

17th European Heart Disease and Heart Failure Congress &

2nd International Conference on

Cardiovascular Medicine and Cardiac Surgery

March 15-17, 2017 London, UK

Awareness of stroke is deficient among Lithuanian urban adults

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Diseases of circulatory system are the principle cause of death within European countries. As Lithuania takes top positions of this unfavorable statistics for several years, we purposed to investigate public awareness of stroke warning signs and response to stroke onset. Adults aged 25-65 years were surveyed at “Vilniaus Centro Poliklinika” primary health care center during their regular doctor appointments in 2015. Knowledge about stroke symptoms, action to take and time gap for effective treatment after stroke onset was determined via close-ended questions, offering multiple right and wrong answers. Additional demographic and personal medical history was collected. Data from (n=408) respondents were studied. The main age was 44.09±11.9 and (53.2%) were women. Respondents recognized on average 4.29 stroke symptoms of 6 possible (SD±1.12). Frequent adult knew 4 or 5 signs, but only (14%) recognized all correct stroke signs. The most prevalent stroke symptom was “confusion, trouble speaking” (76.72%) accompanied by “sudden acute head pain” (76.47%). Barely (5.63%) participants listed the correct “three-hour time period for effective stroke treatment” and all six stroke signs. Almost all respondent would “call ambulance” at particular condition. Knowledge of stroke symptoms was significantly higher among men than women (p=0.006). No difference found by age, education, self-reported risk factors and smoking history. Adequate response to stroke onset is principal component in time sensitive outcomes but it is not efficient among Lithuanian urban adults. There is a great necessity for stroke managing programs such as mass media or role of primary care providers to be strengthened.

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