2015). *Nursing theories and nursing practice* (4<sup>th</sup> Ed.)

**UNIVERSITY OF HARTFORD**  
COLLEGE OF EDUCATION,  
NURSING AND HEALTH PROFESSIONS