



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 (%).

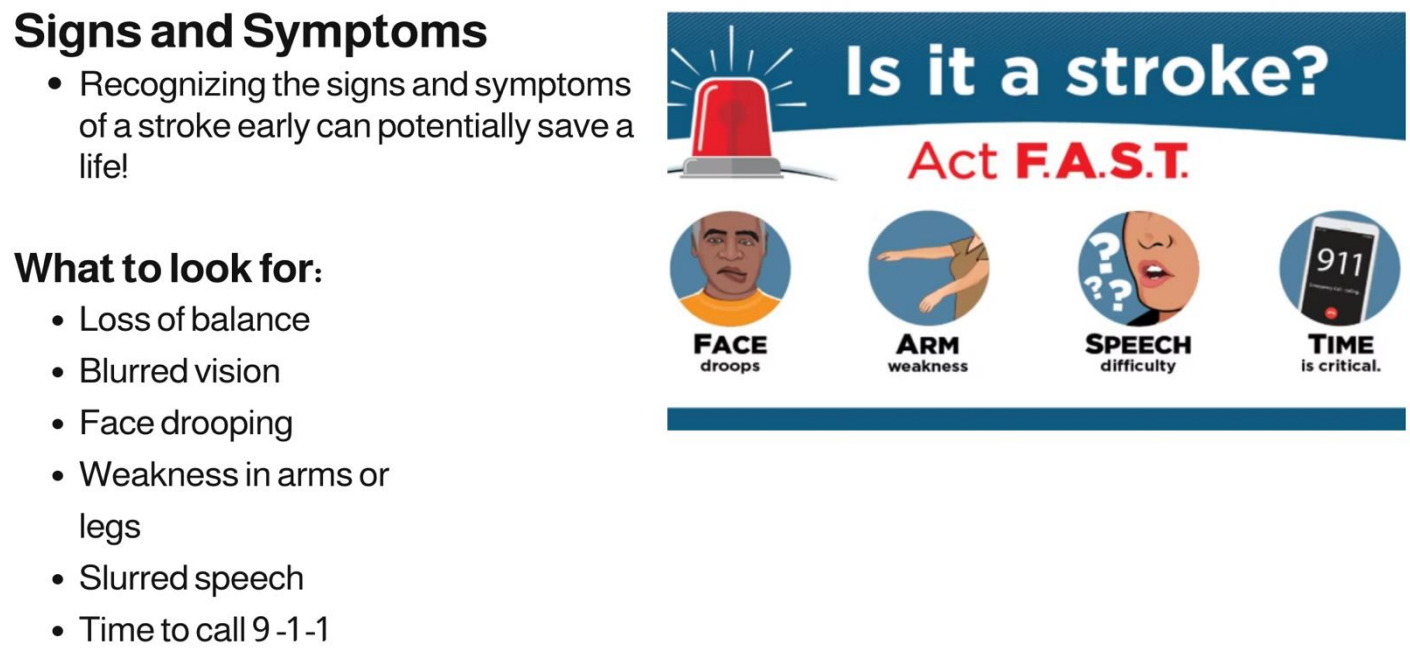
Results

- 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

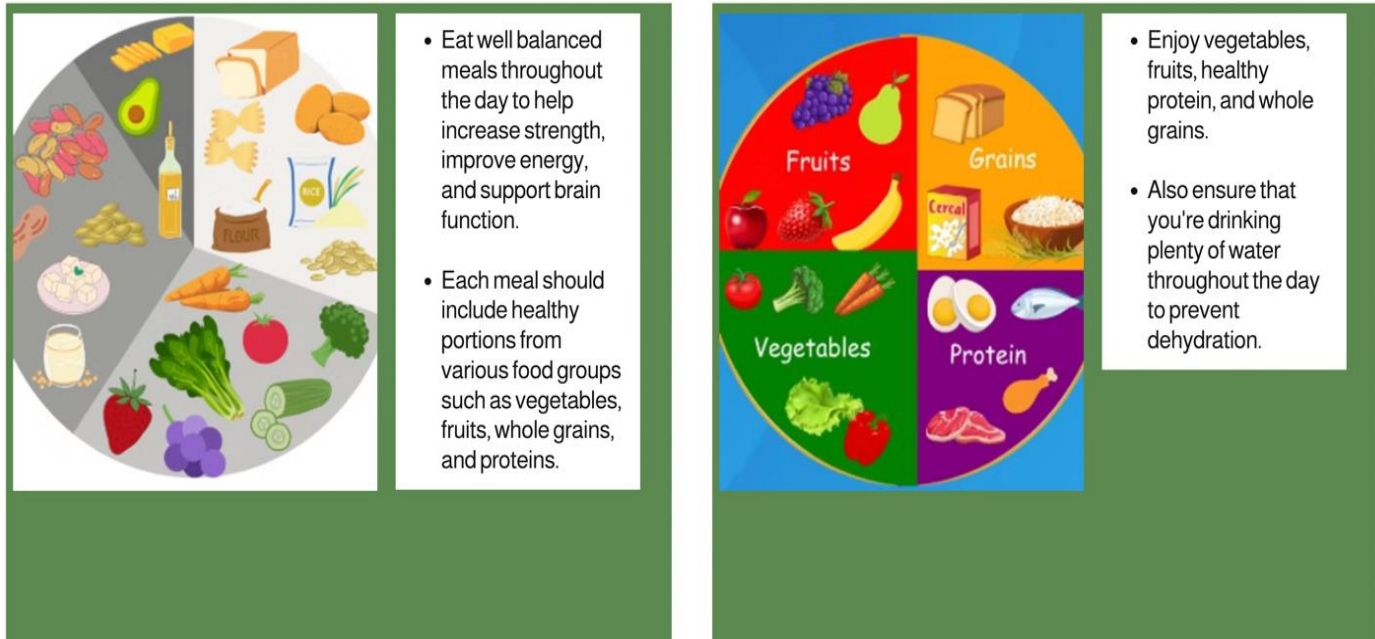


Figure 4. "Health Management" Tab- Medication Management



