# The path of stroke care: nurse education materials for UnityPoint Health Trinity Medical Center

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# The Path of Stroke Care: Nurse Education Materials for UnityPoint Health Trinity Medical Center

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## SETTING

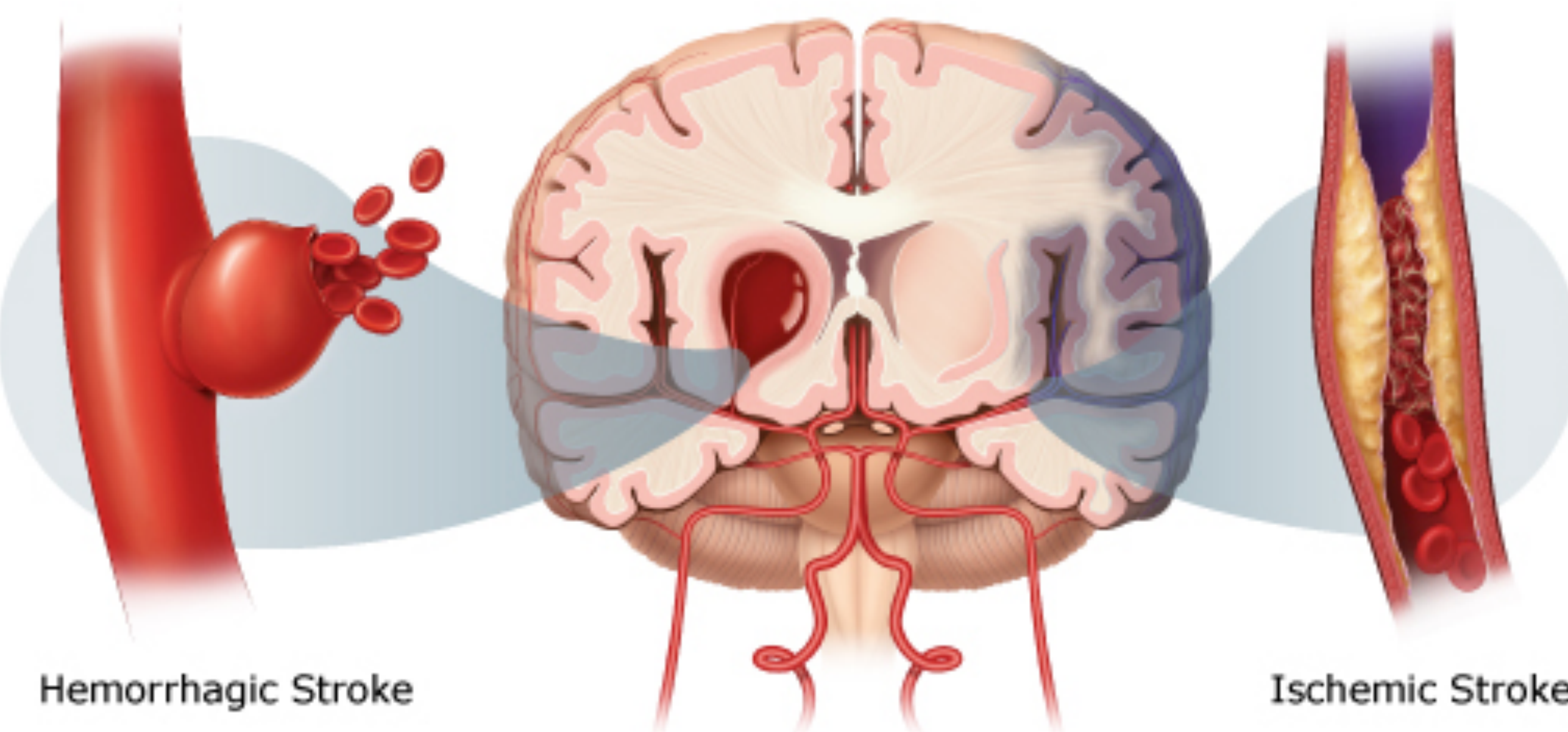UnityPoint Trinity Quality and Education Department
- Nonprofit and nondenominational health system
- Serves patients, visitors, and staff as well as the entire community
- Works to implement best practices and promote quality within the hospital

10-week Internship Experience
- Shadowed Kim Chant (RN, BSN), nursing professional practice coordinator & quality and education department clinical educator
- Worked alongside quality and education department to understand policies and procedures within hospital
- Shadowed 4th floor (oncology/neurology) to see policies and procedures implemented
- Introduced to different departments in the hospital that oversee and coordinate the care of stroke patients

## BACKGROUND

- **Stroke**: occurs when brain's blood supply is interrupted or reduced, depriving brain tissue of oxygen and nutrients.

