



Enhancing Independence in Acute Stroke Recovery Through Accessible Education on Safety and Health Management.

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Introduction

- Stroke is a leading cause of disability among older adults in the U.S., with approximately 26% of stroke survivors experiencing a recurrent stroke within five years.¹
- Education plays a key role in secondary prevention by helping individuals manage their health and reduce future risk.²
- Although stroke survivors receive health education during the acute recovery phase, retention remains low, often due to limited health literacy and poor accessibility of materials.³
- Purpose:** to develop an accessible online educational resource on minimizing risk factors for recurrent stroke to be used by stroke survivors.

Methods

- Feedback from individuals with stroke, and rehabilitation professionals at UAB Spain Rehabilitation was provided through individual and group meetings.
 - Content
 - Resources to be added
- The website was created using a free web development platform.
- Rehabilitation professionals provided feedback on the usability, comprehensibility, and relevance of the material.
 - Results of the survey were descriptively analyzed in means and frequency distribution (%).

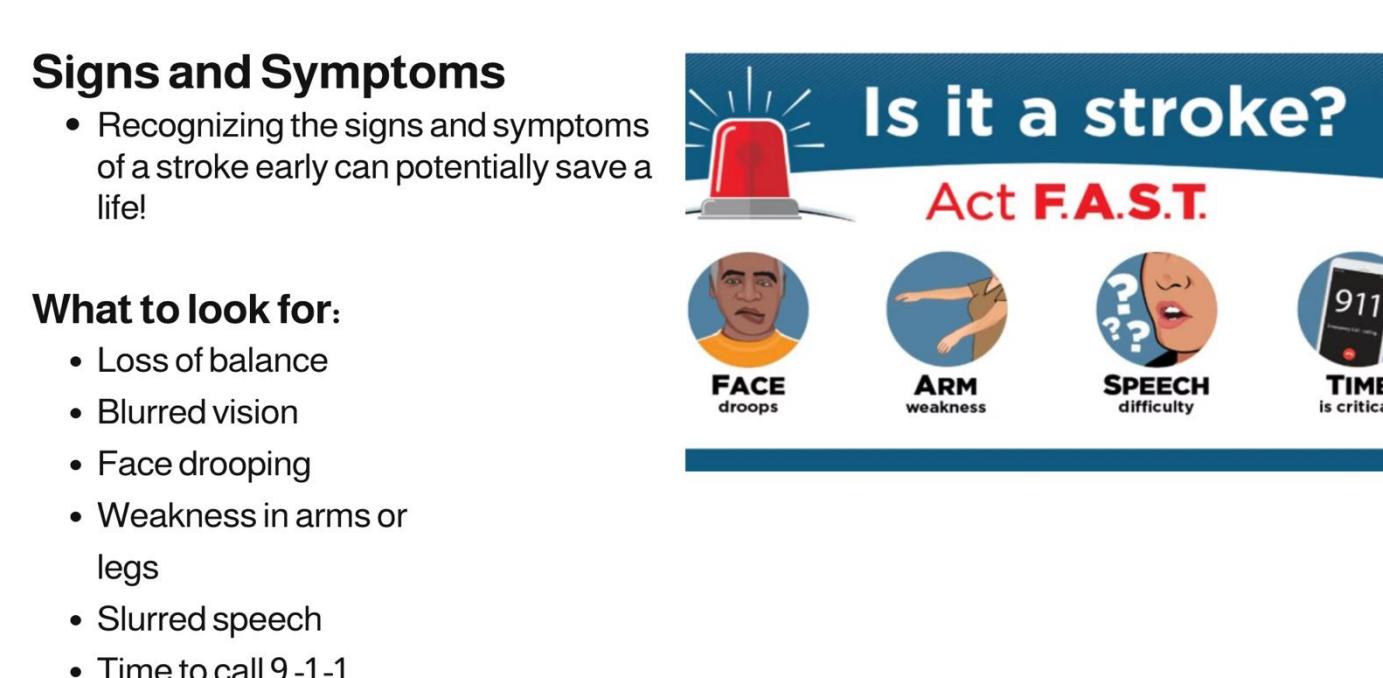
Results

- The website was organized into four key sections: 1) About Stroke, 2) Safety, 3) Nutrition, and 4) Health Management (Figures 1-4).

1) About Stroke: Includes essential information about stroke, common risk factors, and signs/symptoms to look for (Figure 1).