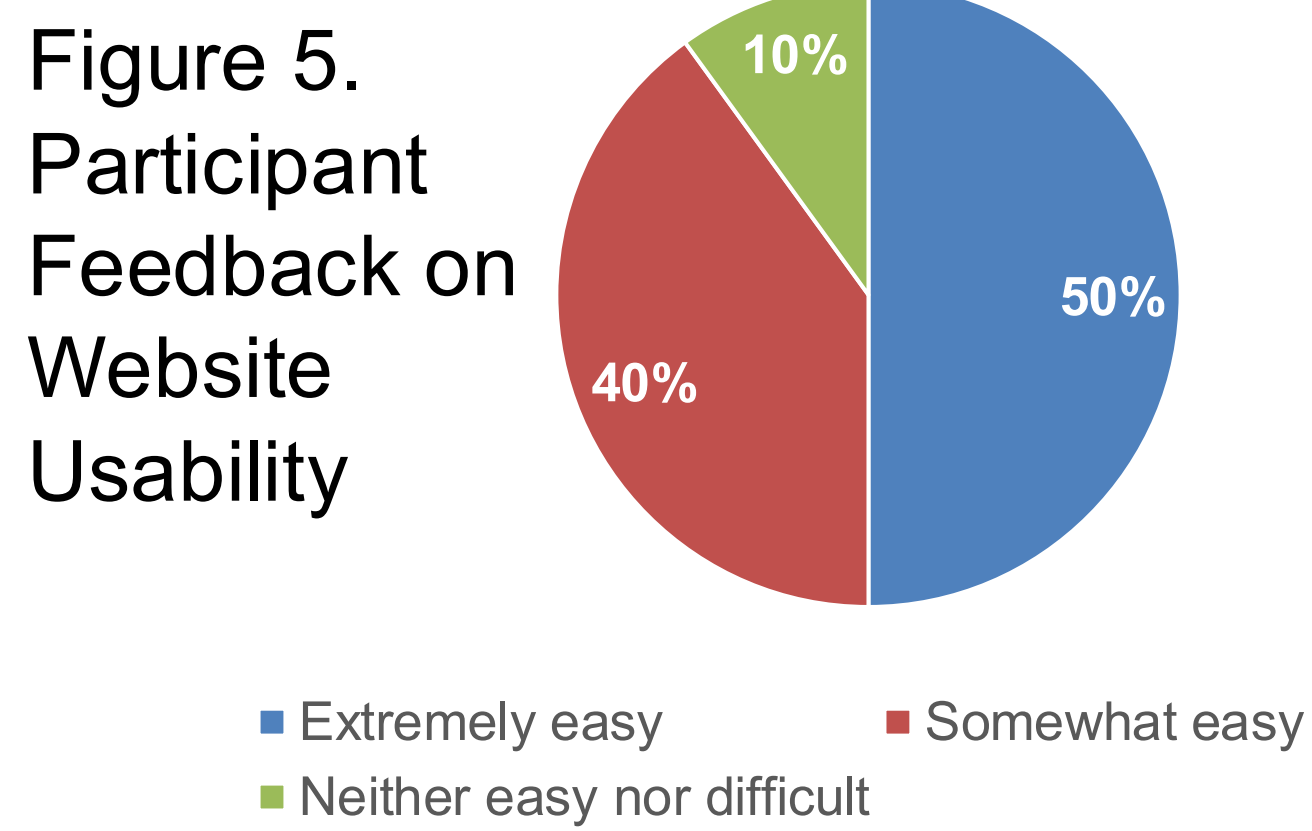
- Usability, comprehensibility, and relevance:**
 - A total of ten participants completed a seven-question survey to assess usability, comprehensibility, and relevance of the educational material presented on the website.