- National Top 10 Public Health Concerns (CDC)[3]
  - Fifth leading cause of death in the United States[4]
    - Kills 140,000 Americans each year (1 in every 20 deaths)[4]
  - High blood pressure, high cholesterol, smoking, obesity, and diabetes are leading causes of stroke[4]
    - 1 in 3 adults in America have at least one of these conditions[4]

- Nurse's Role in Stroke Care
  - Guide and supervise care of stroke patient
  - Educate and help facilitate support services
    - Intermediate between hospital and home-care
  - Implement best practices, Stroke Core Measures



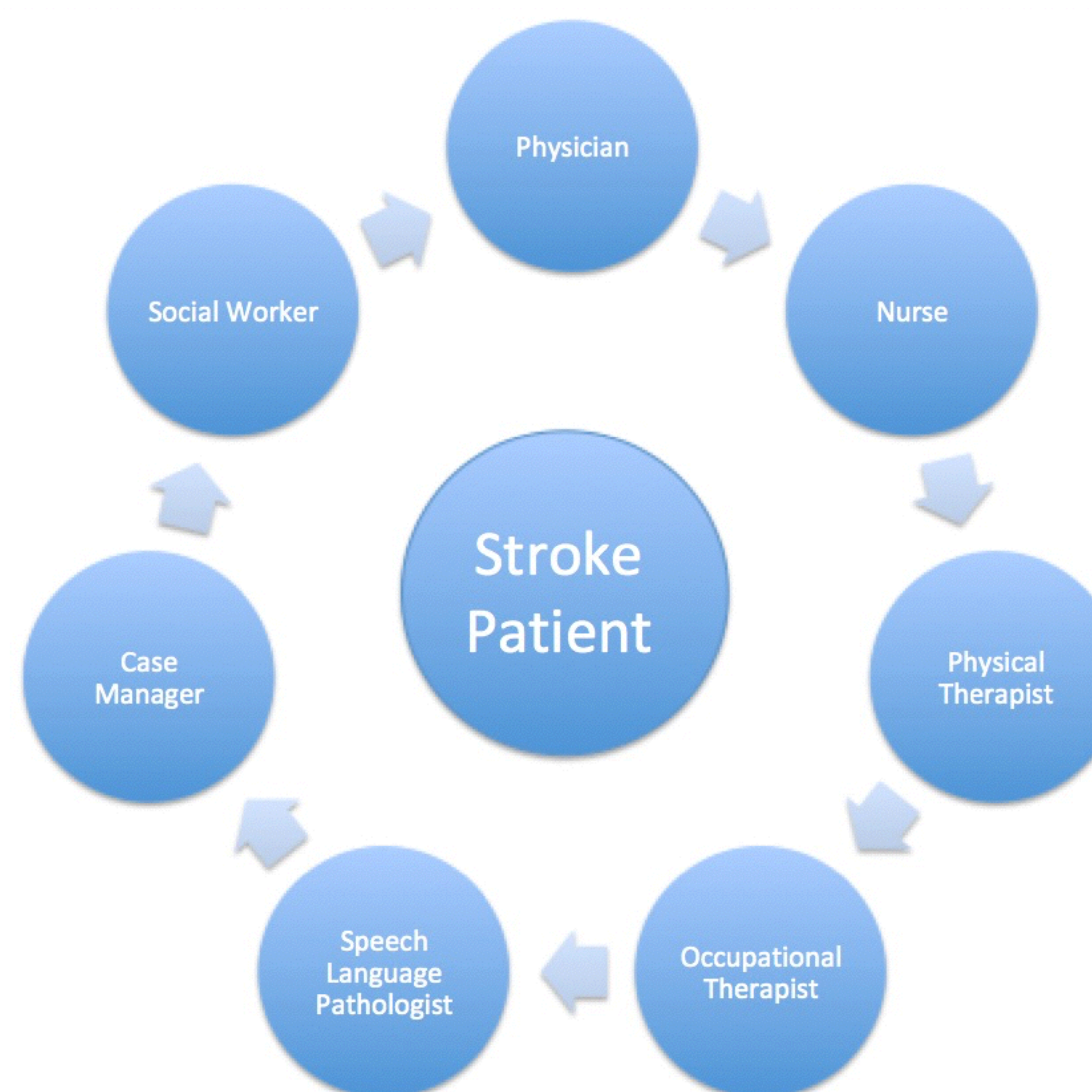Hemorrhagic Stroke          Ischemic Stroke

A hemorrhagic stroke occurs when there is bleeding inside or around the brain.
During an ischemic stroke, a clot blocks blood flow to an area of the brain.

## PROJECT OBJECTIVES

Create nurse education materials (poster presentation) that would:

1. Increase knowledge of multi-departmental roles in the care of a stroke patient
   - Understand the holistic care path of a stroke patient through UnityPoint Health Trinity Medical Center

