A study to assess the knowledge regarding stroke among the adults in selected urban areas of Pune city

Mr. Stawan Chougule [1,] Ms Rutika Shinde, Ms Akshada Shinde, Ms Reavti Shinde, Ms Asha Shinde, Ms Nikita Sutar [2]

[1] Clinical Instructor (Medical Surgical Nursing, Bharati Vidyapeeth (Deemed to be University) College of Nursing Pune.

[2] G.N.M Nursing Bharati Vidyapeeth (Deemed to be University) College of Nursing Pune.

ABSTRACT

Introduction: A stroke is a medical condition in which poor blood flow to the brain results in cell death.Stroke is defined as abrupt of a focal neurological deficit lasting more than 24 hrs. it isalso called as CVA. The brain is arguably the most complex of all the organs in your body. The brain coordinates all of our bodily functions. Idea and emotions because your brain is a very hardworking organ. It requires constant supplies of oxygen and nutrients from the blood function effectively. The heart pumps blood throughout the cerebral arteries. Delivering blood to brain. Any significant stoppage to this supply of nutrients and oxygen will start killing brain cells. There are two main types of stroke that is ischemic due to lack of blood flow and hemorrhagic due to bleeding. Both results in part of the brain not functioning properly.Damage to brain cells occurs almost immediately upon cessation or even significant restriction of blood flow to the brain. Minor damage to any part of the brain can have a serious adverse effect on the rest of the body. Significant damage to the brain can even result in death. **The present study title:** A study to assess the knowledge regarding stroke among the adults in selected urban areas of Pune city The objective of the study was A study to assess the level of knowledge regarding stroke among the selected urban areas of Pune city,to associate the knowledge score with selected demographic variables. **Material and Methods**: In present study, researcher adopted non experimental exploratory design. The study carried out 200 Samples. non probability purposive sampling method was used. Ethical clearance was taken from Institutional ethics committee. Data analysis was done mainly using descriptive statistics test. **Result**: 17.50% of the people are showing the poor knowledge about stroke,50.50% are showing average knowledge and 32% are showing good knowledge about stroke. Majority of 55% of peoples were 29-39 age group, 60% studied secondary education, 51.5% sample are having worker, 83.5% sample are non vegetarian. **Conclusion:** From the above findings, the researcher concluded that 17.50% of the people are showing the poor knowledge about stroke,50.50% are showing average knowledge and 32% are showing good knowledge about stroke. **Recommendation:** A comparative study can be conducted of the pre and post test knowledge of the selected stroke after a teaching and prevention of stroke, the study can be done on association between various demographic variables, Further research can be carried out in different specific and non specific setting.

Keywords:(Assess, Knowledge, Stroke, Adults)

INTRODUCTION

A stroke is a medical condition in which poor blood flow to the brain results in cell death. Stroke is defined as abrupt of a focal neurological deficit lasting more than 24 hrs. it is also called as CVA. The brain is arguably the most complex of all the organs in your body. The brain coordinates all of our bodily functions. Idea and emotions because your brain is a very hardworking organ. It requires constant supplies of oxygen and nutrients from the blood function effectively. The heart pumps blood throughout the cerebral arteries. Delivering blood to brain. Any significant stoppage to this supply of nutrients and oxygen will start killing brain cells. There are two main types of stroke that is ischemic due to lack of blood flow and hemorrhagic due to bleeding. Both results in part of the brain not functioning properly. Damage to brain cells occurs almost immediately upon cessation or even significant restriction of blood flow to the brain. Minor damage to any part of the brain can have a serious adverse effect on the rest of the body. Significant damage to the brain can even result in death. One relatively common cause of brain damage and death this referred to as stroke. A stroke is similar to a heart attack, only in this case, blood flow to brain, rather than the heart, is blocked. The term ''Stroke'' comes from the once popular idea that someone had received a '' stroke of God's hand'' and was therefore damaged. Strokes are also called Cerebrovascular accidents.

