C5-22: Women and Stroke Knowledge in North Carolina

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Presentation Preference: Late Breaker poster submission

Abstract Categories:
Research Interest Groups (RIGs): Aging/Gerontology
Thematic Areas: Adult Health

Abstract:
Introduction: North Carolina’s eastern counties are part of the “buckle of the stroke belt” with the highest stroke death rates in the nation for the last 30 years. Although stroke is the third leading cause of death in the United States, it is often not recognized by its victims or bystanders. This can result in fatal or disabling delays in receiving effective, time-sensitive treatment. To understand the delay in seeking treatment, this study examined the knowledge of stroke symptoms and risk factors, and the impact of age, residence location, and income on stroke knowledge level.

Method(s): This descriptive, correlational study used a convenience sample of midlife women living in southeast North Carolina. The participants completed the self-report Stroke Recognition Questionnaire (SRQ) designed to assess stroke knowledge.

Results: A total of 97 community-dwelling women, aged 41-71 years, completed the Stroke Recognition Questionnaire(SRQ). Rural participants had higher stroke risk factor knowledge compared to non-rural participants. Younger (≤49 years) participants and those with incomes ≥ $35,601 had higher symptom and risk factor knowledge scores. Confusion (99%) was the most frequently recognized stroke symptom and high blood pressure (96.9%) the most frequently identified risk factor by participants. Chest pain (44.3%) and difficulty breathing (55.7%) were among the most commonly misidentified stroke symptoms. While hypoglycemia (34%) and trouble sleeping (26.8%) were among the most common misidentified stroke risk factors. Less than 80% of the participants identified diabetes mellitus, smoking, and lack of physical exercise as stroke risks. Stroke symptom knowledge level in this group was better than that found in earlier studies. Rural participants’ higher stroke risk factor knowledge level was surprising.
Discussion & Conclusions: Educational interventions are needed which help the general public differentiate symptoms associated with stroke versus acute myocardial infarction. Results indicate that community-based stroke educational efforts should target those over the age of 50 who have the greatest stroke risk, but appear to be the least informed.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

Financial Disclosure:
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

FDA Disclosure:
I will not be describing any pharmaceutical and/or medical device.

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C6.0: Innovative Use of Single Subject Experimental Methods in Clinical Research

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Presentation Preference: Competitive Symposium

Abstract Categories:
Thematic Areas: Chronic illness
Thematic Areas: Methods

Abstract:
Overview: “Single Subject Experimental” (SSE) research methodology including what has been referred to as “Single Case Experimental Design” provides opportunities for nurse researchers to
answer important, clinically relevant research questions with diverse groups over a variety of research settings. Many of these questions cannot be adequately addressed by more traditional research approaches due to the type of research questions, small sample size, preliminary nature or the work, heterogeneous samples, and/or violations of other assumptions that would, under usual circumstances, limit internal and external validity. Thus, the purpose of this symposium is to provide an overview of innovative SSE methodology, including its historical roots as well as a discussion of strengths and limitations. Following this overview, four investigators will provide examples from their own completed and/or ongoing research to illustrate a variety of ways this methodology can be used to build programs of research in patients across the lifespan. The first project evaluates medication effects in children with autism using an ABA (introduction/withdrawal) design. The second assesses the efficacy of a newly developed exercise program in heart failure patients using an innovative combination of between group design (i.e. control/experimental groups) with a single subject design within the experimental arm (i.e. withdrawal, multiple baseline), while the last two evaluate two different interventions and research designs (changing criterion and multiple baseline) for evaluating acupressure in older adults. The symposium is designed to stimulate participants to think “outside the box” when identifying researchable questions and designing rigorous research plans. The session will conclude with a discussion of how this methodology can be used to build meaningful programs of research and advance nursing science.

Abstract History:
Financial Disclosure:
No Answer

FDA Disclosure:
No Answer

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