Stroke Survivors & Informal Caregivers Transitioning from Hospital to Home: A Proposed Study

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Stroke: A Major Health Problem
- 5th leading cause of death in US
- Affects 800,000 people annually
- Major cause of disability
- African-Americans more likely to be affected

Purpose
To understand the experiences of stroke survivors & their informal caregivers transitioning from hospital to the community to guide interventions to improve outcomes & reduce unnecessary hospitalizations

Methods
Design: Exploratory, phenomenological design
Population/Sample: Convenience sample of adult stroke survivors & informal caregivers, who meet inclusion criteria
Setting: An acute, urban hospital serving a predominantly Caribbean-black population
Data Collection: Semi-structured, audio recorded, in-depth interviews
Data Analysis: Transcription & coding of recorded data; analysis for key themes & sub-themes; demographic data & frequency of responses analysis using descriptive statistics

Implications
Understanding the lived experiences of stroke survivors & informal caregivers will provide nurses with patient-centered perspectives for planning transitions to improve outcomes & reduce re-hospitalization, especially among racial and ethnic groups

References
Available on handout

Literature Review
- Stroke sequelae are physical, cognitive & emotional
- Short hospital stays preclude comprehensive discharge planning
- Disabilities often not identified until discharge
- Unanticipated problems often arise within the 1st week post-discharge

Literature Review (cont.)
- Almost 1 in 5 patients have an adverse event during transition to community
- About 50% of stroke survivors are discharged to home; many require ADL assistance
- Stroke survivors & informal caregivers have similar concerns (see Figure 3)

Figure 1 – Kings County Stroke Hospitalization Rate (per 1,000 Medicare Beneficiaries), 2013-2015
Source: CDC (2015)

Figure 2 – Kings County Stroke Death Rates (per 100,000), 2013-2015
Source: CDC (2015)

Figure 3 – Reported concerns from stroke survivors & informal caregivers