

PURPOSE

Stroke imposes a significant healthcare burden on both developed and developing nations. Nepal, a country characterized by limited healthcare access and low health literacy rates, faces unique challenges in addressing stroke prevention, management, and rehabilitation

This project aimed to develop patient education materials for stroke and to assess the impact of utilizing direct patient education booklets on improving stroke outcomes at Dhulikhel Hospital in Dhulikhel, Nepal

BACKGROUND

In Nepal, continued access to medical staff after discharge from an inpatient stay is limited to brief outpatient visits. There exists a gap in knowledge for patients and family members about aspects of their care for many chronic conditions, including stroke. By developing patient centered educational materials, this will provide a concrete resource for patients and family members to refer to upon discharge.

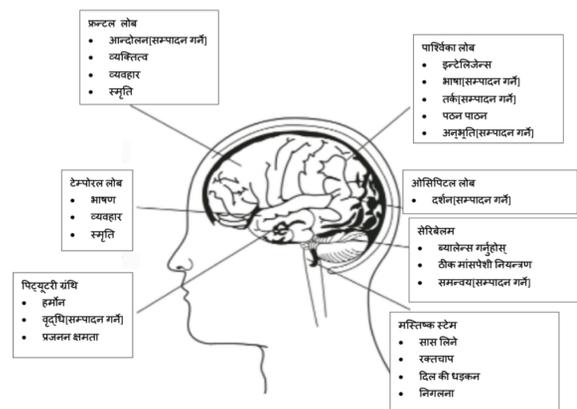


Fig 1. Diagram describing parts of the brain and their functions for Nepali patients

METHODS

Previous studies on efficacy of patient education materials for stroke provided support for which information was most helpful to patients, most relevant of which is medication purposes and regimens and low-resource rehabilitation strategies. Additionally, special attention was paid to studies conducted in lower resource or health literacy environments

Selected patients were followed during their inpatient stays as they moved between the Surgical ICU, Medical ICU, and the general ward floors, and common points of questioning from patients and families were organized.

With the assistance of the medical staff, these common questions, and other valuable information were consolidated and developed into a patient education booklet, and translated into Nepali

The development of these materials coincided with the opening of a specialized Neurological ward at Dhulikhel Hospital and a new national focus on stroke care and outcomes



Fig 2. Typical family conference environment

RESULTS

Full implementation of these materials before departure was not achieved due to staffing and resource limitations.

28 previous stroke patients were identified for initial feedback on the applicability of the pamphlet's material. 4 nurses were utilized to identify content gaps and culturally relevant information, as well as trained to teach hospitalized patients using the pamphlet. The enhanced stroke knowledge and improved adherence are likely to contribute to a reduction in morbidity post-stroke.

DISCUSSION

Implementation of direct patient education booklets in Dhulikhel, Nepal, presents a promising strategy for improving stroke outcomes. Enhanced knowledge of stroke warning signs, coupled with improved adherence to preventive measures and post-stroke management, will potentially contribute to reduced recurrent stroke rates and improved functional outcomes.

This project underscores the importance of culturally tailored educational interventions in resource-limited settings, highlighting the potential for scalable and sustainable approaches for serious chronic disease, not only stroke

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