



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Promotion of Stroke Awareness through World Stroke Day events – 2012 & 2013 in Pamela Youde Nethersole Eastern Hospital**

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**Introduction**

In Hong Kong, although stroke has dropped to the 4th leading cause of death, it is still a major cause of disability and loss of quality-life years. Studies have shown that basic stroke knowledge in the general public is quite deficient, which raised our concern for the need of primary stroke prevention.

**Objectives**

To promote stroke knowledge, awareness and prevention to the public by hospital staff

**Methodology**

During the month (October) of World Stroke Day in both 2012 and 2013, PYNEH has held hospital-staff-targeted Stroke Health Talks and Stroke Risk Assessments, with blood pressure (BP) measurement and haemostix checking of blood cholesterol and glucose in 2012; and Body Mass Index (BMI) calculation and Ultrasound Doppler screening of the intima-media thickness (IMT) of Common Carotid Artery (CCA) in 2013. A two-week Stroke Posters Exhibition was put up for the public in both years, and stroke related booklets and “Octopus” card holders were distributed via a Stroke Promotion Booth in 2013. Questionnaires were used to check common stroke knowledge of the public.

**Result**

The attendance of the Stroke Health Talks was 197 and 219 in 2012 and 2013 respectively. The results of Stroke Risk Assessment were alarming. In 2012, only 26 out of 130 participants (20%) aged between 29 and 59 were deemed “healthy” with BP <140/90, blood glucose <7.0 mmol/l and blood cholesterol <5.2 mmol/l. In 2013, only 56 out of 100 participants (56%) aged between 24 and 61 had normal BMI

(<23). 46 (46%) had normal range IMT (<550 m) in either the right or left CCA. A total of 264 completed questionnaires were received. 86.0% understood the definition of stroke, and 81.8% was aware of early warning signs of stroke. However, only 54.2% answered correctly the simple classification of stroke, and a mere 39.8% has heard of the Chinese version of stroke symptoms “FAST” - “談笑用兵”, as issued by the Hong Kong Stroke Society in October, 2010. Our results imply the need for continual educational efforts in stroke knowledge promotion.