



Service Priorities and Programmes Electronic Presentations

Convention ID: 325

Submitting author: Ms Julie KWONG

Post title: Advanced Practice Nurse, Caritas Medical Centre, KWC

Safeguard your household by “One Nurse in One Family!” Free Domestic Helper Stroke Educational Talk

Kwong CLJ(1), Lo WYW(1)

(1)Acute Stroke Unit, Department of Medicine and Geriatrics, Caritas Medical Centre

Keywords:

Stroke

Domestic Helper

First Aid

Introduction

Stroke is the third common cause of death in H.K. (HKSAR, 2014), causing significant physical and cognitive impairments, and is the prevalent cause of adult mortality and disability. An innovative project which extending service from in- hospital to the community for advocating a new concept of Safeguard the household by “One Nurse in One Family!” with the contents of domestic helper stroke and first aid educational talk was proactively carried out by Caritas Medical Centre.

Objectives

1) To heighten domestic helper awareness in identifying stroke and related signs and symptoms 2) To improve knowledge in prevention and proper management of stroke 3) To increase self- help capacity in handling emergency situation through introducing basic first aid management and safety education 4) To strengthen the caring relationship with employer

Methodology

The educational talks were carrying out to the domestic helpers in different Catholic Churches in progress. Contents included causes, signs and symptoms, health assessment, management, prevention of stroke, healthy lifestyle, and basic first aid and safety together with resource information provision. A “Pre-test” vs. “Post-test” design was employed in defining effectiveness. Demographic data and satisfactory survey were collected. An attendance certificate was provided to participants after completion for recognition.

Result

Results: Up to 31 January 2016, 3 sessions were completed on 18 October 2015, 3 January and 31 January 2016 with total 185 female helpers (39.5% aged 41- 50) attended. 70 (37.8%) and 40 (21.6%) had to take care adults and elderlies. A significant increase in the knowledge level was demonstrated by comparing the pre- and post-test in the results of all 4 questions including causes, risk factors, signs and symptoms, and preventive measures. The highest mark question of post- test was 95.5%. Satisfaction Survey was used to evaluate the talk and collect feedback.

There were 135 (87.1%) strongly agreed that the talk has achieved objectives; 138 (89%) strongly agreed that contents were practical for use in the workplace; and 148 (80.4%) strongly agreed that satisfied the talk as a whole. Conclusions: The Domestic Helper Stroke Educational Talk was effectively to heighten domestic helper's awareness in identifying signs and symptoms, improve knowledge in prevention and proper management of stroke, increase self- help capacity in handling emergency situation which directly benefit to helper's household family members.