

# Stroke Patient Education

OREGON STROKE NETWORK CONFERENCE 2014

CHARITY BARRUETA

SANDY DANCER

KAREN ELLMERS

PAM ALMANDINGER

## Why Educate Stroke Patients?

- ▶ Stroke is a preventable disease
  - ▶ Lifestyle change
  - ▶ Medication compliance
- ▶ Non-compliance is costly for patient & society

**“If they don’t do what we want, we haven’t given them the right information.”**

- ▶ -Vice Admiral Richard Carmona
- ▶ Former Surgeon General

## The Evidence

- ▶ 1988: 2 year study looked at education for stroke patient caregivers. Recommended including family in educational / counselling interventions.
- ▶ 1999: RCT of Comprehensive Stroke Education Program for patients and caregivers.
- ▶ 2012: Telephone survey reports improved medication knowledge and satisfaction with health care provider explanations.



## The Guidelines - DNV

- ▶ The PSC Program shall ensure that it provides:
  - ▶ For the involvement of patients in making their own decisions about managing their disease or condition including changes in their lifestyle.
  - ▶ Community education programs that may be delivered through various means to address:
    - ▶ Risk factors
    - ▶ s/s for stroke or other cardiovascular diseases
    - ▶ General prevention efforts incl. smoking cessation, obesity, and DB
    - ▶ Management of HTN, lipids, AF, and Rx adherence



## The Guidelines: Joint Commission

- ▶ Ischemic or hemorrhagic stroke patients or their caregivers were given educational material addressing all of the following:
  - ▶ Activation of emergency medical system
  - ▶ Follow-up after discharge
  - ▶ Medications prescribed at discharge
  - ▶ Risk factors for stroke
  - ▶ Warning signs and symptoms of stroke
- ▶ Additional measure req. smoking cessation educ. if tobacco used within past 12 mo



## 2014 Study to improve compliance

- ▶ Documentation education
  - ▶ Feedback mechanism
  - ▶ Outlier letters
  - ▶ Nursing Education for follow-up
  - ▶ Reports at Quarterly meetings
- ▶ Results: Compliance improved from 41% to 74.6%



## Health Literacy

- ▶ Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.



## Health Literacy

- ▶ 43% of English-speaking US adults have limited literacy skills
- ▶ 14% are functionally illiterate (can read but not comprehend)
- ▶ 78% misinterpret warnings on medication labels
- ▶ Patients recall and comprehend as little as 50% of what we tell them



## Low Health Literacy associated with

- ▶ Increased all cause mortality
- ▶ Poorer overall health
- ▶ Difficulty following medication instructions
- ▶ Reduced use of preventative services
- ▶ Increased hospitalizations
- ▶ Increased healthcare costs



## Additional Barriers to Patient Comprehension

- ▶ Limited English proficiency
- ▶ Cultural barriers
- ▶ Brain injury (stroke)



## Solutions

- ▶ Health Literacy Universal Precautions
- ▶ Plain non-medical language
- ▶ Teach back technique
- ▶ Communication skills
- ▶ Encourage Questions



## Additional solutions for stroke patients

- ▶ Break education into small sessions
  - ▶ Consider stroke territory and patient comprehension / attention
- ▶ Use pictures / visual aids
- ▶ Include family whenever possible
- ▶ Make it multidisciplinary
- ▶ Frequent reinforcement



## Patient Education Resources

- ▶ National Stroke Association ([stroke.org](http://stroke.org))
- ▶ American Stroke Association
  - ▶ “Let’s talk about...”
- ▶ Industry: flyers, magnets, cards, visual aids
- ▶ [Healthinfotranslations.org](http://Healthinfotranslations.org) (other languages)
- ▶ FAST cartoon on youtube
- ▶ NINDS
- ▶ Internet – stroke center websites



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- ▶ CDC: <http://www.cdc.gov/healthliteracy/index.html>
- ▶ AMA Foundation: <http://www.ama-assn.org/ama/pub/about-ama-foundation/our-programs/public-health/health-literacy-program.page>
- ▶ HHS – National Health Literacy Plan and resources
  - ▶ <http://www.health.gov/communication/HLActionPlan/>
  - ▶ <http://www.health.gov/communication/literacy/>
  - ▶ <http://www.health.gov/communication/literacy/HealthLiteracyResourcesFactSheet.pdf>
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