2) Safety: This tab highlighted fall prevention strategies and featured educational videos on safe transfer techniques (Figure 2).

Figure 1. "About Stroke" Tab- Signs and Symptoms to Recognize



Results (cont.)

Figure 2. "Safety Tab"- Fall Prevention Strategies



3) Nutrition- Highlighted the importance of healthy eating in stroke recovery and long-term prevention (Figure 3).

4) Health Management- emphasized the importance of understanding prescribed medications and how each medication aids in stroke prevention and overall health (Figure 4).

Figure 3. "Nutrition" Tab- Healthy Food Options

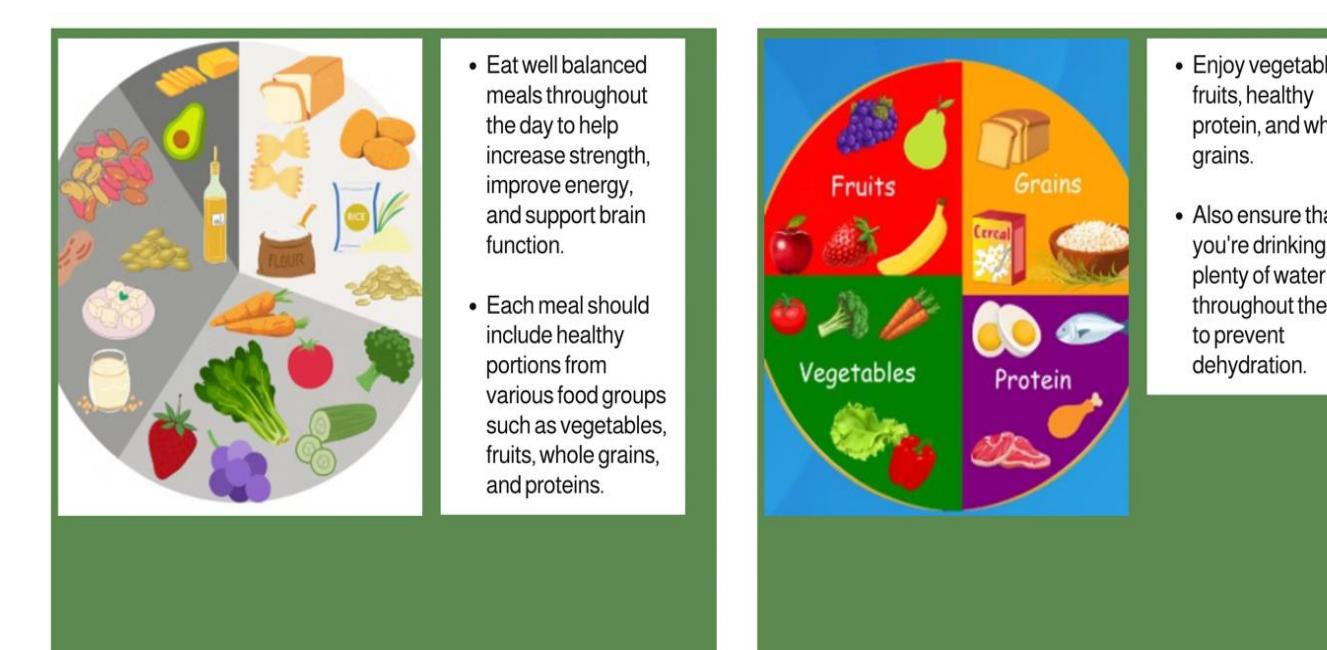


Figure 4. "Health Management" Tab- Medication Management



• Usability, comprehensibility, and relevance:

- A total of ten participants completed a seven-question survey to assess usability, comprehensibility, and relevance of the educational material presented on the website.

