

# Stroke Prevention: Enhancing Individualized Risk Factor Education

Promoting Nursing  
Engagement &  
Empowering Excellence

Jennifer Sposito, MSN, RN & Elizabeth Bjorge, MSN, RN, CNL, PCCN

## Introduction

- Stroke is the 5<sup>th</sup> cause of death & #1 leading cause of adult disability
- 80% of strokes can be prevented
- Educating patients about their individual stroke risk factors is important to aid in preventing future strokes. It is also a Joint Commission Stroke Center requirement
- 2017 data analysis identified a dip into the 80% percentile for both Stroke & TIA patient's receiving adequate education regarding their risk factors for stroke. This alerted us to the need for an educational quality initiative. Since most Stroke & TIA patients are educated and discharged from the Intermediate Stroke Unit (IU) at UConn Health, our project focused on this clinical area

## Purpose Statement

To increase Intermediate Stroke Unit RN's understanding of a patient's individual Stroke/TIA specific risk factors & in turn implement focused education; including documenting electronically.



Figure 1. Timeline for Educational Quality Improvement Initiative

## Objectives

- Nurses will be able to list various Stroke risk factors
- Nurses will complete education based on patient specific risk factors
- Nurses will effectively document stroke risk factor education in the electronic medical record

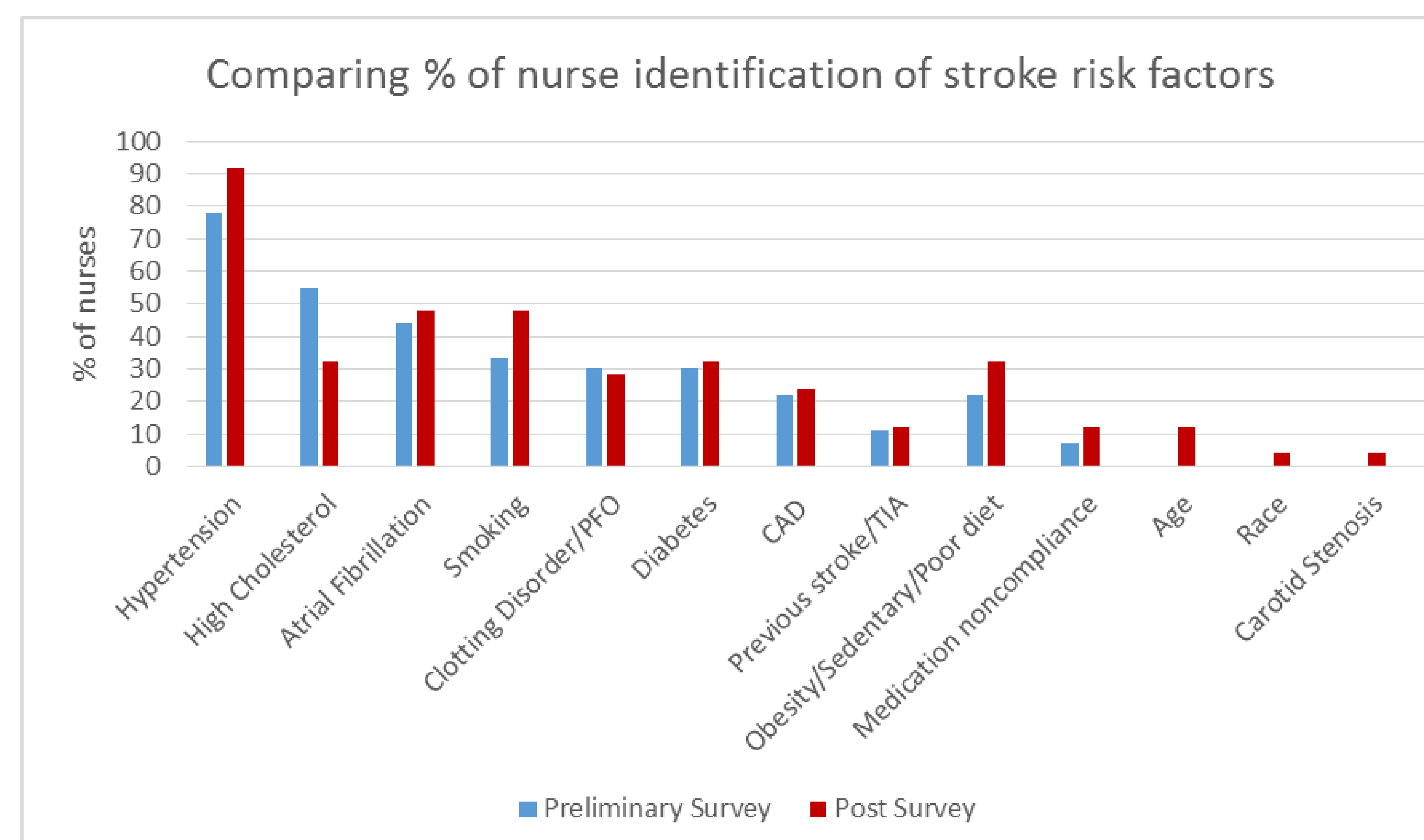


## Strategies for Improvement

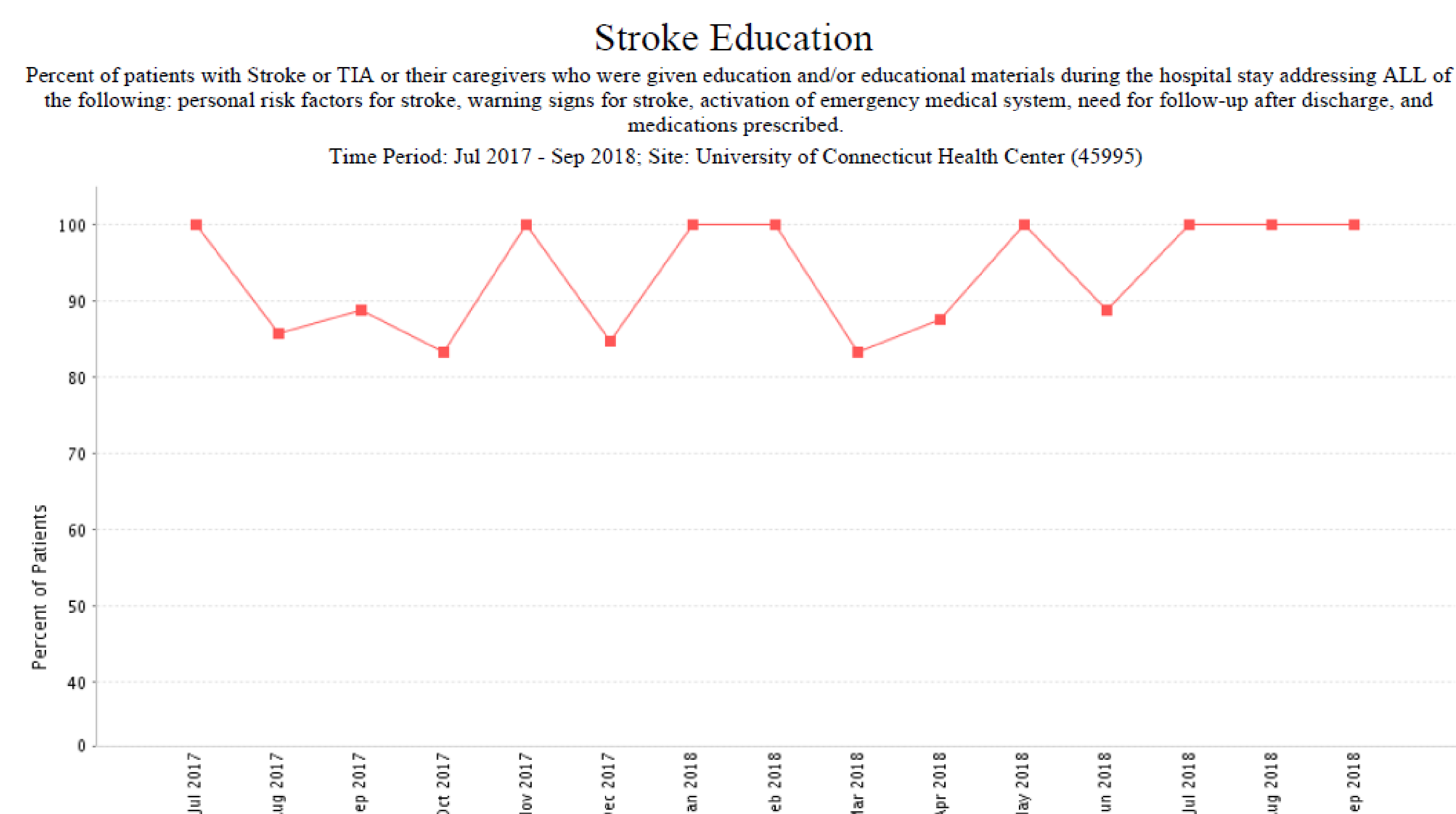
1. IU nurses pre-surveyed for knowledge of stroke risk factors, perceived frequency of stroke education & barriers to providing daily education
2. Educational curriculum included:
  - One-on-one case study reviews
  - Flyer regarding stroke risk factors & their significance
  - Appropriate electronic education documentation
3. Implementation of new online education platform "Elsevier"
4. Staff engagement reinforced in daily huddles, monthly meetings by IU management & through stroke champions
5. Post survey to assess newly acquired knowledge

## Results

- Post intervention, when comparing the top 3 listed risk factors for stroke (hypertension, smoking & obesity/poor diet) we had a 39% increased identification. In addition, nurses could list age, race, and carotid disease.

