

Awareness and Knowledge of Stroke among Undergraduate Arts students

Thomas Mahima, MSLP, Benny Amrutha, MASLP, Varghese Mary Viji, MASLP, Francis Roslin, MASLP and Abraham Sara Grace, MASLP

Abstract

Aim: To evaluate the awareness and knowledge of undergraduate arts students about stroke.

Background: Stroke being a medical emergency requires fast response and action to minimize its consequences. Awareness and knowledge about its risk factors, signs and symptoms are essential to prevent stroke and its further management.

Introduction

Stroke is a medical emergency. It is a global health problem and a leading cause of adult disability worldwide. (Donnan, Fisher, Macleod & Davis, 2008). It is the fourth major cause of death in India, the rate being 0.6/ 1000. (Strong, Mathers & Bonita, 2007).

Despite considerable improvement in primary prevention, diagnostic workup, and treatment, stroke is in second or third place on a mortality list, and projections indicate that it will remain so in the year 2020 (Smajlović, 2015). Furthermore, stroke is a leading cause of disability. The rate of stroke reached from 105 to 152/100,000 person per year, while the occurrence of stroke vacillated from 44.29 to 559/100,000 persons in different parts of India during the last ten years. These values were found to be higher than those of high-income countries. (Sureshkumar, Aashrai, Venkata, Shifalika & Kuper, 2015),

Lifestyle dynamics which escalates the hazard of stroke includes high blood pressure, smoking, diabetes, high cholesterol level, heavy drinking, high salt and lack of workouts. Stroke awareness and knowledge of its various signs and risk factors are in general poor, even among those with a history of stroke or in those with risk factor for stroke. (Travis, Flemming, Brown, Meissner, Weigand, 2003)

The recognition of stroke symptoms by the public and activation of emergency medical service are the most important factors in instigating pre-hospital stroke care.

Though general awareness of diagnosis and treatment of stroke is present in students, the percentage is less when it comes to knowledge and awareness about risk factors and symptoms of stroke. A descriptive study conducted to explore the level of awareness and behavior regarding strokes among nursing students indicated that that students had only moderate

awareness levels of stroke risk factors, but very low awareness levels of stroke warning signs. (Islam, Geum, Lee & Kim 2017)

Need for the Study

- To identify the stroke awareness among undergraduate arts students with in age range of 20-22years.
- To identify the knowledge about strokes signs, symptoms and treatments among undergraduate arts students.

Aim

To know how much knowledge and awareness undergraduate arts students have about stroke signs, symptoms and risk factors and management options.

Objective

- 1) To identify the overall percentage of the students aware of stroke.
- 2) To identify the number of students aware of symptoms.
- 3) To identify the number of students aware of risk factors.
- 4) To identify the number of students aware of treatments and diagnosis of stroke.

Method and Material

A close ended questionnaire (Appendix A) used in a previous study (G.MuthuLaakshmi, 2015) was administered to 100 undergraduate arts students (20-22 years) randomly. Information regarding stroke awareness and knowledge of risk factors and warning signs was collected and analyzed.

Assessing Knowledge of Stroke

Eleven questions of the questionnaire (Appendix A) pertained to the general awareness of stroke (questions 1-8, 19, 20, 25). There were five questions each related to the warning signs of stroke and the risk factors, and four questions pertaining to the current treatments of stroke.

Scoring

Answers of respondents to the questionnaire were true, false or I don't know, except questions one, five, eight, eighteen, twenty-three, twenty-four. For each participant, the number of correct responses was computed. The percentage of responses on a question by question basis was computed.

Result

The questionnaire was administered to 100 undergraduate arts students between the ages of 20 to 22 years. 32.52% of the students had a general awareness of stroke, its risk factors and signs and symptoms.

Table 1 shows the knowledge about the risk factors of stroke among the students. The best-known risk factors were diabetes and epilepsy. Percentage of awareness of stroke symptoms

is represented in Table 2. Slurred speech and hemiplegia were the most commonly known symptoms. Table 3 represents the knowledge about stroke treatment.

