

# Stroke Knowledge in Seniors

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Special Thanks:

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# U.S. Stroke Incidence

- 3<sup>rd</sup> greatest cause of death in the U.S.
- Every 45 seconds, someone in the U.S. experiences a stroke
- 700,000 individuals in the U.S. experienced stroke in 2001

Statistics from: American Heart Association, 2004

# Problem

- 2001: 17% of lay persons correctly identified all stroke symptoms presented to them  
(National Center for Chronic Disease Prevention, 2003)
- 2000: median time lapse between stroke symptom onset and CT scan completion was 4 hours (Genetech Stroke Presentation Survey, 2000)
- t-PA: maximal clot breakdown in ischemic strokes when administered within 3 hours of symptom onset (National Stroke Association, 2003)

# Purpose of Project

- In a population of economically disadvantaged elders in a medically underserved community, find out what they know about
  - Stroke risk factors/signs/symptoms
  - Action to take during a brain attack
- Better understand how nursing can best help
- Experience the research process

# Design—A Descriptive Study

- Free blood pressure screening
- Voluntary, anonymous questionnaire
- Use questionnaire results to improve nursing care and patient education
- Sample
  - Everett Housing Authority Residents
  - Age 55 and above
  - Literate in English
  - Human subject protection assured by IRB reviews

# Measures, Procedures & Analysis

- Questionnaire
  - Demographics & personal knowledge of health
  - Stroke risk factors & situations
- Procedures
  - BP screening
  - Optional questionnaire
  - Private area
- Data Analysis
  - Descriptive statistics
  - Test correlation of knowledge with demographic variables

# Putting it Together

- Creating research plan
- Approval from Everett Housing Authority
- Human Subjects Proposal Approval from UW
- Putting the plan into action
- Analyzing results

# What I Have Learned Through This Project

- Background research about stroke
- How to create a valid research topic
- Putting together a proposal for Human Subjects Approval
- My Goals:
  - Proposal approval from Human Subjects
  - Carry out project procedures
  - Report results