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Knowledge on stroke in general population of Warangal, India

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Background: Stroke is a leading cause of death and functional impairment. Speed access to medical services is crucial in management of stroke, as delays results in poor outcome. Prevalence of stroke in India is on the rise, but awareness in public is very less.

Aim: The main objective of study is to estimate the knowledge about stroke and bring awareness in public of Warangal.

Methodology: This was a cross-sectional study. The study team approached the in-charge of the colleges and public. The study protocol and data collection form was submitted for a review and a written/oral consent was obtained from the in-charge. Enrolment of general population was done based on inclusion criteria. Public are explained about the study and who are willing to participate in the study were given with the data collection form. Assessment of stroke awareness in the public was done by using Stroke Awareness Questionnaire. All the collected data were subjected to suitable statistical test, P value less than 0.05 were considered significant.

Results: A total of 1936 people participated in our study. 1215 (62.7%) identified that brain is the organ involved in stroke. Sudden weakness on one side of the body was the most commonly identified symptom of stroke by 1552 (80.1%) participants. 1164 (60.12%) were identified stress as the risk factor of stroke.

Conclusion: Community awareness of risk factors and warning signs is sub-optimal in public of Warangal. Although stroke is a serious disease, prompt efforts from the caretakers and medical team can reduce the mortality and suffering. Community based education programs are necessary to increase public awareness on stroke contributes decreasing stroke risk.

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