Table 1. Percentage of awareness of risk factors among students:

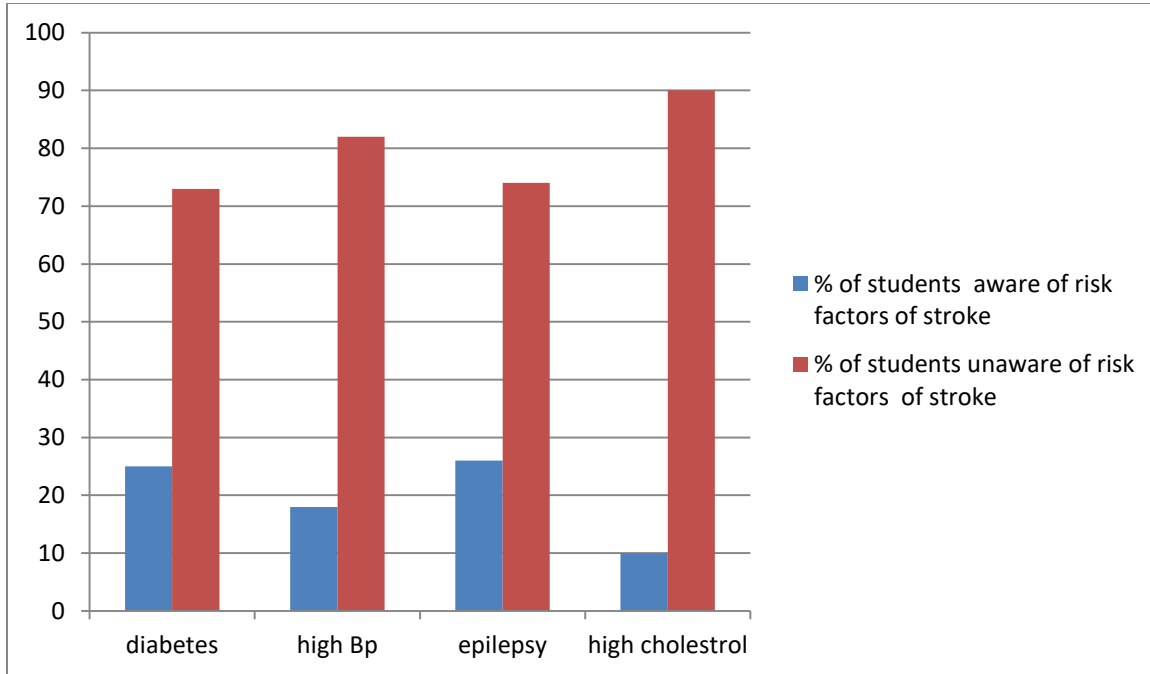


Table 2. Percentage of awareness of symptoms of stroke among students

