Other Abstracts

The Effectiveness of Stroke Prevention Program in terms of Knowledge Level amongst the Hong Kong Elderly

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Introduction:

Stroke is a leading cause of serious disability and death. Stroke is rising globally, but is often preventable. Since the risk of stroke rises with advancing age, the purpose of this study was to assess the level of knowledge about stroke amongst the elderly in Hong Kong, and the extent to which health information and stroke prevention related educational activities can affect their knowledge of the disease. The study also tried to determine the interval of time in organizing educational activities amongst the elderly in order to help them to sustain their knowledge.

Purpose of the Project:

This study was an attempt to evaluate the effectiveness of health educational activities on enhancing and sustaining the knowledge about stroke amongst the elderly in Hong Kong. It is also hope to achieve positive behavioral changes among the elderly, hence identify and recommend appropriate measure to reduce the incidence of stroke.

The objectives of the study are:

1. To assess the stroke prevention knowledge amongst the elderly groups.

2. To explore the effectiveness of the health educational activities on enhancing the knowledge of stroke prevention.

3. To determine the frequency of educational activities required for knowledge sustainability amongst the elderly.

Material & Methods:

Structured face-to-face interviews were conducted to collect the data on stroke related knowledge and demographic data in a convenience sample of 68 subjects, with MMSE ≥ 22, aged 65 or above, from 2 elderly centers in Hong Kong.

The research instrument included structured questionnaires on stroke related knowledge and 4 sessions of health educational activities on stroke prevention. The data collected from the subjects on stroke related knowledge were analyzed. Descriptive statistics was conducted to show the overall subjects background information. Chi-square test was conducted for all categorical data. T-test was conducted to compare the knowledge scores between the intervention group members who had received health educational activities and those of the control group at another center without receiving the health educational program. General linear model (repeated measure) was also conducted to determine whether the intervention group could sustain the obtained knowledge.

Results:

Findings indicated that the knowledge score was positively associated with the health educational activities. The knowledge acquired by the elderly in the health educational activities was able to sustain for a certain period of time. The health education program was successful in increasing knowledge of elderly on stroke prevention.

Conclusions:

In conclusion, health education plays an important role in improving knowledge of stroke prevention among the elderly in Hong Kong. The study calls for more resources and greater effort from the government, medical professionals and mass media to be directed towards the promotion of those activities.