ABSTRACT

Introduction

The World Health Organization (WHO, 2005) defines stroke as ‘rapidly developing clinical signs of focal (or global) disturbance of cerebral function, with symptoms lasting for 24 hours or longer, or leading to death, with no apparent cause other than of vascular origin’. Stroke is a global health problem. Rehabilitation is a major part of patient care. The statistics on cerebro vascular accident quoted by world health organization projects that nearly 15 million people suffer from stroke worldwide each year. Of these, 5 million die and another 5 million are permanently disabled. High blood pressure contributes to more than 12.7 million strokes worldwide (WHO, 2002).

Objectives

The objectives of the study were to determine the effectiveness of Comprehensive Stroke Education Programme (CSEP) on knowledge and quality of life among patients with stroke and to evaluate the effectiveness of CSEP on knowledge and burden among caregivers of patients with stroke.

Methods

A quantitative research method was used for the present study by adopting randomized controlled trial. patients who were diagnosed to have ischemic or hemorrhagic stroke based on CT- scan findings with mRS (modified Rankin Scale) grade 1 - 4 score, which indicates mild to moderate disability after stroke were considered as stroke victims and their caregivers who fulfil eligibility criteria were samples of the study. The total number of sample was 170 dyads in that 85 dyads in the study group and 85 dyads in the control group were recruited by lottery method. Pretest assessment were taken on demographic variables, clinical variables, knowledge on stroke, ADL and generic QoL for the patient and knowledge was assessed for the caregiver for both the groups. Following pretest, CSEP was implemented to the study group dyads apart from the routine care by laptop assisted teaching by lecture cum discussion methods on one to one basis. Booklet on 'Life after stroke' was issued to study group dyads on the day of discharge which
contained information on CSEP. The posttest assessments were taken on 30th day, 90th day and 180th day at neurology OPD for both the groups.

**Findings**

Comparison of mean scores of knowledge on stroke between the study and control group showed the level of knowledge found to be high among study group patient at p<0.001. The mean scores of ADL in the study group and in the control group during posttest-I, II & III was statistically significant at p<0.05 level. The mean scores of PCS during posttest-I, II & III showed statistically significant at p<0.05. MCS mean score during posttest-I, II & III was statistically significant at p<0.05. Overall mean scores of SSQOL in the study group were found to be higher than that in the control group during posttest-I, II & III at p<0.01 between groups. The level of knowledge on stroke between the study and control group caregivers during posttest-I, II & III was statistically significant at p<0.01 level. The burden mean scores were higher in the control group caregiver than the study group caregiver during the posttests and were statistically significant at p<0.01 level during posttest-I & II and p<0.05 level during posttest-III.

**Conclusion**

Based on the study findings it is concluded that the combination of interventions like structured teaching, information booklet on “Life after stroke” and telephonic reminder and reinforcement are capable of increasing knowledge on stroke and thereby improving ADL and quality of life of patients with stroke and minimizing the caregiver burden in taking care of the patient with stroke. “The Individual and Family Self-management theory” by Polly Ryan & Kathleen Sawin (2008) was chosen to incorporate the ideas of present study. Recovery after stroke is physically and mentally exhausting since stroke affects each person differently. Patients must be persistent enough to achieve favorable recovery following stroke.

**Key words:** Activities of daily living, Dyad, Stroke specific quality of life, Comprehensive stroke education programme.