

# Best Practices in Educating Stroke Survivors and their Care Partners

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# Disclosures

- Grant support from Department of Veterans



# Objectives

- Describe basic tenants of effective patient education
- Provide an overview of special considerations for the stroke survivor and their care partner(s)
- Discuss the importance of patient and care partner education at different stages of post-stroke recovery



# What is education?

*“Education is not the learning of facts, but the training of the mind.”* – **Albert Einstein**

*“The only thing more expensive than education is ignorance.”* – **Benjamin Franklin**

*“Education is the most powerful weapon which you can use to change the world.”* – **Nelson Mandela**

*“When you know better, you do better.”* – **Maya Angelou**



# What is Patient Education?

“Health information and instruction to help patients learn about specific or general medical topics. Topics include the need for preventive services, the adoption of healthy lifestyles, the correct use of medications, and the care of diseases or injuries at home.”<sup>1</sup>

“Patient education is the process by which health professionals and others impart information to patients and their caregivers that will alter their health behaviors or improve their health status.”<sup>2</sup>

“Patient education is a patient’s right and a health care provider’s responsibility.”

1. Medical Dictionary © Farlex and Partners

2. Doak et al, 1996

3. Jones and Bartlett, 2019



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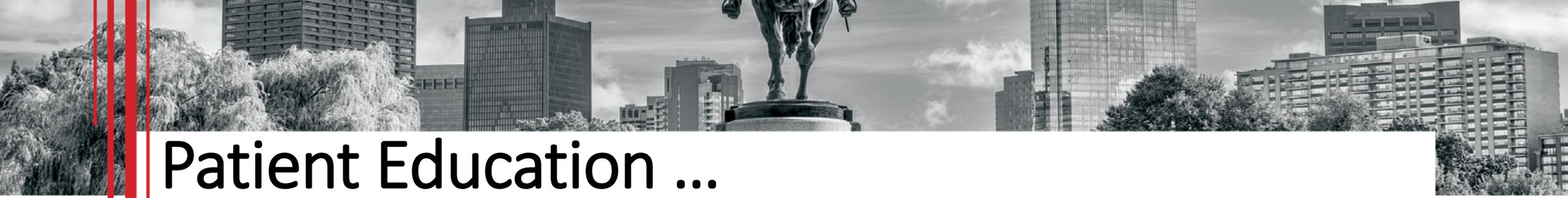
# Patient Education ...

... enables patients to assume better responsibility for their own health care, improving patient's ability to manage acute and chronic disorders.

... provides opportunities to choose healthier lifestyles and practice preventive medicine.

... promotes patient-centered care and as a result, patients' active involvement in their plan of care.

... increases adherences to medication and treatment regimens, leading to a more efficient and cost-effective health care delivery system.



