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## EFFECT OF A COMPREHENSIVE HEALTH EDUCATION PROGRAM ON PRE-HOSPITAL DELAY IN HIGH-RISK STROKE POPULATION AND CAREGIVERS

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Many factors influence pre-hospital delays in the event of a stroke. This study aimed to develop and evaluate a comprehensive educational program for decreasing pre-hospital delays in high-risk stroke population. We enrolled 220 high-risk stroke population and caregivers from six urban communities in Harbin from May 2013 to May 2015 and randomly divided them into intervention and control groups. We implemented a comprehensive educational program (intervention group), comprising public lectures, instructional brochures, case videos, simulations, and role-playing from May 2013 to May 2015. We delivered conventional oral education in the control group. We compared stroke pre-hospital delay, behavioral intention (SPDBI), pre-hospital stroke symptom coping test (PSSCT), and stroke pre-symptoms alert test (SPSAT) results between the groups before and 6, 12, and 18 months after health intervention. There were significant differences between before and after the intervention ( $P < 0.01$ ). SPDBI, PSSCT, and SPSAT scores were significantly different between the groups ( $P < 0.01$ ). The interaction between time and intervention method was significant ( $P < 0.01$ ). According to multivariate repeated-measures analysis of variance, SPDBI, PSSCT, and SPSAT scores were significantly different at each time after intervention ( $P < 0.05$ ). The comprehensive educational program was significantly effective in decreasing SPDBI, improving knowledge, enhancing stroke pre-symptoms alert, and reducing the possibility of pre-hospital delays.

### Biography

Li Yang has been graduated from Harbin Medical University. She is a teacher of nursing with the specialties including internal medicine, nursing, social and community nursing and master's degree in nursing from the Harbin Medical University in China. Later on she obtained her Medical degree in social medicine from Harbin Medical University with subjects "chronic disease management" and then started working in the school of nursing where she has continued his research. Presently she is working at the harbin city in china.

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