

## Effectiveness of comprehensive stroke education Programme (CSEP) on knowledge and quality of life among patients with stroke and burden among caregivers

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The objectives of the study were to determine the effectiveness of Comprehensive Stroke Education Program (CSEP) on knowledge and quality of life among patients with stroke and to evaluate the effectiveness of CSEP on knowledge and burden among caregivers of patients with stroke. Randomized controlled trial research method was adopted. Patients who were diagnosed to have ischemic or hemorrhagic stroke based on CT-scan findings with mRS (modified Rankin Scale) grade 1-4 score, which indicates mild to moderate disability after stroke were considered as stroke victims and their caregivers who fulfill eligibility criteria were chosen. Sample size was 170 dyads in that 85 dyads in the study group and 85 dyads in the control group were recruited by lottery method. Pretest assessment was taken on demographic variables, clinical variables, knowledge on stroke, ADL and generic QoL for the patient and knowledge was assessed for the caregiver of both the groups. Following pretest, CSEP was implemented to the study group dyads apart from the routine care by laptop-assisted teaching by lecture cum demonstration method on one to one basis. Booklet on Life after stroke was issued to study group dyads on the day of discharge, which contained information on CSEP. The posttest assessments were taken on 30th day, 90th day and 180th day at neurology OPD for both the groups. Comparison of mean scores of knowledge on stroke between the study and control group showed the level of knowledge found to be high among study group patient at  $p < 0.001$ . The mean scores of ADL in the study group and in the control group during posttest-I, II and III was statistically significant at  $p < 0.05$  level. The mean scores of PCS during posttest-I, II and III showed statistically significant at  $p < 0.05$ . MCS mean score during posttest-I, II & III was statistically significant at  $p < 0.05$ . Overall mean scores of SSQOL in the study group were found to be higher than that in the control group during posttest-I, II and III at  $p < 0.01$  between groups. The level of knowledge on stroke between the study and control group caregivers during posttest-I, II and III was statistically significant at  $p < 0.01$  level. The burden mean scores were higher in the control group caregiver than the study group caregiver during the posttests and were statistically significant at  $p < 0.01$  level during posttest-I and II and  $p < 0.05$  level during posttest-III. Based on the findings it is concluded that the combination of interventions like structured teaching, information booklet on Life after stroke and telephonic reminder and reinforcement are capable of increasing knowledge on stroke and thereby improving ADL and quality of life of patients with stroke and minimizing the caregiver burden. The Individual and Family Self-Management theory by Polly Ryan and Kathleen Sawin was chosen to incorporate the ideas of this study. Recovery after stroke is physically and mentally exhausting since stroke affects each person differently. Patients must be persistent enough to achieve favorable recovery following stroke.

### Biography

Bamini Devi has completed her PhD from Sri Ramachandra Faculty of Nursing, Sri Ramachandra University, Chennai, India. She has 14 years of experience in the field of teaching/research related to nursing. She is the Nursing Director for Venkateshwara Hospital and has published more than 14 papers in reputed journals.

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