NEED FOR THE STUDY

A stroke is a brain attack. It can happen to anyone at any time. After it dose not get sufficient blood and oxygen, so they damage. There are various sign and symptoms of stroke such as fainting, dizziness, loss of balance of body and severe headache. Limit alcohol, stop smoking regular exercise, low salt and low fat diet these are preventive remedies of stroke. Stroke is leading cause of death. WHO has evaluated in 1990 to 2020 the world will be viewed to increase stroke mortality rate more in male than female. The main morbidity rate caused by stroke but rehabilitation and nutrition for recovery is must be done. All these present studies provide support for conducting research. While suffering in stroke life brings many changes who ever person suffers from stroke are dependent on another person for his/her all basic needs.

OBJECTIVES OF THIS STUDY

A study to assess the level of knowledge regarding stroke among the selected urban areas of Pune city.

To associate the knowledge score with selected demographic variables.

REVIEW OF LITERATURE

Many studies have been carried out on A study to assess the knowledge regarding stroke among the adults in selected urban areas of Pune city. Review of the relevant studies was carried out from the textbooks, journals, articles.

A study done by Marcus.B. Nicol and Amanda.G. Thrift on risk factor of stroke. Fifteen studies were summarized and findings were done. A community study and warning signs among the low level of knowledge were appear. Older age of people having less knowledge of prospect and distress signal of stroke compare to young one and as literate.

A study was done by in year 2009 by Stephanie.P.Jones and Amanda.J.Jenkison. In review 39 studies were included and 169 were identified and multiple studies of stroke warning sings to be name one skill. When asked question closed one, open one and ended one. The people were asked what action you will take if having stroke some of them replied that they will call emergency health service.

In august 2017 Suresh Kumar did study of Indian journal research. More than 100% of countries including India middle class people they increase frequency of stoke. Small size sanitation of small population make and accurate rating difficulty of stroke in India thrust. Implication of stroke was recorded by India.

Material and method:

In present study, researcher adopted non experimental exploratory design. The study carried out 200 Samples. Non probability purposive sampling method was used. Ethical clearance was taken from Institutional ethics committee. Data analysis was done mainly using descriptive statistics test.

Description of Tool

Section A- questions

Section B- demographic variables such as Age, education, occupation, Diet

Plan for Data Analysis

Data analysis was done mainly using descriptive statistics test.
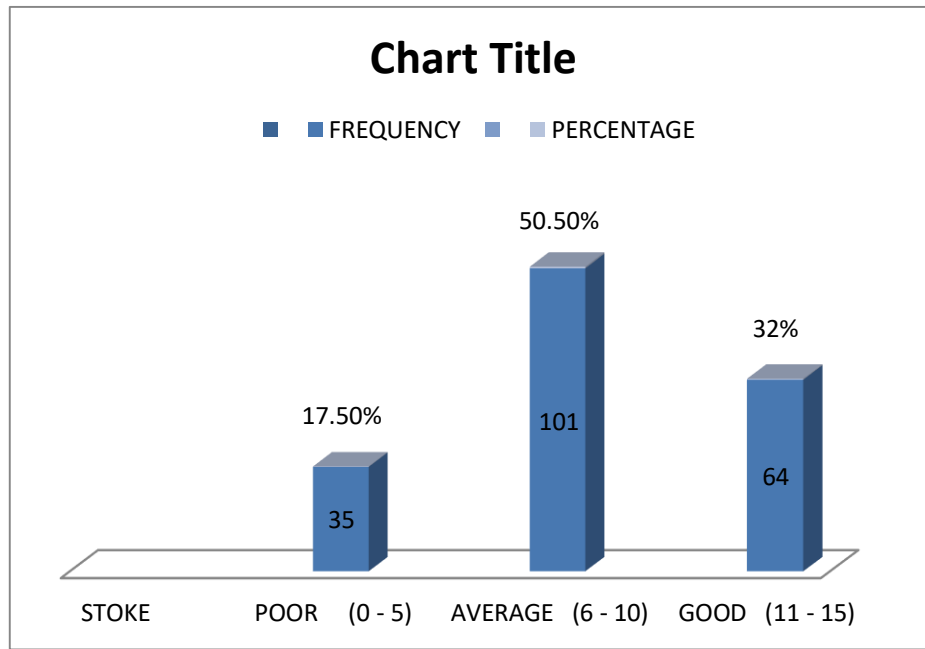
RESULT AND DISCUSSION

