

Title of Intervention: FAST Stroke Prevention Educational Program for Middle School Students

Website:

http://www.ok.gov/health/Disease_Prevention_Preparedness/Chronic_Disease_Service/Heart_Disease_and_Stroke_Prevention_Program/FAST.html

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To improve middle school students' knowledge of stroke and stroke-related behaviors

Population: Middle school students

Setting: Middle school classrooms in the Midwest; school-based

Partners: School districts

Intervention Description:

- **Group Education:** The intervention consists of a 50-minute classroom presentation covering content related to stroke signs and symptoms. The FAST mnemonic was introduced, explained and explored through role-play. FAST is a method for determining the need to call 911 by assessing face numbness or weakness, arm numbness or weakness and speech slurring. The students also learned about risk factors and behaviors that contribute to development of stroke. Students were given two laminated cards with the FAST mnemonic on one side and stroke risk factors on the other. They were instructed to keep one and give the other to a parent. During the presentation a stroke survivor shared her experience with the students. A discussion followed.
- **Individual Education:** Students identified one personal stroke risk factor and completed a one page risk reduction form with a specific goal and two specific actions to take towards achieving the goal. Individual goal sheets and information relating to the specific goal were mailed to students six weeks after the intervention.

Theory: Social Cognitive Theory

Resources Required:

- **Staff/Volunteers:** Educators, practitioners, school nurse, health teacher, stroke survivor
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Classrooms
- **Budget:** Not mentioned
- **Intervention:** Curriculum, one-page goal form, envelopes, laminated FAST cards, age-appropriate and gender-appropriate information from the Centers for Disease Control related to specific behavior goals
- **Evaluation:** Surveys

Evaluation:

- **Design:** Pilot
- **Methods and Measures:**
 - Survey assessed students' knowledge of stroke signs and symptoms, risk factors, attitudes toward stroke, self efficacy in identifying stroke signs and symptoms and treatment-seeking behaviors
 - Personal goal assessment

Outcomes:

- **Short term Impact:** There was significant improvement in knowledge of stroke signs and symptoms and risk factors. Students reported a more positive attitude toward stroke and higher self-efficacy. A majority of the students made positive progress or achieved their behavioral goal.
- **Long Term Impact:** Not measured

Maintenance: Not mentioned

Lessons Learned: Results show that this innovative stroke education program improved middle school students' knowledge of stroke warning signs and risk factors, positively influenced their attitudes toward stroke and self-efficacy and empowered them to change their health behaviors. The findings reaffirm the necessity for continued research and the creation of sustainable stroke prevention programs in middle schools.

Citation(s):

Miller, E. T., K. A. King, et al. (2007). "FAST Stroke Prevention Educational Program for Middle School Students: pilot study results." *J Neurosci Nurs* 39(4): 236-42.