

Title of Intervention: Community-based secondary stroke prevention program

Intervention Strategies: Group Education

Purpose of the Intervention: To reduce stroke through education and behavior change

Population: Chinese adults who have previously been medically diagnosed with a minor stroke

Setting: Hong Kong, community-based

Partners: Not mentioned

Intervention Description:

- Group Education: Eight 2-hour educational sessions were held once a week. The sessions included teaching, games, experience sharing and experience learning methods to promote group interaction and individual reflection. Session topics included goal setting and forming personal action plans, information about stroke risk factors and symptoms, self health monitoring skills, understanding your medication, healthy eating and establishing a regular exercise habit.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Community nurses
- Training: Not mentioned
- Technology: Computer
- Space: Group meeting space
- Budget: Not mentioned
- Intervention: Informed consent forms, education session materials, personal log sheets for goal tracking, pedometer
- Evaluation: Questionnaire

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Questionnaire to assess participants' stroke knowledge, self-health-monitoring practice and health behaviors (medication compliance, cigarette and alcohol consumption, exercise pattern, dietary intake)

Outcomes:

- Short Term Impact: Statistically significant improvements were found among participants in the intervention group in knowledge about stroke warning signs, emergency seeking response in case of a suspected stroke, medication compliance, daily self blood pressure monitoring and record keeping and reduced consumption of foods with a high salt content and high saturated fat content.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Lifestyle change is a culturally specific topic. Guidelines recommended by Western countries should be adopted with attention to individual preferences and availability of local markets.

Citation(s):

Sit, J. W., V. Y. Yip, et al. (2007). "A quasi-experimental study on a community-based stroke prevention programme for clients with minor stroke." J Clin Nurs 16(2): 272-81.