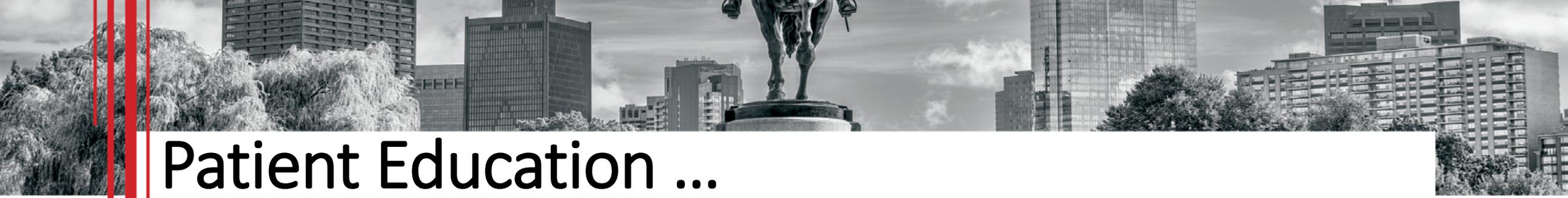
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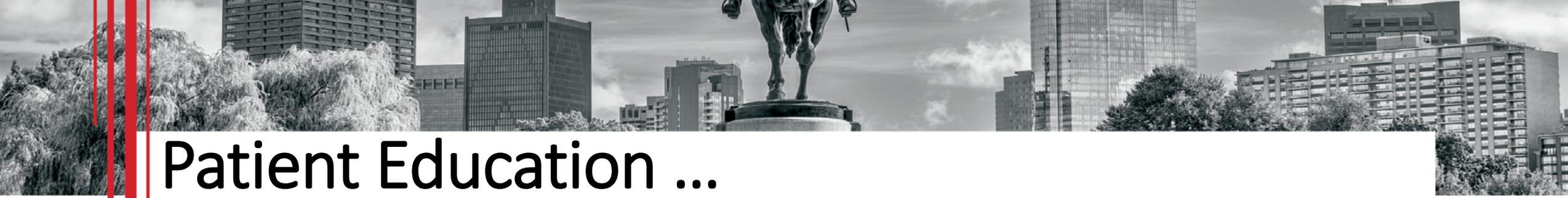
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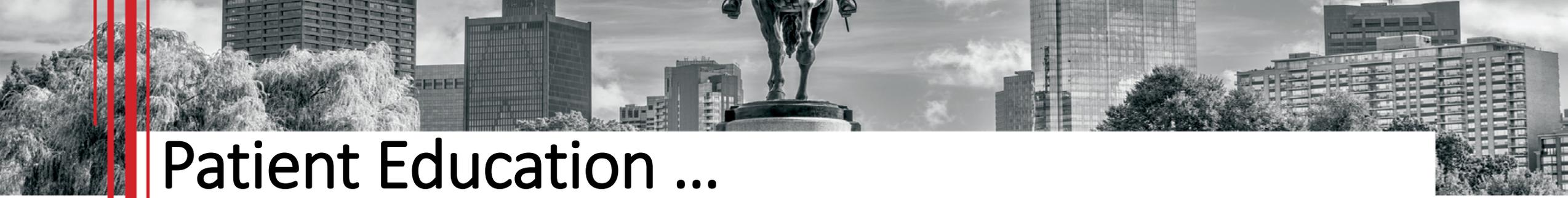
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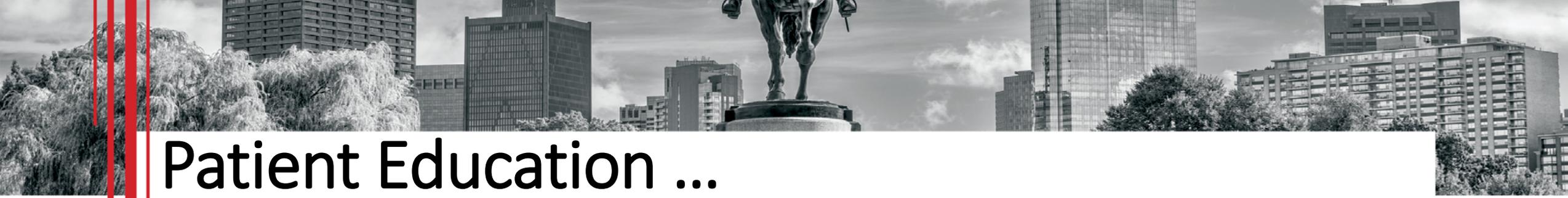


# Patient Education ...

... attracts patients to the provider and increases patients' satisfaction with their care, while at the same time decreasing the provider's risk of liability.

... ensures continuity of care and reduces the complications related to illness and incidence of disorder/disease.

... maximizes the individual's independence with home and exercise programs and activities that promote independence in activities of daily living as well as continuity of care.

