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Effect of standardized video teach-back method to caregivers on family continuous rehabilitation of stroke: a randomized controlled trial

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About 70% to 80% of stroke patients need long-term rehabilitation and care because of disability. Most of the stroke patients are transferred to their families after receiving early treatment and rehabilitation in hospital, so the family caregivers provide the primary rehabilitation and care services. However, the effect of family rehabilitation and care for the stroke patients is not satisfactory because of the insufficient care ability for the family caregivers due to the imperfect out-of-hospital support system and/or the poor effect of oral/written health education in the hospital. Therefore, in this study, the video combined teach-back (V&T) method for health education was used to train the family caregivers of the stroke patients in the hospital. And the impact of V&T method for health education on the care ability of family caregivers will be evaluated and the family continuous rehabilitation effect of the stroke patients will be observed. This is a double-blinded, two-arm, randomized controlled trial. 50 participants will be randomized in a 1:1 ratio to the intervention or the control group. The participants in the intervention group will be trained with V&T method while the participants in the control group will receive usual education. The outcomes include the care ability of family caregivers, motor function, the activities of daily (ADL), and psychological status of stroke patients. All outcomes will be measured at baseline, 3 weeks, and 1 month and 3 months after discharge. This study may provide a new health education method for the family caregivers of stroke patients.

Biography

Yayu He is currently studying for a master's degree in the School of Nursing of Jilin University.

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