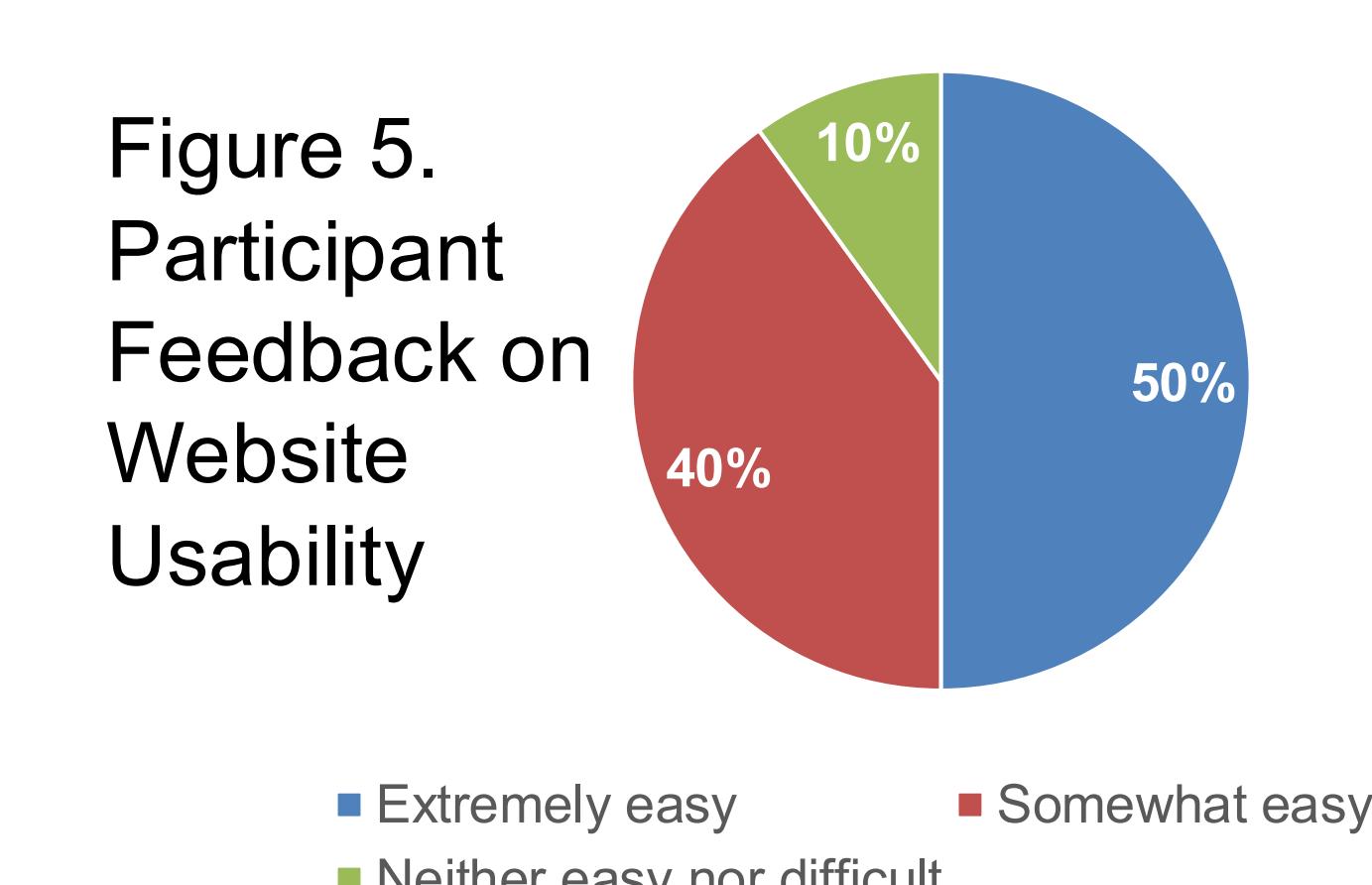
Table 1. Evaluation of Website Usability and Comprehensibility

Survey questions	Extremely Easy / Clear	Somewhat easy / clear	Neither easy/ clear or difficult /unclear	Somewhat difficult /unclear	Extremely difficult / unclear
How easy was it for you to navigate and find information on the website? n(%)	5 (50%)	4 (40%)	1 (10%)	0	0
How clear and understandable was the information presented on the website? n(%)	7 (70%)	2 (20%)	1 (10%)	0	0

Results (cont.)

How easy was it for you to navigate and find information on the website (Figure 5)?