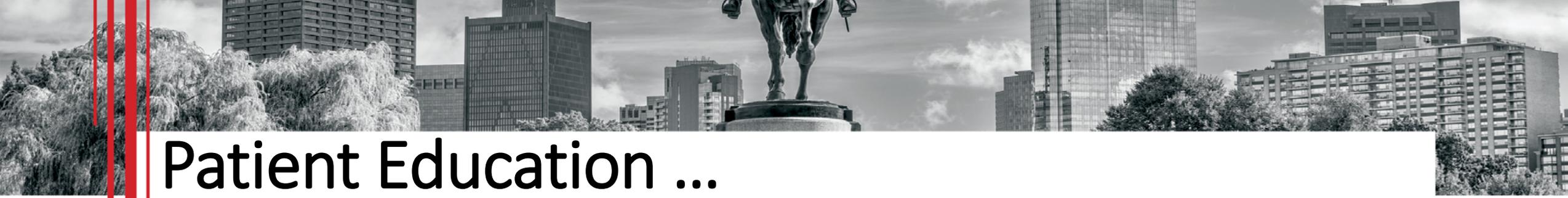


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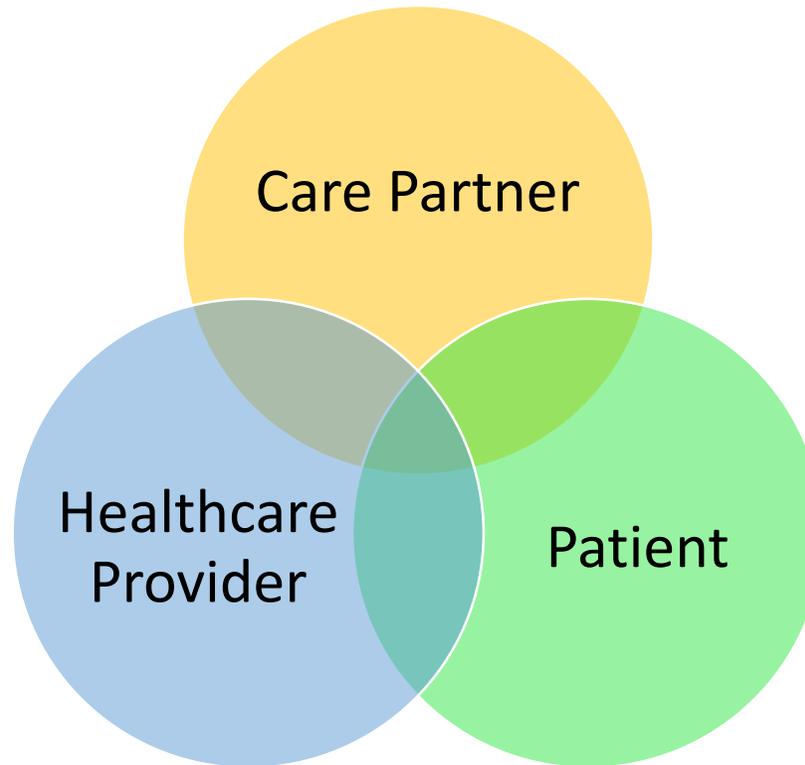
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# Considerations in Delivering Patient Education

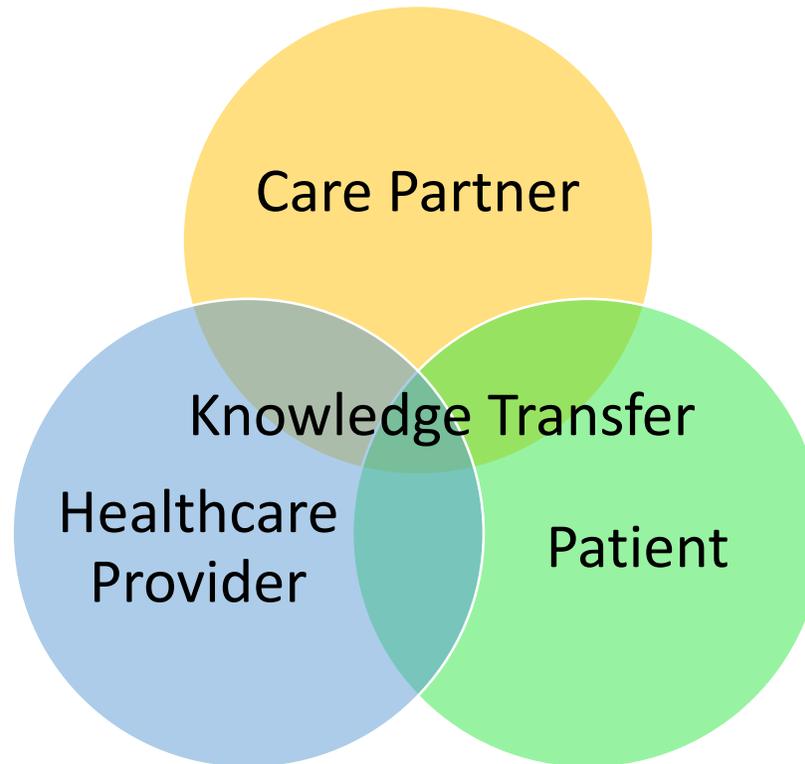


- Provider type and level of training
- Perceived responsibility of healthcare needs
- Perceived value of patient education
- Availability and quality of educational materials