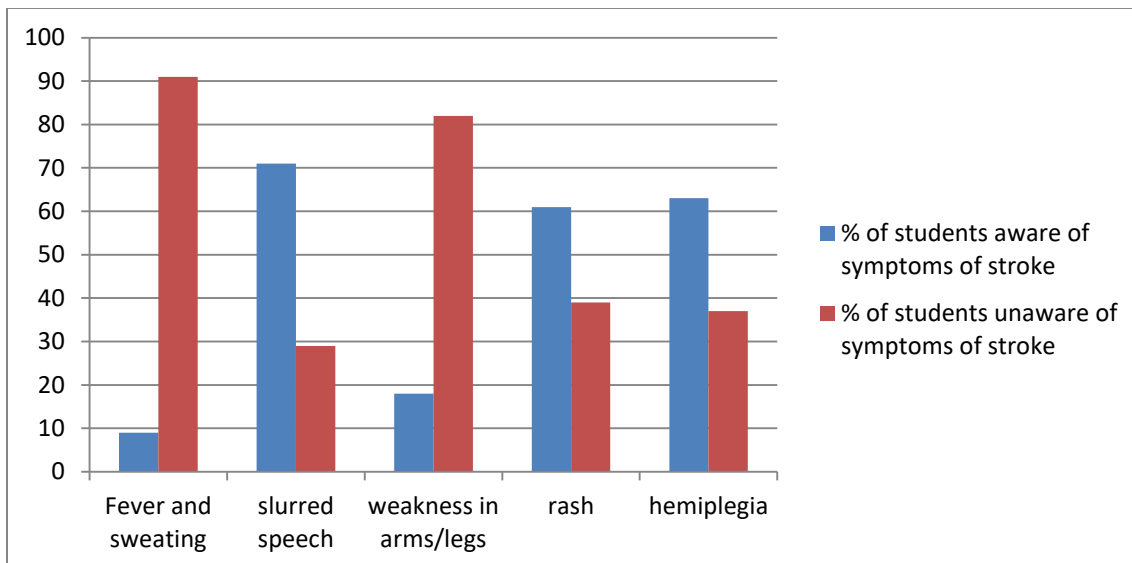
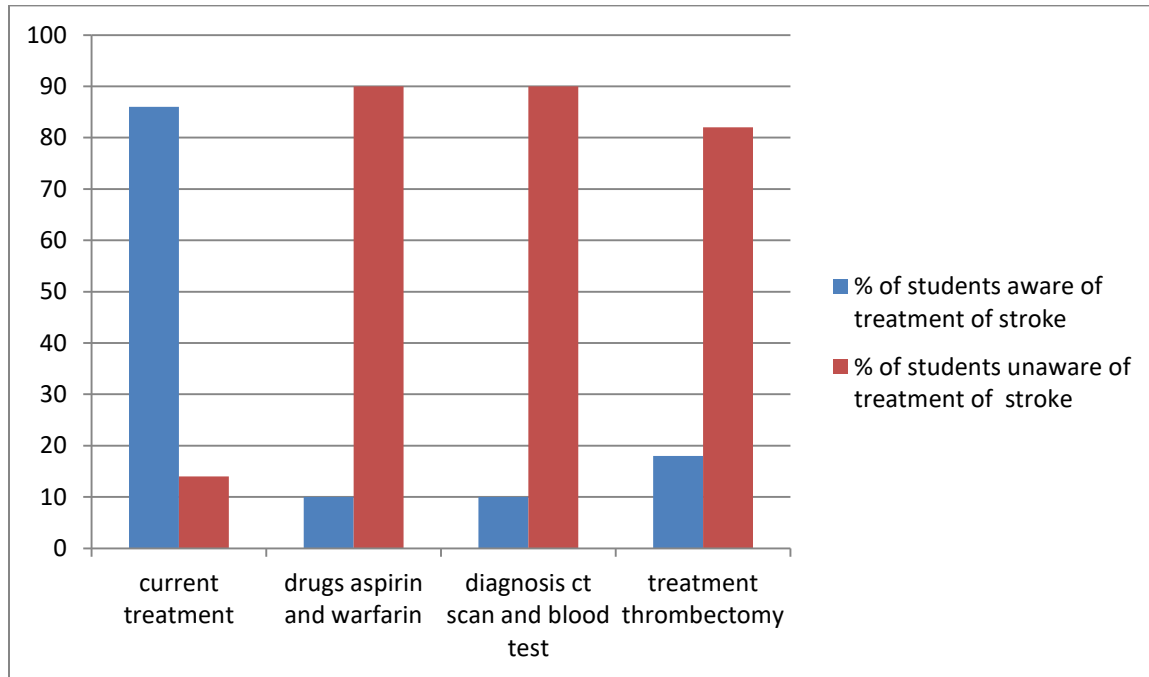


Table 3. Percentage of knowledge about diagnosis and treatment of stroke among students:



