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Exploring the role of the nurse in primary stroke prevention in England

Christopher Stephen Clare

Southmead Hospital, England

Stroke is a leading cause of mortality and adult-acquired disability in England and worldwide, entailing a significant personal cost to individuals affected by a stroke as well as a financial strain on healthcare providers. Risk factors in stroke are well-

known and can be modified through lifestyle interventions and while secondary stroke prevention is embedded within stroke services, primary stroke prevention is not routinely provided. Nurses can play a key role in establishing and managing a multidisciplinary primary stroke prevention service, using their skills as leaders, innovators, educators and researchers to enhance the lives of those at risk. Engagement and education of individuals identified at risk of stroke and of the communities

in which nurses work, can help develop nurses as facilitators for change and use those experiences to inform practice in other services.

Biography

Chris Clare is a Staff Nurse in Critical Care in England. After finishing his Masters in Mathematics Chris initially taught at college-level while providing voluntary first aid services and his passion for clinical work encouraged a change in careers. Qualifying in 2015 with a Bachelors in Nursing, Chris developed an interest in stroke research which he carries out alongside his clinical duties. Chris continues to volunteer in the community and trains other volunteers to provide first aid skills and services.

ChrisSClare@googlemail.com