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Promoting Acute Stroke Awareness among Pupils

Viktorija Ivanova, Viktorija Galaktionova, Daniils Seliverstovs, Anna Roddate
Jaunogres Secondary School, Ogre, Latvia

BACKGROUND: Rapid recognition of symptoms and induction of Emergency Medical Care is the weakest link in stroke treatment in general. The optimal time frame is 4.5 hours after the first symptom occurs. The study shows the importance of reducing pre-hospital time (F.Meira, 2018). It depends on the ability of general public to recognize the symptoms of a stroke.

AIM: Develop visual material VM (poster and animation) to promote pupils' ability to recognize the symptoms of a stroke, test efficiency of the VM by the means of a questionnaire.

MATERIALS AND METHODS:

- 5th-6th grade pupils (62) respondent group «A». The questionnaire consists of an introduction and three parts. I - questions about the time frame of a stroke and making emergency calls, II - questions about stroke symptoms, III - questions about action in case of a stroke.
- Developed the visual material (poster and animation) for 9 - 12 year old pupils to promote the recognition of stroke symptoms within general public and action in case of a stroke.
- Demonstration of visual material to respondents (group «A»).
- 5th-6th grade pupils (62) respondent group «B» (re-did the questionnaire) to test efficiency of the VM in promotion of the recognition of an acute stroke.

TAS JĀZINA KATRAM!

GALVENIE INSULTA SIMPTOMI

PREHOSPITĀLAIS POSMS



Pēkšņs vājums vienā ķermeņa pusē - nespēj pakustināt vienu roku un kāju



Nespēja pasmaidīt, noslid viens mutes kaktiņš



Nespēja izrunāt vai saprast vienkāršus vārdus



Pēkšņas, ļoti stipras galvassāpes



Pēkšņi traucēta kustību koordinācija



Dubultošanās un redzes lauka ierobežojums no vienas puses

ATCERIES!

Ārstiem ir tikai 4,5 stundas, lai glābtu cietušo, tāpēc nekavējoties izsauc

NEATLIEKAMO MEDICĪNISKO PALĪDZĪBU!



ZVANI!

☎ 112

☎ 113

1. Pictures a boy who shows sudden, one-sided weakness (depicted as inability to raise one hand while holding a dumbbell in the other).

2. Displays asymmetrical facial muscles and facial muscle weakness.

3. Inability to pronounce words correctly - meaningless or incoherent speech.

4. A boy holding his head. The exclamation mark and the red lines above the head indicate a sharp ripple - a sharp headache.

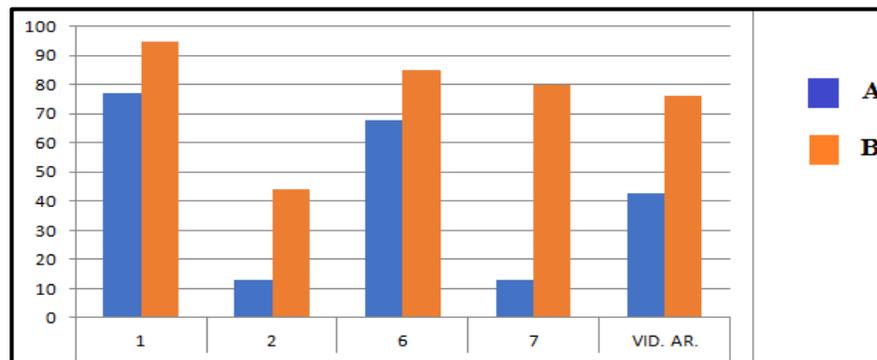
5. A raised leg and wavy lines near the arms and legs indicate instability in body posture, which clearly reflects a disorder of movement coordination.

6. A man with a curved line - a spiral - instead of eyes. This technique is used to describe dizziness and / or double vision in one eye.

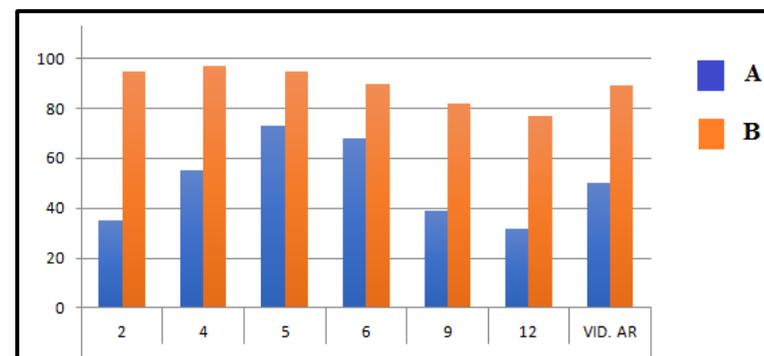


«Percentage of changes of completely correctly chosen answers for the respondents of group A and B regarding the recognition of acute stroke symptoms and action in case of stroke».

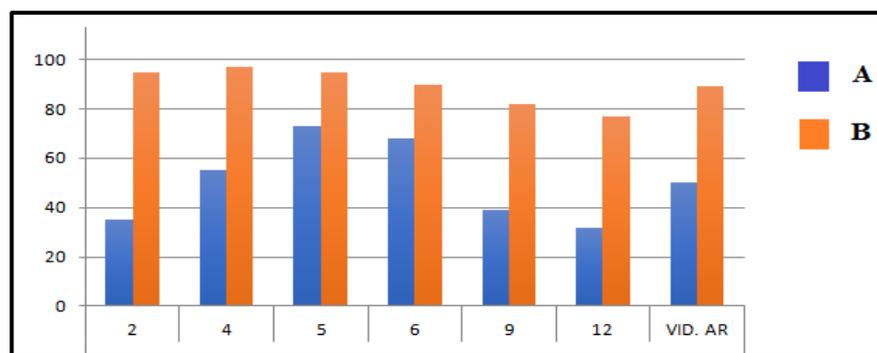
Block	Presented information	Completely correctly chosen answer Group A (%)	Completely correctly chosen answer Group B (%)
1.	Questions (4) about the time frame of a stroke and making of emergency calls	43	76
2.	Questions (6) about stroke symptoms	50	89
3	Questions (7) on stroke response	64	87
	The mean	52	85



Changes of completely correctly chosen answers to the questions of block 1 for the respondents of group A and B.



Changes of completely correctly chosen answers to the questions of block 2 for the respondents of group A and B.



Changes of completely correctly chosen answers to the questions of block 3 for the respondents of group A and B.

CONCLUSIONS:

- The developed visual material <https://youtu.be/WNx5Hlpovdg> is an effective educational tool for pupils in promoting the recognition of acute stroke symptoms.
- It is desirable to continue the research within the same target audience, analyzing the preservation of the obtained information in the students' memory. After 3,6,9,12 and 15 months, carry out the questionnaire with the pupils in order to find out when it is necessary to refresh the information.
- The visual material can be used at schools, as well as published in the press and in social networks.

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