

JOINT EVENT

# 49<sup>th</sup> International Congress on **Nursing Care Plan & Health** & 50<sup>th</sup> World Congress on **Men in Nursing**

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## Evaluation of self efficacy and quality of life of stroke patients

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**Objective:** The study was designed as a methodological and randomized controlled experiment to analyze self-efficacy and quality of life for stroke patients.

**Methods & Materials:** The study's population was formed with stroke patients who received outpatient care at an acute stroke center between January 1st to November 12th, 2016. In the first phase of the study, validity and reliability of the Stroke Self Efficacy Questionnaire (SSEQ) was done with 130 patients. Second phase of the study was done among 72 patients (36 experimental, 36 control) according to the research criteria. The experimental group received educational booklets and they were included in the 3-month follow-up. The control group only received nursing care at the clinic. The study data were collected using, identity forms, quality of life scale for stroke patients, SSEQ and monthly follow-up form. Mean, standard deviation, median, frequency, percentage, minimum, maximum, Student's T-test, Mann-Whitney U test, Kruskal-Wallis test and Pearson Chi-square tests were used to analyze the data.

**Results:** Scale test retest reliability correlation ratio was 0.95 and  $\alpha$  was 0.93. It was determined that the experimental group with educational booklet and monthly follow up had higher scores in both self-efficacy and quality of life than the patients in control group ( $p < 0.001$ ). Quality of life and self-efficacy were higher in patients who are taking care for themselves. They were also low in women patients having comorbid diseases.

**Conclusion:** As a result, it was determined that education and follow-up in stroke patients are effective and it has a positive impact on self-efficacy and quality of life.

### Biography

Serpil Topcu is an Instructor at Koc University School of Nursing. She has completed her PhD at Marmara University in 2017. Her research interest includes Stroke, Critical Care and Chronic Disease Nursing Management.

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