

PREVENTION OF ASPIRATION IN PATIENTS DURING THE ACUTE STAGE OF STROKE

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PURPOSE

To evaluate the indicators of the nursing outcome Prevention of aspiration in patients during the acute stage of stroke.

METHODS

- descriptive, exploratory, and cross-sectional study.
- 146 patients in the acute stage of stroke, who were admitted to a neuro-intensive care unit.
- January to July 2014 in the city of Fortaleza, Brazil.
- **Inclusion criteria:** age over 18 years; being alert and able to provide the necessary information, or being accompanied by a caregiver who was able to provide information on the patient’s health.
- **Exclusion criteria:** presence of hemodynamic instability, risk of complications, or using an invasive ventilation.
- Federal University of Ceará Ethics Committee.
- Each patient was evaluated based on an instrument that was previously submitted to a face and content validation.
- Instrument questions: socio-demographic profile (gender, age, marital status, education, and occupation), the patients’ current clinical condition (type, location, and number of episodes of stroke), the stroke severity evaluation (National Institutes of Health Stroke Scale – NIHSS), and the functional capacity evaluation (Rankin scale).
- Prevention of aspiration outcome evaluation: list of NOC indicators and their operational definitions. For each indicator, the nurse attributed a score ranging from 1 to 5. The higher the score, the better the health condition of the patient.
- Data were compiled in Excel 8.0, and were analyzed in SPSS version 20.0.

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RESULTS

Women (54.11%)
Living with a partner (64.38%)
Unemployed (69.18%)
Mean age was 60.97 years (SD=17.77)
Average years of education was 4.39 years (SD=4.38)

Health status: 98.63% of the patients have had ischemic stroke, 28.77% have had totally compromised anterior cerebral circulation, 20.55% have had partially compromised anterior cerebral circulation, and 18.49% have had lacunar lesions.

Number of stroke episodes: the average was 1.44 (SD=0.81)

Average length of hospital stay: 6.69 days (SD=6.71).

Severity of the stroke: average NIHSS score was 6.31 (SD=5.98).

For the functional capacity: 35.86% of the patients have had moderately severe disability, 20% have had no significant disabilities, and 15.86% have had moderate disability

Prevention of aspiration (outcome NOC): all indicators were assessed.

The indicators that were more compromised (scores below 4): Maintains oral hygiene (68.48%) and Remains upright for 30 minutes after eating (60.96%).

The indicator Administers enteral tube feedings as recommended was assessed in only 39 patients and had good scores (4 and 5).

The other indicators had high scores as follows: Identifies risk factors (3.94 ± 1.19); Positions self upright for eating and drinking (4.68 ± 0.86); Selects food and fluid of proper consistency (3.87 ± 1.67), and Uses suitable utensils to bring food to the mouth (4.81 ± 0.67)

CONCLUSION

The indicators Maintains oral hygiene, and Remains upright for 30 minutes after eating had the lower scores in patients during the acute stage of stroke. Studies like this can be helpful to determine which outcomes are sensitive to nursing care, and which outcomes can contribute to the effectiveness of the interventions. Further studies with this nursing outcome are needed, especially with patients in the rehabilitation stage, as the consequences can be different in this context.