Discussion

Around 57% of the students are aware that stroke happens in brain and 41% of them consider it to be a medical emergency. 67% of the students are not aware that stroke is due to lack of blood supply to the brain. 71% of them are unaware that a quarter of strokes occur in people under the age of 65 years. More than half the students agree that stroke mainly occurs in women and that it's not common in children. Only 15% of them know that ischemic stroke is the most common and more than half of the students (69%) are unaware of the sudden onset of stroke. An overwhelming 91% of the students do not know that fever and sweating can be considered as signs of stroke, although 71% of them know that slurred speech is a sign of stroke. 60% of them do not consider rash as a stroke sign and a similar percent agree that weakness in arms and legs indicates a sign of stroke. 37% of the students know that hemiplegia is a consequence of stroke. Sadly, only a low percentage of the students are aware that diabetes, high Blood pressure and cholesterol are risk factors increasing the chances of stroke. (25%, 18% and 10% respectively). Chances of stroke can be reduced by exercise was agreed to by 81% of the students. Only 26% is aware that family history can contribute to increased incidence of stroke and 54% are unaware that full recovery can be made after stroke. 86% of the students know that there are currently treatments available for stroke but only 10% of them are aware that drugs aspirin and warfarin is prescribed for the same. A low percentage of the students know that CT scan and blood tests can be used for stroke assessment and that thrombectomy, angioplasty and stenting can be used for stroke treatment (10% and 18%). 47% of the students know that stroke survivors suffer from post stroke depression.

Conclusion

With increasing lifestyle changes the incidences of stroke is increasing and with the higher impact of science and media, students are aware that stroke is a medical emergency and requires proactive measures. Though aware of its emergency nature a low percentage of students are able to identify its risk factors and recognize the lesser known signs and symptoms. Though a small survey, the responses highlight the lack of awareness and hence poor responsiveness to the disorder thereby delaying the treatment strategies and overall prognostic value.

Awareness regarding stroke, its risk factors, signs and symptoms can be increased in students through various social media, health campaigns and camps, and posters. With improved awareness programs and information faster medical care can be provided ensure a better prognostic outcome for the patients.

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Questionnaire: (Appendix A)

1) Stroke happens in brain	(Heart/Brain/Muscle/I don't know)
2) Stroke is due to lack of blood supply to brain	True(True/False/Idon't know)
3) Stroke is a medical emergency	true (True/False, I don't know)
4) A quarter of strokes occur in people under the age of 65	True(True/False/I don't know)
5) Stroke is more common among	True(Men/Women,I don't know)
6) Stroke is more common among children	false (True/False/I don't know)
7) The most common type of stroke is ischemic stroke	true (True/False/I don't know)
8) Do symptoms of a stroke usually come on	Suddenly(Gradually/Suddenly/I don't know)
9) Fever and Sweating is a sign of stroke	true (True/False/I don't know)
10) Slurred speech is a sign of stroke	true (True/False/I don't know)
11) Weakness in the arms/legs is a sign of stroke	True(True/False/I don't know)
12) Rash is a sign of stroke	false (True/False/I don't know)
13) Stroke normally affects both sides of the body	False(True/False/I don't know)
14) Diabetes increases chance of stroke	True(True/False/I don't know)
15) High blood pressure increases chance of stroke	True(True/False/I don't know)
16) Epilepsy increases chance of stroke	false (True/False/I don't know)
17) High cholestrol increases chance of stroke	true (True/False/I don't know)
18) Which of these could help reduce the chance of stroke	exercise (Fresh air/Vitamin C/exercise/I don't know)
19) Family history contributes to stroke	True(True/False/I don't know)
20) Nobody makes a full recovery after a stroke	False(True/False/I don't know)
21) Is there are any current treatments for stroke	True(True/False/I don't know)
22) Drugs prescribed for stroke are aspirin and warfarin	True(True/False/I don't know)
23) diagnosis of stroke can be done by	both ct scan and blood test (CT Scan/Blood Test/Both CT Scan and Blood test/I don't know)
24) Is thrombectomy, angioplasty and Stenting done for stroke	Yes(Yes/No/I don't know)
25) Stroke survivors suffer from post	stroke depression
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Thomas Mahima, MSLP
mahimathomas13@gmail.com

Benny Amrutha, MASLP
amruthabenny18@gmail.com

Varghese Mary Viji, MASLP
viji.varghes@gmail.com

Francis Roslin, MASLP
roslinfrancis04@gmail.com

Abraham Sara Grace, MASLP
gracesabraham@hotmail.com

Mar Thoma College of Special Education (Institute of Speech and Hearing)
Mar Thoma Mount
Perdala P.O. Badiadka, Kasaragod 671 551, Kerala, India