



## Service Priorities and Programmes Electronic Presentations

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### **Evidence based stroke nursing practice: a reinforcement program for general medical nurses**

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#### **Introduction**

Stroke is the leading cause of disability worldwide. Treatment and care under Acute Stroke Unit (ASU) are proven to be effective in terms of lower mortality, fewer complications and shorten length of stay. The outcomes of ASU are contributed by specialist care and multidisciplinary approach. One of the essential elements is the application of updated guidelines and evidence based practice (EBP). However, only 60-80 % stroke patients received care in ASU. The stroke team had identified a training program for nurses to narrow the gap of stroke management in general medical setting.

#### **Objectives**

- 1) To enhance the knowledge of stroke management for nurses in general medical setting
- 2) To review and reinforce the knowledge of EBP two months after the training

#### **Methodology**

A developmental panel comprised of neurologists and seniors nurses in stroke management was formed. The panel identified the content, teaching strategy and questions to enhance the effect of learning. The overall content was composed of international and local guidelines in managing stroke such as common stroke symptoms and course, target blood pressure control, key medications, swallowing, positioning and patient/family education. To maximize the effect of learning, a pre-test, immediate post-test and 2 month post-test method was adopted. The test was composed of 10 questions that were key nursing observations and care that agreed by the panel. All tests were anonymous. A pocket cue card was also delivered to reinforce good practice after the second post-test.

#### **Result**

The seminar "Stroke nursing in daily practice" was conducted in December 2013. Total 36 nurses (medical: 86%, non-medical: 14%) participated in the seminar and finished the pre-test and immediate post-test. 83% nurses have experience less than 5 years and 17 % nurses have experience of 5 years or above. The return rate of pre-test and immediate post-test is 100%, and the return rate of 2 months post-test is

69% (n=25). The mean score of 3 tests are 5.81, SD 1.55; 9.19, SD 1.01 and 7.32, SD 0.75. There is a significant difference (ANOVA test,  $F=73.42$ ,  $p=0.00$ ) among three tests. Compared with pre-test, both immediate and 2 month post tests have a significant increase (Least Significant Difference test,  $p=0.00$ ). The most controversial question is the insertion of nasogastric tube if patient failed swallowing test on the day of admission. The results demonstrate that there is a need to promote evidence-based stroke practice including regular refresher courses.