

BACKGROUND

- Stroke survivors are at high risk for preventable complications after discharge, including recurrent stroke, infection, aspiration, falls, medication errors, and poor follow-up, all of which can contribute to avoidable readmissions (Heydari et al., 2025; Robinson, 2024; Ruksakulpiwat et al., 2025).
- Currently, UMC lacks a standardized approach in delivering and evaluating the effectiveness of stroke education to stroke patients and caregivers.
- Structured discharge planning, nurse-led transitional care, and tailored educational strategies can improve knowledge, self-management, and transition outcomes after stroke (Nyagwaswa et al., 2024; Ruksakulpiwat et al., 2025).
- Although discharge teaching is often provided, patient understanding may not be consistently verified, which can compromise safety, follow-up adherence, and recovery.
- Stroke discharge education is a key regulatory compliance requirement under The Joint Commission STK-8 measure (The Joint Commission, 2024a, 2024b).

PURPOSE

The objective was to enhance patient and caregiver understanding before discharge by using the teach-back method to review stroke warning signs, medication management, complication prevention, emotional changes, and follow-up care.

By the end of the implementation period, adult stroke patients and or caregivers receiving the intervention would:

- Demonstrate higher post-intervention teach-back and questionnaire scores than pre-intervention scores.
- Verbalize stronger discharge readiness and behaviors that support safer home recovery and secondary stroke prevention.

METHODS

Project Setting: bedside pilot in an acute care stroke discharge environment.

Population: medically stable adult stroke patients and available caregivers preparing for discharge.

Learning needs assessment identified a gap in stroke discharge education at home and guided intervention development based on readiness to learn and caregiver needs (AHRQ, 2004; QSEN Institute, n.d.).

Delivery model: one nurse educator conducted the pilot at the bedside rather than a hospital-wide rollout.

BEDSIDE INTERVENTION

- 20- to 30-minute one-on-one discharge teaching session
- Teach-back used after major topics
- Bilingual plain-language handout in English and Spanish with 6th to 7th grade reading level. (Flesch-Kincaid scale)
- Content: what is stroke? B.E. F.A.S.T. warning signs, medications, risk-factor control, aspiration prevention, urinary infection prevention, falls prevention, emotional changes, and follow-up care
- Standard checklist and questionnaire used for evaluation (Lindblom et al., 2023; Cook & Pompon, 2023; Rooney et al., 2022; Denissen et al., 2019; Heydari et al., 2025; Gagnon et al., 2024).

HOW THE PILOT WAS EVALUATED

- Pre- and post-intervention teach-back checklist
- 12-item tool scored from 0 to 2 per topic
- Post-session questionnaire on confidence and understanding
- Open-ended caregiver feedback collected
- Feasibility and barriers were also observed (Gagnon et al., 2024, Lindblom et al., 2023)

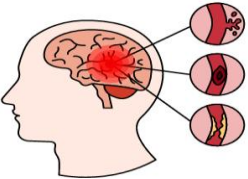
STROKE CARE AT HOME

What you can do to stay safe, healthy and out of the hospital after discharge

Maria Susana Odon, MSN, RN, CCRN

1. Understanding Stroke and Recovery

- A stroke happens when blood flow to part of the brain is blocked or when a blood vessel breaks.
- This can damage brain cells. It can cause problems with movement, speech, memory, balance, or thinking.
- Recovery is a journey. Healing can take time, practice, and support. Many people improve with the right care, medicines, therapy, and follow-up.



There are different kinds of stroke:

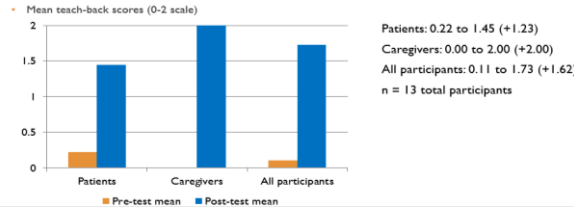
- Ischemic Stroke:** Caused by a blockage in a blood vessel.
- Hemorrhagic Stroke:** Caused by bleeding in the brain.
- TIA or mini-stroke:** stroke-like symptoms that go away quickly, but still need emergency care.

Every stroke is different. Recovery depends on how serious the stroke was, what part of the brain was affected, and your overall health.

First page of Stroke Education Handout in English

RESULTS

PRE- AND POST-INTERVENTION TEACH-BACK SCORES



QUESTIONNAIRE FINDINGS
READINESS AND CONFIDENCE AFTER TEACHING

Indicator	Value
Number of Caregivers	5
Questions in tool	11
Overall mean score	4.87/5
Minimum to maximum score	3-5
Interpretation	High confidence and understanding

CONCLUSIONS

- A nurse-led, teach-back-based stroke discharge education intervention improved immediate understanding and confidence among patients and caregivers.
- The project offers a strong foundation for broader implementation, workflow integration, and longitudinal outcome tracking.
- Improving discharge education is a practical and meaningful strategy for safer transitions of care after stroke.

REFERENCES

Refer to QR code