2. Implement best practices in the daily care of stroke patients
   - Based on UnityPoint Trinity's Stroke Core Measures



Stroke patients are treated by a multi-departmental team of healthcare professionals. Each of these individuals have a unique and important role in the patient's care.
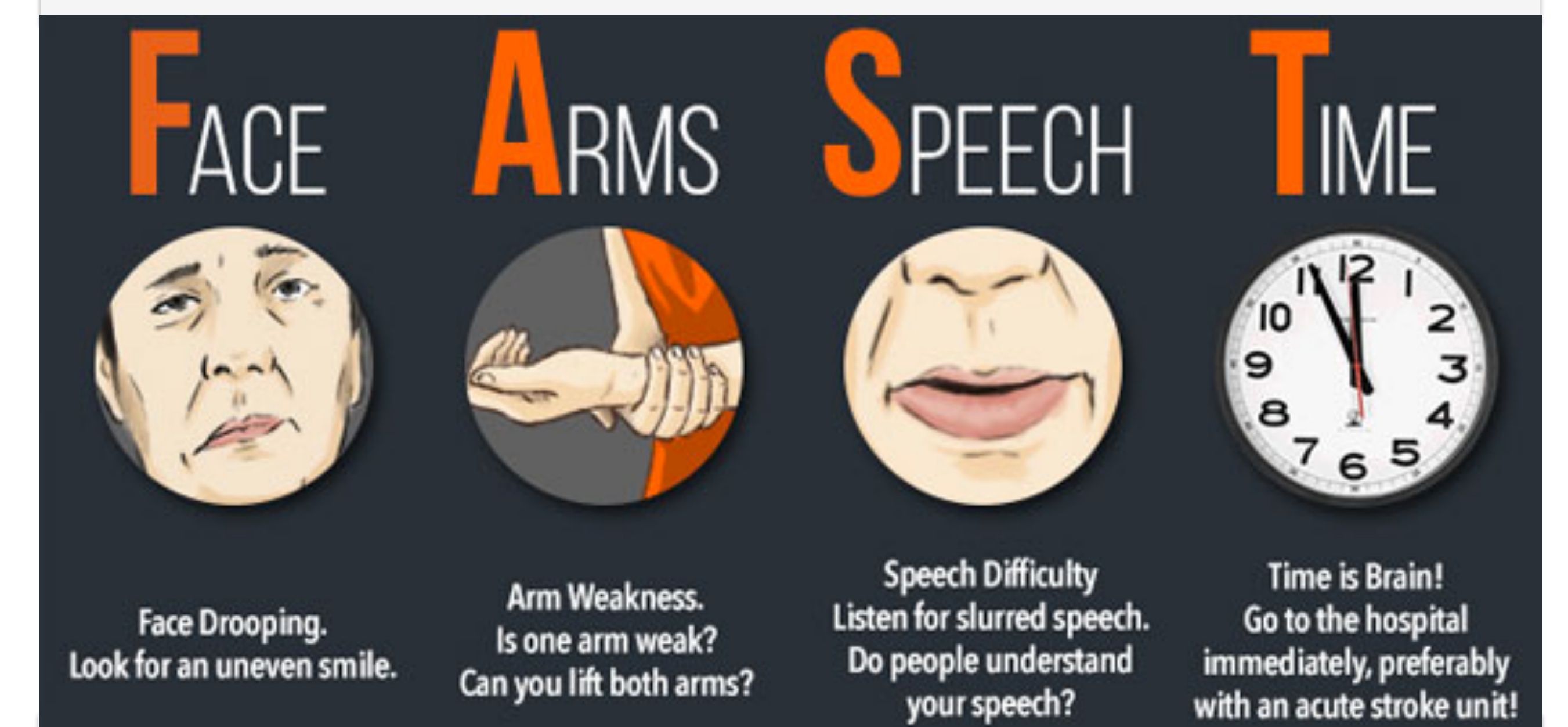
## METHODS

- Built off internship experiences to create nurse education materials in order to increase knowledge and promote best practices of stroke care across departments at UnityPoint Health Trinity Medical Center

Literature Review:
- Articles obtained through Augustana College's Library Databases and Trinity College of Nursing's Database
- Focused on importance of effective and quality stroke care, the nurse's role, and popular stroke care models
- Contextualized findings by researching importance of continuing nursing education, effective poster presentation strategies, and beneficial learning tools.

## RESULTS and DELIVERABLE

- Informational poster presentation regarding the care path of a stroke patient was created and delivered in order to educate nurses about national best practice measures.
  - Delivered at Spring Fling nursing educational fair.

- This project utilized interpersonal communication models to increase knowledge of multi-departmental roles in the care of a stroke patient as well as daily care best practices.

- These nurse education materials promoted best practices and facilitated education across departments to assure better quality stroke care through creating a more competent workforce.



FAST is a popular acronym used to help detect and improve responsiveness to stroke victim needs.

## DISCUSSION and NEXT STEPS

- Next steps will include continuation of poster use in community outreach events and pamphlet in nursing orientations.
- This poster will help the community:
  1. Understand the severity of stroke
  2. Identify risk factors
  3. Recognize signs and symptoms of stroke
  4. Learn about stroke care

## ACKNOWLEDGEMENTS

- **Dr. Lena R. Hann**, Asst. Professor, Public Health, Augustana College
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- **Paula Maddox**, UnityPoint Health Trinity Stroke Coordinator
- **Alyssa VanMelkebeke**, UnityPoint Health Trinity Case Manager
- **Jen Elliott**, UnityPoint Health Trinity Clinical Educator

## REFERENCES

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