- Socioeconomic status
- Educational level
- Health literacy
- Health numeracy
- Cultural considerations

- Barriers given residual deficits from stroke (e.g., aphasia, neglect)
- Barriers given conditions associated with stroke (e.g., depression)
- “Information Overload” (e.g., receiving multiple new diagnoses and medications)
- Variable discharge disposition

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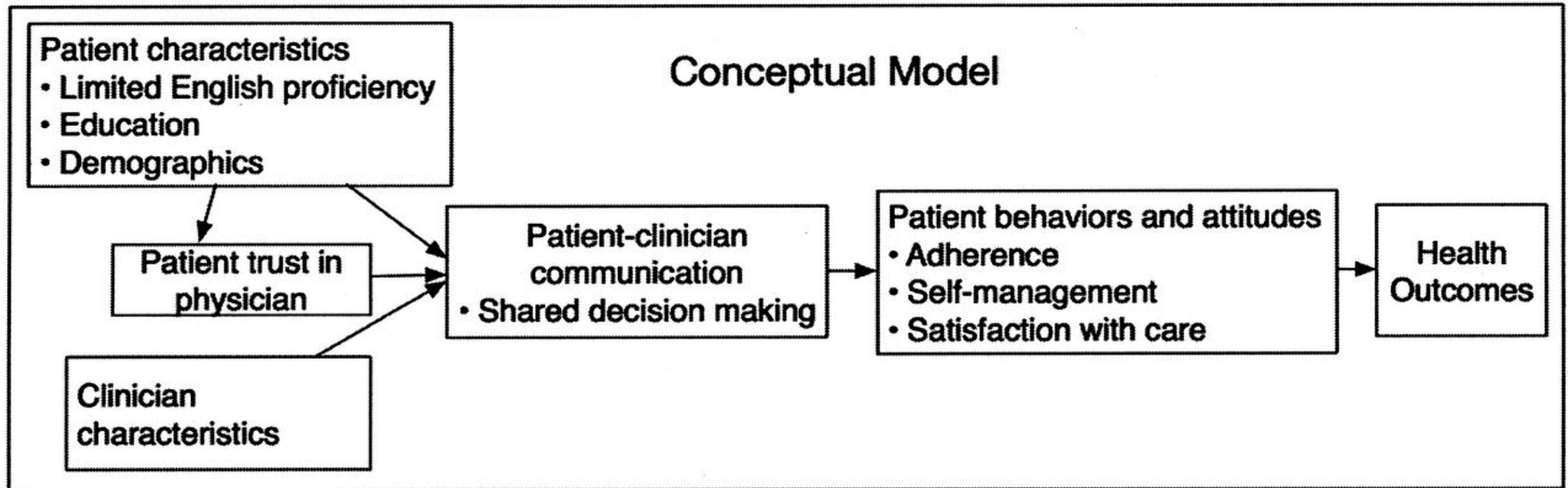


