Research Article

IMPACT OF EDUCATION PROGRAME TO IMPROVE KNOWLEDGE AMONG STROKE SURVIVORS

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ABSTRACT

Introduction: Stroke is a medical emergency that needs immediate medical attention. It is the fifth leading cause of death in United state. Nearly 800,000 peoples have stroke in each year. That equals to about one person in every 40 seconds. But, more than 2/3 of survivors will have some types of disability. Hence, the study aimed to assess and improve the knowledge of Stroke survival patients. **Methodology:** A Prospective Interventional study was conducted with 50 patients in 6 months duration at Cardiology department of KG Hospital, Coimbatore. **Result:** Among the 50 patients gender distribution was assessed, 68% were males and 16% were female and 54%(n=27) were comes under the age group of 41-60 years of age. 56% of stroke survivors had obesity. That showing that, it is one of the risk factor of stroke. Only 36% of patients were able to identify obesity as the risk factor of stroke. There was a lock of awareness about Stroke among the patients. After education programe the knowledge was improved from 8%(n=4) to 68%(n=34). **Conclusion**: The study conclude that, the lack of knowledge in the community about established stroke risk factors. Hence, there was a need of health education programe, Pharmacist Intervention to increase the knowledge to prevent the prevalance of Stroke.

KEYWORDS: Stroke, knowledge, education programe, Intervention.

INTRODUCTION

Stroke can be defined as a sudden death of brain cells due to lock of Oxygen caused by the blockage of blood flow or rapture of an artery to the brain. There will be a poor blood flow to the brain. There are two main types of stroke. Ischeamic stroke was the second most frequent cause of death due to bleeding after the caronary artery disease. Accounting for 6.3 million deaths (11% of the total) about 3.0 million deaths resulted from Ischeamic stroke. High blood opressure and aging of blood vessel are the common cause of this type of stroke. Stroke prevention is about more than preventing a stroke from accuring. Education must be Indivudulized for each patient according to the age, educational qualification, Socio economic status and disease condition. Pharmacist can educate the patient about the disease condition, Life style modification and disease management. Hence, the study aimed to assess and improve the knowledge and quality of life of the patient.

METHODOLOGY

A prospective Interventional study was conducted with 50 stroke survival patients in 6 months diuration at Cardiology department of KG Hospital Coimbator. The Data collection form was administered and was analyzed by using SPSS software.

RESULT

Totally 50 patients were included in this study. Among this patients, 68%(n=34) were males and 32%(n=16) were females. Age wise distribution results that 54% (n=27) were under the age of 41-60 years. Which was given in Figure-1.
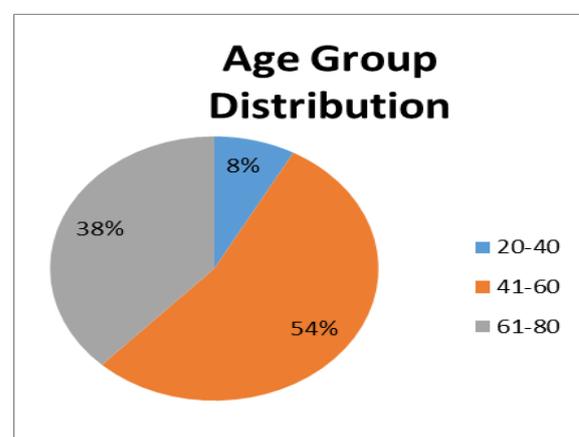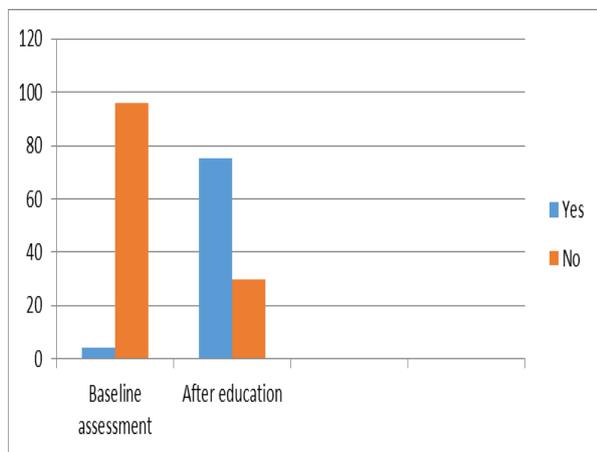

Figure 1: Distribution of patient based on age.

The Knowledge of the patients about medication was assessed and found that, 96% (N=48) were not having the knowledge on stroke. After the Education programe and Pharmacist Intervention, patient knowledge was improved from 4%(n=2) to 75%(n=35) and was given in Figure-2.

Figure 2: Assessment of knowledge of patients about medications that has to be taken once stroke appears.

The effectiveness of the education programe was assessed. The mean of the knowledge before and after the education was increased from 13.36 to 21.16. Statistically there was a significant difference in mean of the knowledge before and after education at 0.05 level of significance and was shown in Figure-3.
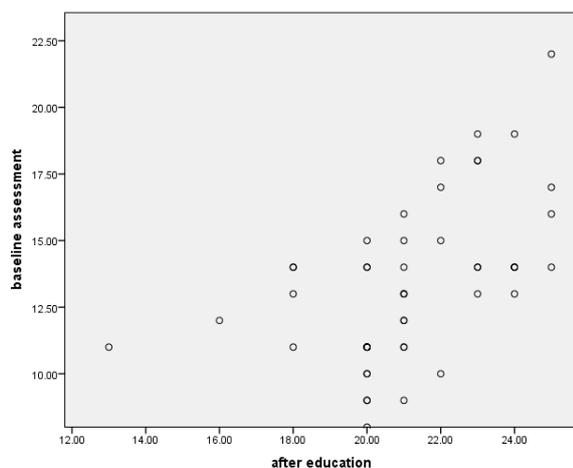
Figure 3: Comparison between mean knowledge before and after education.

CONCLUSION
The study conclude that, the effective education programme can improve the knowledge and treatement outcomes. It also improve the life expectancy of the patient due to earlier arrival in the emergency department by means of stroke recognition knowledge and awareness.

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