

BACKGROUND

Stroke is the third leading cause of death in the United States and a primary cause of adult disability. Identification of risk factors is important for stroke prevention. The Chinese population has high rates of modifiable and non-modifiable risk factors for stroke due to high prevalence of cardiovascular disease, hypertension, cigarette smoking, atrial fibrillation, and diets high in sodium. An important component to stroke prevention and management is education. A major barrier to health education in the Chinese community is language. Stroke education resources are often not available in Chinese languages.

The purpose of this evidence-based practice project is to develop culturally-specific stroke education resources focused on prevention strategies and stroke symptom identification.

OBJECTIVES

- To educate an urban Chinese community by creating a stroke prevention program that increases awareness of the disease.
- To educate an urban Chinese community about stroke risk factors, stroke warning signs, and how to reduce modifiable stroke risk factors.
- To create changes in an academic medical center, including:
 - Ensuring linguistically appropriate stroke education materials are available for the Chinese community.
 - Assisting in the training of staff at the Chinese Health Information Center.
 - Creating linguistically appropriate in-patient education and discharge instructions.

METHODS

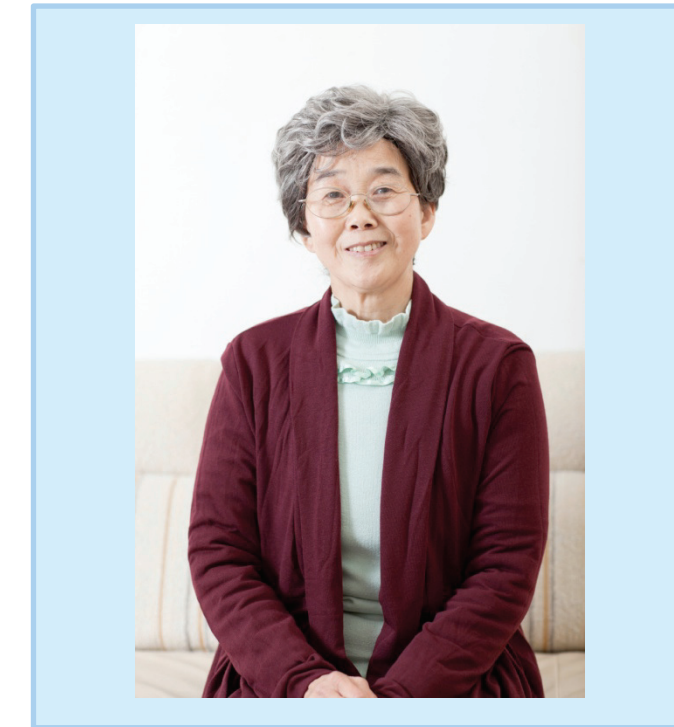
A literature review was conducted to identify education approaches for stroke education and knowledge deficit disparities across minority populations. Google scholar, PubMed and the National Stroke Association were used.

The search yielded six applicable articles pertaining to the subject of stroke education in Asian American populations.

RESULTS

The literature shows that:

- Education increases understanding of stroke risk factors.
- Education increases use of prevention strategies.
- Disparities exist for minority populations, particularly when language is a primary barrier.
- Current materials demonstrate a need for strengthening stroke education for the Chinese community.



CURRENT MATERIALS



IMPLICATIONS

Disparities in educational resources contribute to divides between healthcare systems and the populations they serve. A significant number of the Chinese residents in Philadelphia are located only blocks from a large academic medical center. Without linguistically appropriate stroke health education materials, this population might continue to be at risk for stroke. This project stresses that urban academic medical centers have a responsibility to provide appropriate health education to the linguistic minority groups they serve.

IMPLICATIONS

This ongoing evidence-based practice project seeks to strengthen the stroke education provided to the Chinese population in Philadelphia by:

- Assessing currently available education materials and staff knowledge about stroke by engaging the Thomas Jefferson University Hospital (TJUH) Chinese Health Information Center staff. Specifically, this project proposes assessing availability of materials and staff competency on the following:

1. What is stroke?
2. What are the types of stroke?
3. Stroke can affect different people in different ways. It depends on the type of stroke, the area of the brain affected and the extent of the brain injury. Could you list three signs/symptoms of stroke?
4. Identification of risk factors is important for stroke prevention. Could you list three risk factors for having a stroke?
5. What are modifiable and non-modifiable risk factors?
6. Why are individuals who have a stroke placed on anticoagulation (blood thinner) therapy?
7. What is a T.I.A.?

- Educating the staff at the TJUH Chinese Health Information Center to become the primary outpatient source of stroke risk factors and signs and symptoms education for the Chinese community. For example, staff can provide pamphlets in the dialects of the Chinese community regarding stroke education (see center panel).
- Developing dialect-specific discharge instructions and patient education sheets (using CareNotes®) that provide culturally-appropriate education to hospitalized patients.

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