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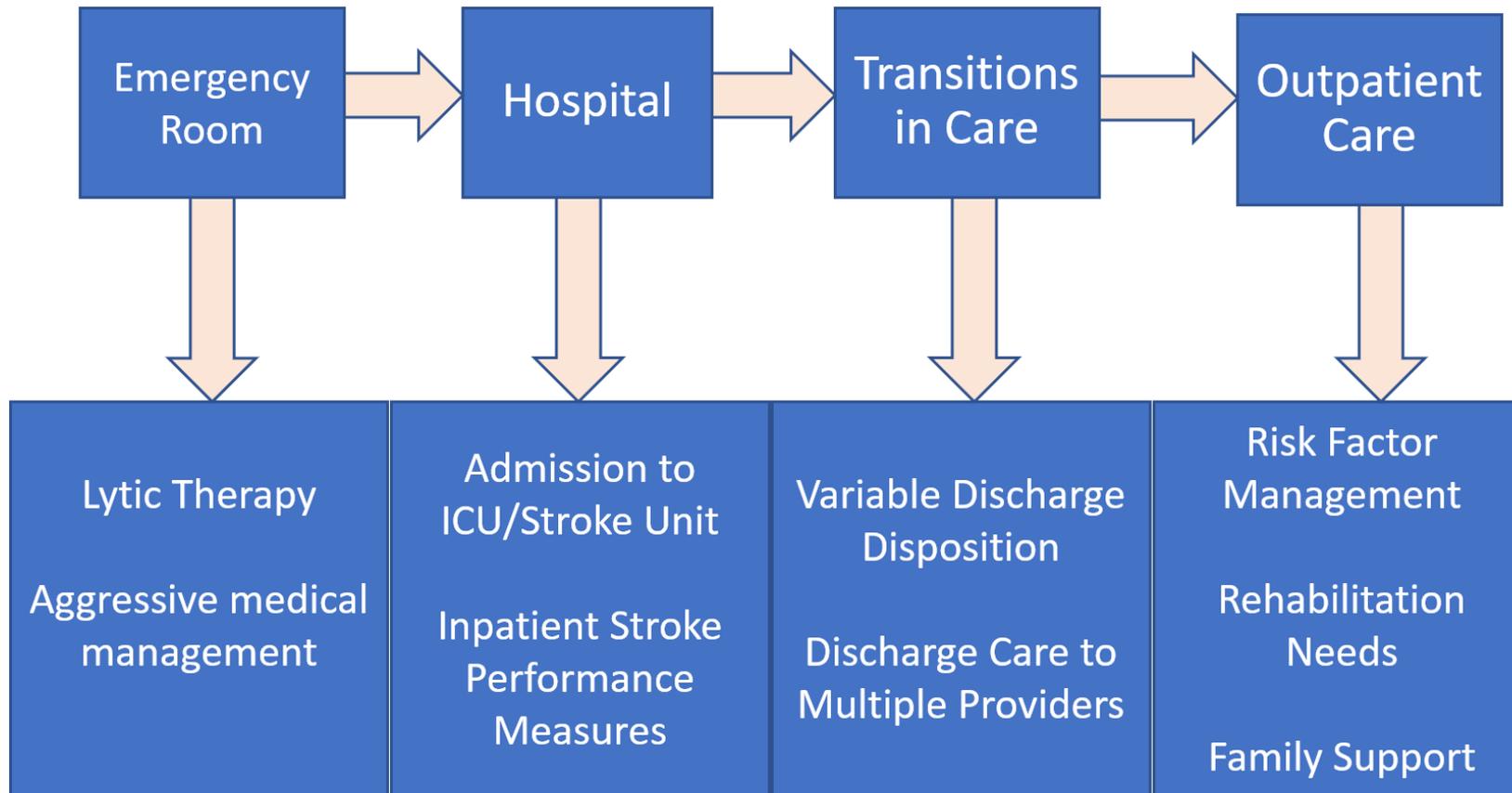
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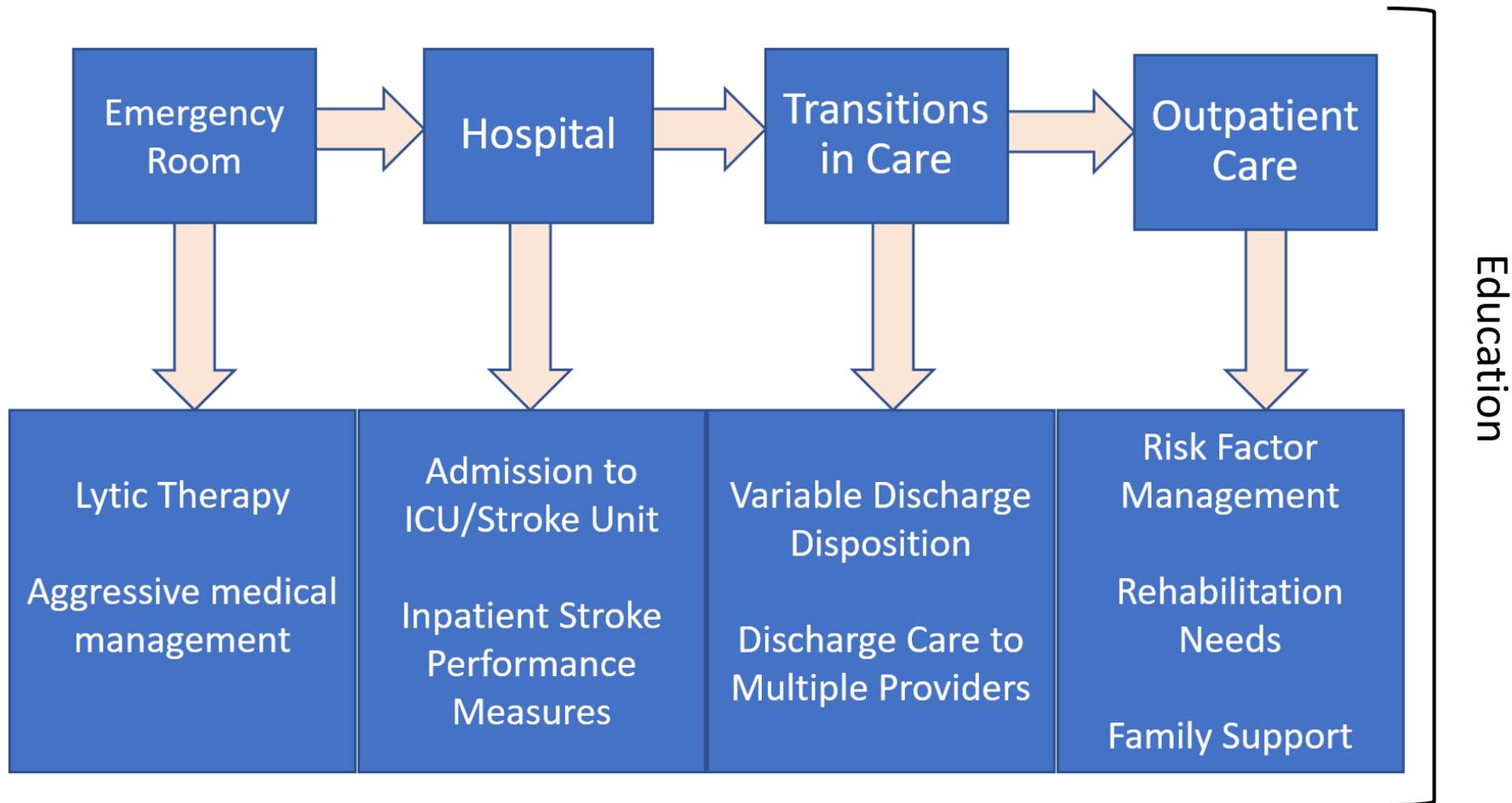
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# Spectrum of Ischemic Stroke Care



