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## A systematic review on the education for the patients and carers during early acute stroke period

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Over 15 million people have suffered from stroke every year. Studies showed that approximate one-third acute stroke patient would deteriorate after admission. In acute phase of cerebral ischemia, the affected area is composed of an infarct core which is surrounded by penumbra area. The cerebral blood flow will diminish further and the brain cells cannot survive. The preservation of cerebral blood flow or cerebral perfusion is essential. Stroke is frightening to patient and family members, as it causes serious disability. Often people believe that active training can promote recovery. In fact, undue activities will diminish cerebral blood flow to the affected brain tissue and cause irreversible damage. Health care professional has the duty to correct patient and family's misconceptions at this time. It is crucial that patient can understand the rationales and comply with management. A systematic review has been conducted to understand the patients' and families' information needs during admission of stroke and examine various methods in patients' and families' education in stroke. This systematic review concluded the information needs of stroke patients and carers persist from the admission period till the discharge process and further caring in the community. However, the information needs on acute stroke admission is not well researched, especially its therapeutic interplay towards patients and carers. Although education strategies such as personalized written materials have been developed for better patients and carers understanding and treatment compliance, the coverage of different types of stroke patients is limited and the outcome is limited.

### Biography

Chu Yin Man has obtained Master of Science degree in Stroke & Clinical Neurosciences in Chinese University of Hong Kong. He is currently an Advanced Practice Nurse in acute stroke unit and Visiting Lecturer in Institute of Advanced Nursing Studies in hospital authority. He had published studies on thrombolytic therapy, carotid doppler screening, TIA service and lifestyle interventions in stroke. He had also organized many health promotion programs for brain health and stroke prevention. His research interests are evidence-based practice, stroke physiology, patient education and lifestyle modification for stroke management.

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