Figure 5. Participant Feedback on Website Usability

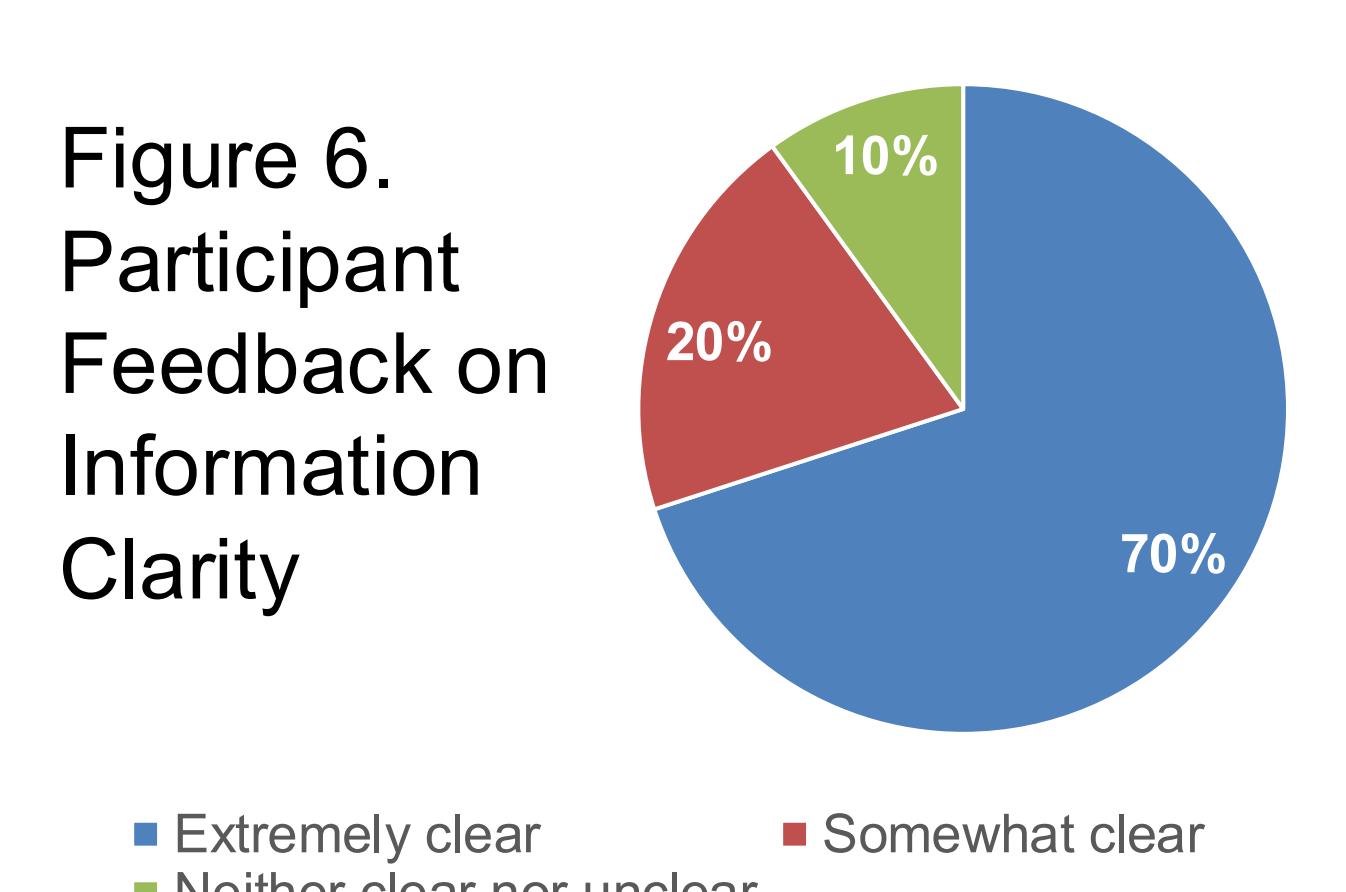


■ Extremely easy ■ Somewhat easy

■ Neither easy nor difficult

How clear and understandable was the information presented on the website (Figure 6)?

Figure 6. Participant Feedback on Information Clarity



■ Extremely clear ■ Somewhat clear

■ Neither clear nor unclear

Suggestions: for improving the website's content and layout were categorized into four domains: website features, content, safety, and inclusiveness.

Barriers for accessing content: Visual deficits, stroke phase of recovery, lack of access to internet, and technology.

Scan the QR Code to view the full site:



Discussion and Conclusion

- The website, designed for UAB Spain Rehabilitation, integrated content based on input from rehabilitation professionals and stroke survivors, distinguishing it from common online resources.
- Participants suggested various enhancements, but the free web platform limited feasibility of certain changes.
- The self-managed website will soon move to a UAB server, allowing Spain Rehabilitation staff to access and implement it on a more advanced platform that resolves current limitations.
- By incorporating key recovery content from experts and survivors, the website meets a critical need, improves access to stroke education, and supports continuity of care beyond the clinical setting.

References