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# Considerations in Delivering Patient Education – During the Admission and Prior to Discharge

## Considerations

Patients and care partners may desire expert information and explanations regarding their diagnosis and treatment options

Patients and care partners may refuse testing and treatment unless they receive clear and detailed information

May need education after admission to the hospital and during their acute care hospitalization

Understand the process of stroke, the meaning of their symptoms, nature of their current disease conditions, treatment goals, and care trajectory.

Stroke patients/their caregivers are provided with material addressing all of the following (JC STK-8):

1. Activation of emergency medical system
2. Follow-up after discharge
3. Medications prescribed at discharge
4. Risk factors for stroke
5. Warning signs and symptoms of stroke



# Considerations in Delivering Patient Education – Post-Discharge

## Considerations

Patients may inquire on the course of their stroke and the evaluation of their symptoms and treatment effects

Patients may express concerns about intermediate (within 6-months) and longer-term (beyond 6-months) issues

Patients may desire information on the prognosis and possible life situation post-discharge, continuing treatment after discharge, follow-up schedules, and prevention of stroke recurrence

Need information regarding continued daily care, rehabilitation services

Patients may require guidance on how to cope at home and overcome difficulties in issues in their daily life, such as driving or resuming sexual activity, availability of local voluntary support group, or organization and contact details of health professionals



