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Public stroke awareness program in World Stroke Day
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<u>Introduction</u>
According to annual reports of the Hospital Authority, there were over 25000 patients were hospitalized and around 3000 people died due to stroke every year (2008-2010). These numbers are reflecting the disruption of the productive lives, costing the community resource and adding pressure to the health care system. The impact of stroke to patient and one's family is often sudden and substantial. In fact stroke is preventable. To resonate the World Stroke Day, the Nursing Specialty Advisory Group -Neurology (SAG-N), jointly with Hong Kong Stroke Society have launched a program to arouse the public awareness on the stroke in October 2012.

<u>Objectives</u>
The prime goal of this public education program is to promote awareness on the impact and prevention of stroke.

<u>Methodology</u>
Members of SAG-N, from seven different clusters, invited their corresponding hospitals to join the program. Each member formed a group of several nurses and helpers to assist the program. The SAG-N solicited support resource and logistic support. The program consisted two main parts. The first part was a poster exhibition in each hospital. The exhibition lasted for 2 weeks. The exhibiting content was composed of stroke epidemiology, anatomy and features of stroke, methods to prevent stroke, early detection, risk factors and complications. The second part was a 10-year stroke risk calculation for the public on a selected day within the program period. Every participant was required to have on-site checking blood pressure, blood glucose and cholesterol. Together with other personal lifestyle and risk factors, an individual risk score were calculated. Individual result was analyzed by nurses and a package of advice was offered to the participant.

<u>Result</u>
There were general positive feedbacks received for the exhibition and risk assessment program. For the stroke risk assessment, there were total 331 participants recorded. The cohort contained 85% female (n=281). The mean age was

50.1 year and 54% (n=180) were age over 50. Smoker was 5% (n=17). For the on-site tests, near one fourth (n=82, 24.8%) had high blood pressure (>140/90mmHg). More than half (n=150, 54%) had high total cholesterol (>5.2 mmol/L). 3.6% (n=11) had high spot glucose (>11mmol/L). These resulted 5.1% (n= 17) had greater than 10% stroke risk. For those with risk factors for stroke, they were advised to follow the recommendations from the displayed information and sought appropriate advice from health care professionals. Conclusion The program had demonstrated a joint effort from members of different clusters and valued the professionalism in specialty arena. It is envisioned that a healthy community can be achieved with the awareness and primary prevention of stroke promulgated.