Table 1. Evaluation of Website Usability and Comprehensibility

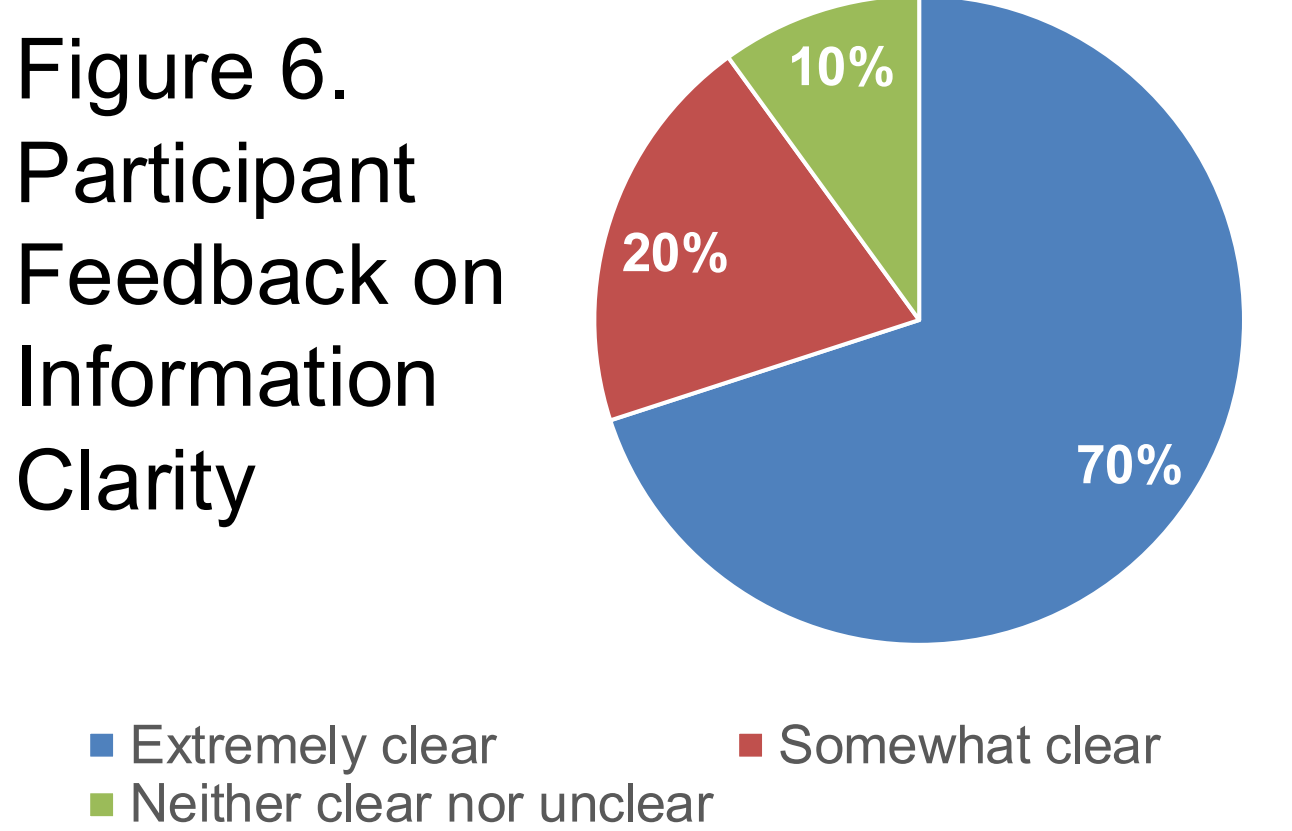
Survey questions	Extremely Easy / Clear	Somewhat easy / clear	Neither easy/ clear or difficult /unclear	Somewhat difficult /unclear	Extremely difficult / unclear
How easy was it for you to navigate and find information on the website? n(%)	5 (50%)	4 (40%)	1 (10%)	0	0
How clear and understandable was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



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



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

