

**Title of Intervention:** The Care File Project

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To increase knowledge and satisfaction levels after stroke

**Population:** Individuals with acute stroke

**Setting:** Large teaching hospital in Liverpool, UK; health care facility-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: Stoke Association information leaflets and a 29-page Care File booklet were distributed to the individuals with stroke. The book included telephone numbers for stroke-related services, local support agencies, general information about stroke and information tailored to the individual, such as secondary prevention measures. Follow-up in the Stroke Review Clinic was provided. The Care File book included sections in which a multi-disciplinary team could enter summaries of achievements and future rehabilitation goals. The Care File and its contents were explained and any additional concerns were addressed.

**Theory:** None mentioned

**Resources Required:**

- Staff/Volunteers: Staff to prepare educational materials, staff to explain and educate patients
- Training: Not mentioned
- Technology: Computer and printer
- Space: Classroom/consultation space
- Budget: Not mentioned
- Intervention: Care File booklet and Stoke Association information leaflets
- Evaluation: Questionnaires, access to blood pressure information on patients

**Evaluation:**

- Design: Randomized pilot
- Methods and Measures:
  - Questionnaire on level of satisfaction with program
  - Stoke knowledge questionnaire
  - Clinic records of each patient's blood pressures

**Outcomes:**

- Short Term Impact: Patients in the intervention group had a higher knowledge score than patients in the control group at three and six months after the intervention.
- Long Term Impact: Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** A simple education package, in the form of an individualized information booklet, resulted in significant improvement in stroke knowledge and recognition of risk factors for stroke.

**Citation(s):**

Lowe, D. B., A. K. Sharma, et al. (2007). "The CareFile Project: a feasibility study to examine the effects of an individualized information booklet on patients after stroke." *Age Ageing* 36(1): 83-9.