# Considerations in Delivering Patient Education

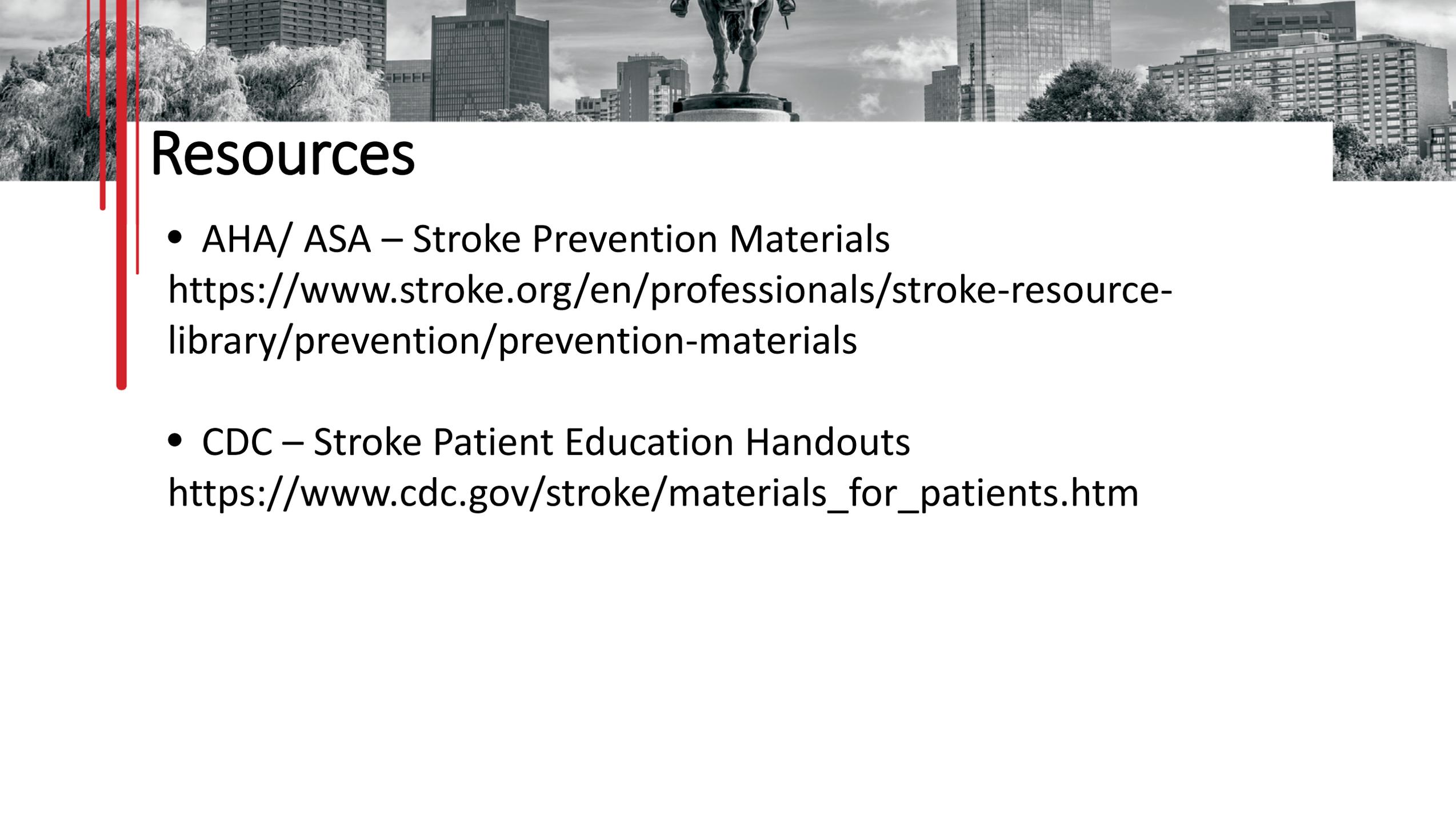
Consider the patient's limitations and strengths

Determine the patient's learning style

Stimulate the patient's interest

Include family members and care partners

Take advantage of technology



# Resources

- AHA/ ASA – Stroke Prevention Materials  
<https://www.stroke.org/en/professionals/stroke-resource-library/prevention/prevention-materials>
- CDC – Stroke Patient Education Handouts  
[https://www.cdc.gov/stroke/materials\\_for\\_patients.htm](https://www.cdc.gov/stroke/materials_for_patients.htm)

“TELL ME AND I FORGET,  
TEACH ME AND I MAY REMEMBER,  
INVOLVE ME AND I LEARN.”

~ BENJAMIN FRANKLIN



Any Questions?

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 @JSico\_MD