TABLE NO:-1

Age group	FREQUENCY	PERCENTAGE
18-28	77	38.5%
29-39	111	55%
40-50	12	6%
51-60	0	0
Education		
Primary	34	17%
Secondary	120	60%
Graduate	46	23%
Job		
House wife	76	38%
Worker	103	51.5%
Government	21	10.5%
Dietary habit		
Vegetarian	33	16%
Non vegetarian	167	83.5%%

Assessment of knowledge regarding stroke among the adults.

Frequency and percentage

TABLE NO.2

KNOWLEDGE REGARDING STROKE	FREQUENCY	PERCENTAGE
POOR (0-5)	35	17.50%
AVERAGE(6-10)	101	50.50%
GOOD (11-15)	64	32%

Chart Title

■ FREQUENCY   ■ PERCENTAGE

50.50%

32%

17.50%

101

64

35

STOKE   POOR   (0 - 5)   AVERAGE (6 - 10)   GOOD (11 - 15)

17.5% people have poor knowledge, 50.5% people have average knowledge and 32% people have good knowledge regarding stroke

TABLE 3
ASSOCIATION OF STROKE AMONG THE ADULTS WITH SELECTED DEMOGRAPLIC VARIABLES

Sr.no	Demographic	Fishers exact /chi-square value	Degree of freedom	P value	Remark
1.	Age	22.2866625	6	0.001074221	ASSOCIATED
2	Education	30.05093589	4	0	ASSOCIATED
3	Occupation	16.22696504	4	0.002729252	ASSOCIATED
4	Dietary habit	2.739376392	2	0.254186203	NA

Table shows that in this study three are associated of stroke among the adult found with the Demographic variables.

Discussion

The present study was undertaken to assess the knowledge regarding stroke among the adults in selected urban areas of Pune city.
The study findings are discussed with objectives by comparing **findings** with other studies. Majority of participants were 55% at the
Age group 29 – 39 yrs. There is 3 associations between 3 demographic variables. In this current study 50.50% peoples
Is having average knowledge in similar findings.   A study was done by in year 2009 by

Stephanie.P.Jones and Amanda.J.Jenkison. In review 39 studies were included and 169 was indentified and multiple studies

 of stroke warning sings to be name one skill. When asked question closed one, open one and ended one.

The people were asked what action will you take if having stroke some of them replied that they will call emergency health service.

Conclusion

The present study to assess the knowledge regarding stroke among the adults in selected urban areas of Pune city.
Data analysis was done mainly using descriptive statistics test. 17.50% of the people are showing the poor knowledge about
 Stroke, 50.50% are showing average knowledge and 32% are showing good knowledge about stroke. Majority of 55%
 of peoples were 29-39 age group, 60% studied secondary education, 51.5% sample are having worker, 83.5% sample are non
 vegetarian

IMPLICATIONS

The data of the study have suggested for nursing research, nursing education, nursing
Administration.

NURSING EDUCATION:

Education is the key of the development of excellence in nursing practice. As nurses
 play an important Role in health care team this research and the study done can be
Useful in nursing in the teaching learning and Education the people more regarding stroke.

NURSING ADMINISTRATION:

The study has important implications for the nursing administration.
Nursing administrator plays a vital role in not only spreading awareness regarding stroke. but also
It's important and spreading more knowledge regarding stroke.
The following study done will be useful in community, how and why the knowledge
 Regarding stroke is important.

NURSING RESEARCH:

will be an important reference study for further investigation
The study can make knowledge regarding stroke among the population. Regarding important of stroke.

LIMITATIONS-

There are time limitations for completion of the study.
Limited sample size.
This study is limited only to those who are willing to participate in the study.
Limited to the setting mentioned in the study.

RECOMMENDATION
Similar topic can be studies in different setting to the findings.

A comparative study can be conducted of the pre and post test knowledge of the selected stroke after a   teaching
 and prevention of stroke

The study can be done on association between various demographic variables.

Further research can be carried out in different specific and non specific setting.

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