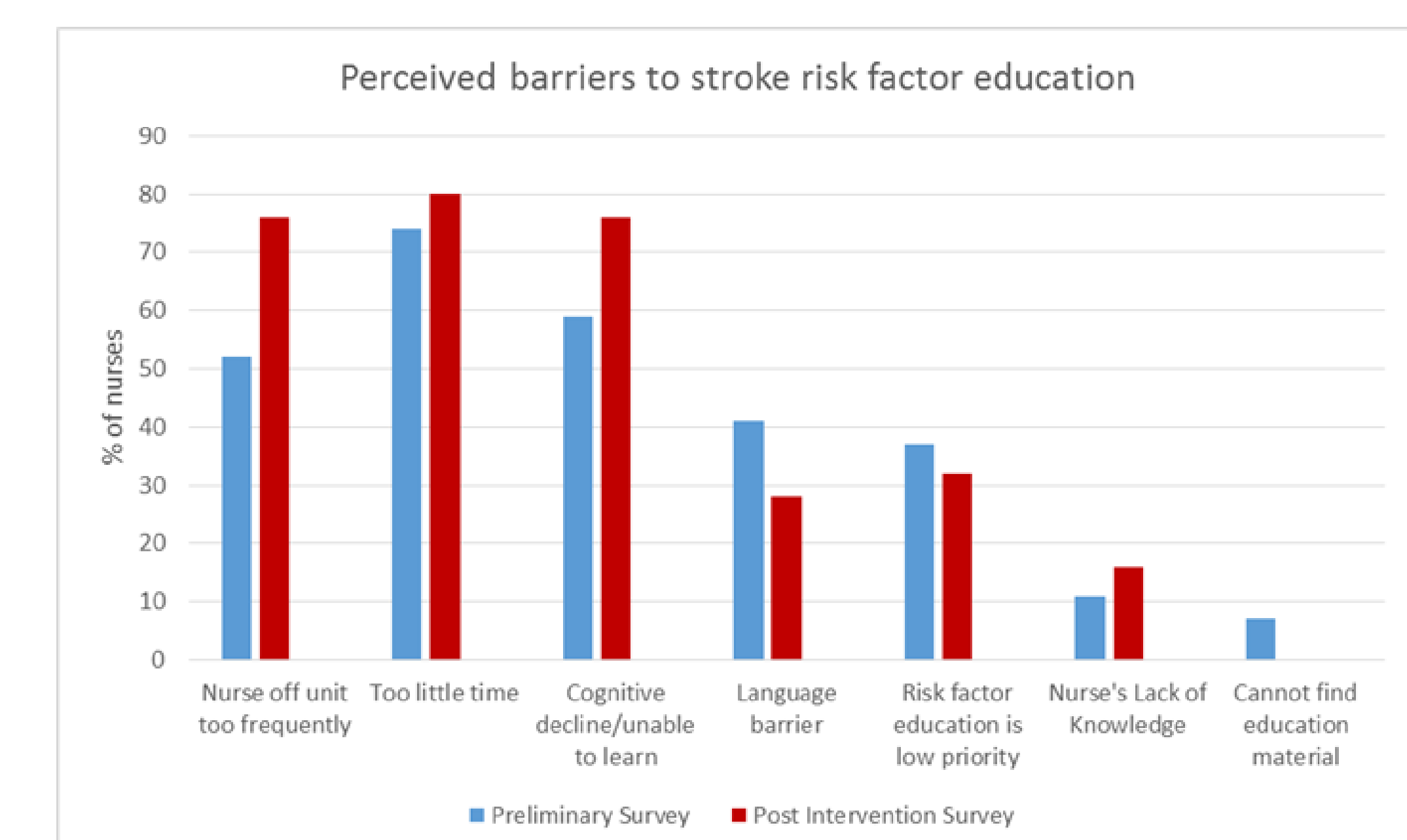
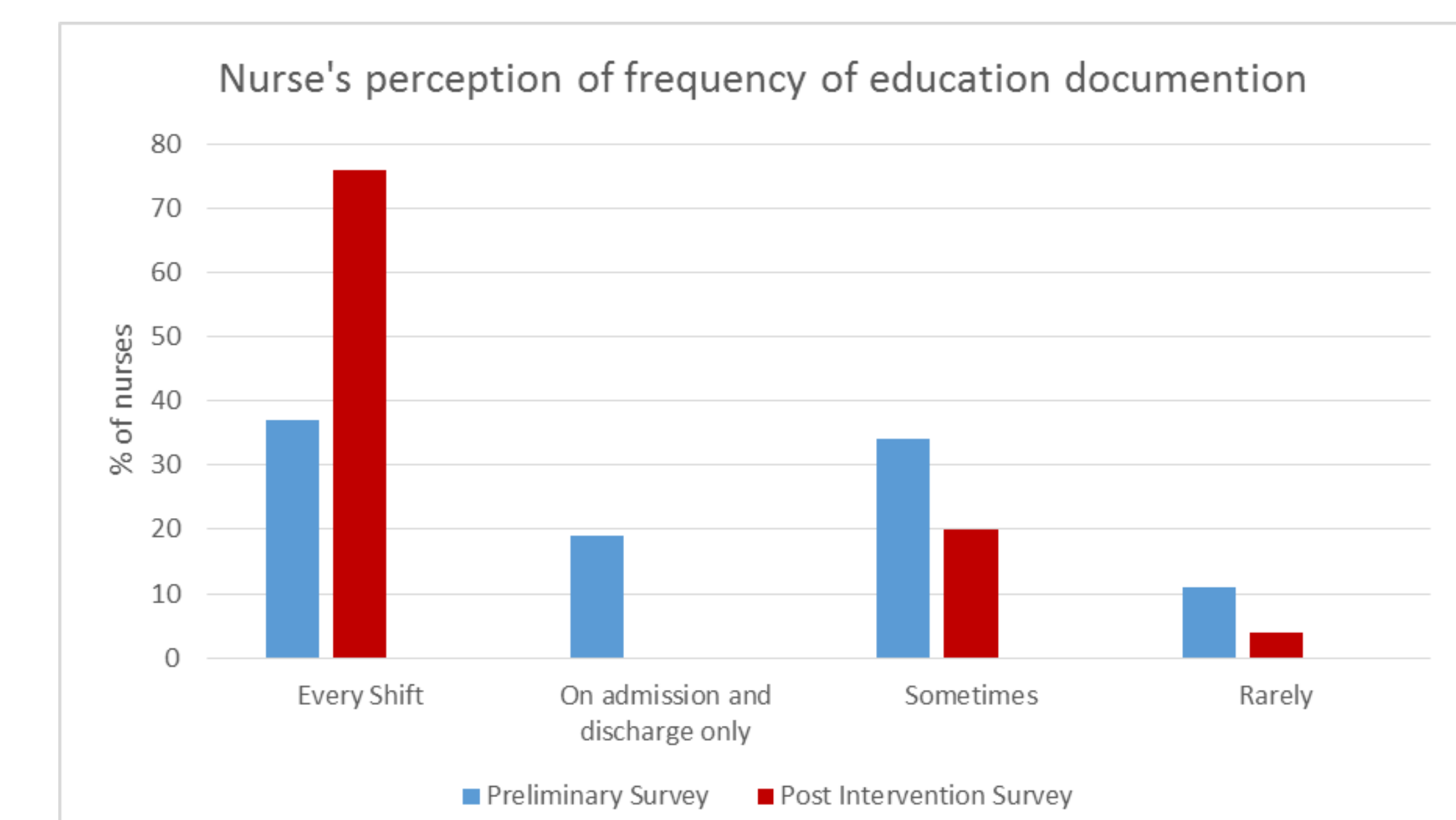


- Get with the Guidelines stroke education at discharge data



## Results

- Reported perceived frequency of education increased from 37% on the preliminary survey to 72% post implementation survey. Barrier & limitations remained constant



## Implications for Practice

Stroke unit nurses now understand the major risk factors contributing to strokes. They also recognize the significance of patient education for preventing the occurrence of future strokes. Daily nursing education encourages patients to focus on lifestyle modifications and to manage their personal risk factors for this devastating disease.

We recommend that stroke risk factor education is included at least annually for all stroke unit nursing staff.

## Acknowledgments

\*The authors would like to express appreciation to the following for clinical support of this evidence based intervention project: The Intermediate Unit Nurses, Dr. Sanjay Mittal & Joanne Boucher BSN, RN

## References (selected)

- 2017 Stroke Fact Sheet. (2017). American Heart Association/American Stroke Association: Together to End Stroke, 1-6.
- Nickles, A., Fiedler, J., Roberts, S., Lyon-Callo, S., Hurst, R., & Reeves, M. (2013). Compliance With the Stroke Education Performance Measure in the Michigan Paul Coverdell National Acute Stroke Registry. *Stroke*, 44(5), 1459-1462. doi:10.1161/strokeaha.111.000763