

Video Education Among Transient Ischemic Attack (TIA) Patients

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Purpose and PICO Question

The purpose of this project is to enhance the awareness of stroke symptoms and the importance of activating emergency medical services via video education. Do TIA inpatients have a better awareness of warning signs and symptoms of stroke and activating emergency services with enhanced educational strategies versus standard nursing education?

Background and Evidence Review

In 2008, at John Muir Walnut Creek, 200 patients were admitted with stroke and 127 with a TIA. Out of those that could have benefited, only 10% received TPA. Many patients and family members admitted ignoring warning signs of stroke. The literary review has shown that video education amongst congestive heart failure, chemotherapy and stroke patients, demonstrates a higher knowledge of the disease than standard education.

Methods

Patients that were deemed eligible were given a pre survey to determine baseline knowledge. Half of the patients were then given standard education while the other half were given both standard and video education. At discharge, both groups of patients were given the survey again to see what additional knowledge was gained. The pre and post survey were then compared to determine which form of education was most beneficial.

Results

There were many hurdles to this project, IRC approval, patient and nurse participation, etc. Therefore the final results of the PICO question are pending a larger sample size. However, there were several unanticipated discoveries. Patients were extremely receptive to a video and many enjoyed the survey as an educational tool. It was also discovered that nurses on other units wanted some form of additional education for themselves on stroke.

Conclusion

Based on patient response it will be recommended that a form of video education be available for patients who would prefer it, or for those who may be visually impaired (audio of video to be used in this case). This should be available hospital wide for all TIA or stroke patients. It will also be recommended that education be expanded for nurses that are not on the stroke unit. Once the desired sample sized is reached, a re-evaluation will be done to determine if video education will be recommended as mandatory.

References

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