

Title of Intervention: Motivational counseling to prevent stroke

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To encourage the adoption of stroke risk-reducing behaviors in an at-risk population

Population: Adults at least 55 years old and at risk for stroke

Setting: University family practice center; home-based, health care facility-based

Partners: None mentioned

Intervention Description: Participants were assigned to scripted advice or motivational counseling.

- Individual Education: The scripted advice group received 5 minutes of advice, a review of signs of stroke and actions to take if a stroke was suspected and firm advice about strategies to change, based on readiness stage. Participants were encouraged to set at least one goal.
- Supportive Relationships: The motivational counseling group received 15 minutes individualized motivational counseling based on the participant's specific stroke-risk-reduction goals and stage of readiness to change. Stroke signs and symptoms were reviewed as well as what to do if a stroke is suspected. Another 15-minute in-person interview was conducted 4-6 weeks from baseline to determine progress in achieving goal(s) and review strategies that were and were not working. These follow-up meetings were done either at the clinic or in the participants' homes.

Theory: Stages of Change

Resources Required:

- Staff/Volunteers: Health care facility staff
- Training: Not mentioned
- Technology: Not mentioned
- Space: Space for counseling and advice sessions
- Budget: Not mentioned
- Intervention: Goal sheets, scripted advice, telephone
- Evaluation: Surveys, telephone

Evaluation:

- Design: Pilot study
- Methods and Measures: Baseline data was collected from all three groups during an initial interview
 - NSA Stroke Risk Appraisal and Prevention Plan measured stroke knowledge
 - Rollnick, Heather, Gold and Hall survey instrument measured readiness to change
 - Activities of Daily Living and Instrumental Activities of Daily Living measured functional status
 - Center for Epidemiological Studies Depression Scale measured depression
 - EuroQol survey measured quality of life

Outcomes:

- Short term Impact: The motivational counseling group had a significantly higher number of newly initiated preventative stroke-risk-reduction behaviors. They also had the largest increase in knowledge of stroke symptoms and major risk factors.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Having the participants choose their own goals and concentrating on one, realistic goal at a time were found to be favorable. Sensitivity to the time required for the brief intervention was important in recruiting and retaining participants in the study.

Citation(s):

Miller, E. T. and J. Spilker (2003). "Readiness to change and brief educational interventions: successful strategies to reduce stroke risk." *J Neurosci Nurs* 35(4): 215-22.