



Dear Parish Nurses,

Health promotion and early intervention are the goals of community health education programs. Community based education programs have significant impact on the health status of a community. Despite advances in stroke therapy, the public remains uninformed about stroke and few stroke patients present to the hospital in time to receive treatment.

The St. John Health *Can You Spot a Stroke?* Community Outreach Education Program is a health education campaign designed to increase community knowledge of stroke risk factors, stroke warning signs, and action needed when stroke warning signs occur.

Many factors contribute to delays in seeking treatment for stroke, but the principal factor is lack of public knowledge regarding stroke signs and symptoms and the need for rapid response to these indicators. Community education specifically aimed at stroke is critical.

The goals of the *Can You Spot a Stroke?* Community Outreach Program include:

- Increase community awareness of stroke signs, symptoms, and risk factors
- Educate parish nurses in the risk factors, stroke warning signs and action needed when stroke warning signs occur.
- Train parish nurses to facilitate community stroke education programs.
- Provide multi-dimensional instructional methods to meet the needs of a variety of adult learning styles.
- Provide stroke educational resources to the community of southeastern Michigan.
- Enhance the outreach of stroke expertise (speakers bureau.....mentors)...

Prevention, encouraging healthy lifestyles and helping individuals cope with illness is the focus of St. John Community Health's community education and wellness activities. We are pleased to provide several tools for educational use in your parish programs. Please see the attached table for contents of the kit. We commend and thank you for your participation in this important campaign to improve our outreach to the community.

Sincerely,

Providence Hospital Neurosciences Team and St. John Community Health Services

Attachment 1.

Program Component (Sponsor)	Target Audience	Content	Time Frame
Power to End Stroke Toolkit (ASA)	African American Adults	<ul style="list-style-type: none"> • Define how to take charge of health to prevent stroke • Recognize increased risk of stroke • Empower African Americans to reduce stroke risk by making health lifestyle changes 	1 hour presentation
Stroke Powerpoint Presentation (SJH)	All adults	<ul style="list-style-type: none"> • Define stroke • List types of strokes • List risk factors for stroke • Identify the signs and symptoms of Stroke 	45 minute presentation
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Women and Stroke Video (AHA)	Women	•	___ minute video
AI Stoker ??Stroke Video		•	___ minute video
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Local Emergency Stroke Response Video (SJH)	All adults	<ul style="list-style-type: none"> • Identify signs and symptoms of stroke • Review emergency response to stroke 	9 minute video
Stroke Handouts (SJH)	All adults	<ul style="list-style-type: none"> • Identify warning signs and symptoms of stroke 	
Magnets (SJH)	All ages	<ul style="list-style-type: none"> • Identify warning signs and symptoms of stroke • Handouts for community presentation 	
Stroke Posterboard Presentation	All adults	<ul style="list-style-type: none"> • 12 slide ppt appropriate to print and attach to tri-fold posterboard • Appropriate for health fair booths 	5 minutes to review

Table 1. Stroke Education Resources

Attachment 2. Sign in sheet

Please use the Parish Nurse Community Education Sign In Sheets.

Attachment 3. Community Knowledge of Stroke Pre- and Post- test

Can you Spot a Stroke? Pre-test/Post-test

1. What is a stroke?

2. Name three risk factors for stroke:

3. List three signs of a stroke:

4. You notice your loved one or friend is showing signs of a stroke, what action do you take?

**Developed by: St. John Health System Stroke Community Education Team
September, 2007**