

Survey of Knowledge and Awareness about Stroke among Second Year Dental Student.

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Abstract:**Aim:**

To know how much knowledge and awareness 2 nd yr dental students have about stroke.

Objective:

Objective is to find how much knowledge and awareness 2 nd yr dental students have about stroke which plays a very important role to prevent this condition.

Background:

Stroke is a medical emergency which is due to lack of blood supply to brain which may even lead to death,two types of stroke are there ischemic and hemorrhagic.High cholesterol,hypertension and smoking are the major risk factors,so to prevent this condition knowledge and awareness about its symptoms,signs and risk factors is very essential.

Reason:

This survey is done to know how much knowledge and awareness students have about signs,symptoms and risk factors of stroke.

INTRODUCTION:

Developing countries like India are facing a double burden of communicable and non-communicable diseases. Stroke is one of the leading causes of death and disability in India. The incidence rate is 119-145/100,000 based on the recent population studies(1). Stroke is becoming an important cause of premature death and disability in low-income and middle income countries like India, largely driven by demographic changes and enhanced by the increasing prevalence of the key modifiable risk factor(2).The perception of having risk factors to stroke and the knowledge of these factors are associated with better control of comorbidities and better adherence to preventive therapy after stroke(3).In the present study we aim to evaluate the knowledge and awareness of risk factors and

warning signs of stroke among second year dental students. For the quick recognition of stroke and admission to hospital as it vastly improves patient outcomes(4,5).

METHOD AND MATERIALS:

A questionnaire (annexure A) was distributed to 100 students, informations on the awareness and knowledge about stroke risk factors and warning signs was collected with the aid of a structured Questionnaire.

VARIABLES:

Number of students aware of symptoms.
Number of students aware of risk factors.
Number of students aware of treatments and diagnosis of stroke.

QUESTIONNAIRE:(Annexure A)

*% of answers correct-[]

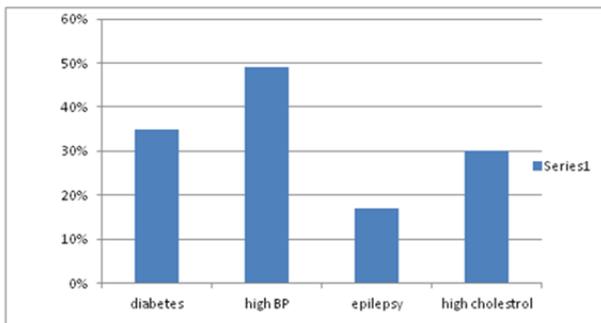
- 1) Stroke happens in -brain(Heart/Brain/Muscle/I don't know) .
- 2) Stroke is due to lack of blood supply to brain -true(True/False/Idon't know)
- 3) Stroke is a medical emergency-true (True/False, I don't know)
- 4) A quarter of strokes occur in people under the age of 65 -true(True/False/I don't know)
- 5) Stroke is more common among -true(Men/Women,I don't know)
- 6) Stroke is more common among children-false (True/False/I don't know)
- 7) The most common type of stroke is ischemic stroke-true (True/False/I don't know)
- 8) Do symptoms of a stroke usually come on -suddenly(Gradually/Suddenly/I don't know)
- 9) Fever and Sweating is a sign of stroke-true (True/False/I don't know)
- 10) Slurred speech is a sign of stroke-true (True/False/I don't know)
- 11) Weakness in the arms/legs is a sign of stroke -true(True/False/I don't know)
- 12) Rash is a sign of stroke-false (True/False/I don't know)

- 13) Stroke normally affects both sides of the body -false(True/False/I don't know)
- 14) Diabetes increases chance of stroke -true(True/False/I don't know)
- 15) High blood pressure increases chance of stroke -true(True/False/I don't know)
- 16) Epilepsy increases chance of stroke-false (True/False/I don't know)
- 17) High cholestrol increases chance of stroke-true (True/False/I don't know)
- 18) Which of these could help reduce the chance of stroke-exercise
(Fresh air/Vitamin C/exercise/I don't know)
- 19) Family history contributes to stroke -true(True/False/I don't know)
- 20) Nobody makes a full recovery after a stroke -false(True/False/I don't know)
- 21) Is there are any current treatments for stroke -true(True/False/I don't know)
- 22) Drugs prescribed for stroke are aspirin and warfarin -true(True/False/I don't know)
- 23) diagnosis of stroke can be done by-both ct scan and blood test
(CT Scan/Blood Test/Both CT Scan and Blood test/I don't know)
- 24) Is thrombectomy, angioplasty and Stenting done for stroke -yes(Yes/No/I don't know)
- 25) Stroke survivors suffer from post-stroke depression -true(True/False/I don't know)

RESULT:

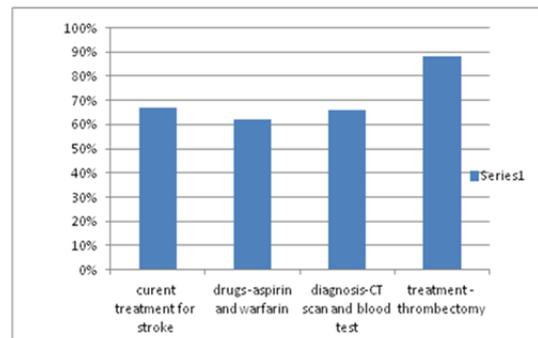
**Percentage of awareness of risk factors among students:
(ANNEXURE B)**

ANNEXURE B



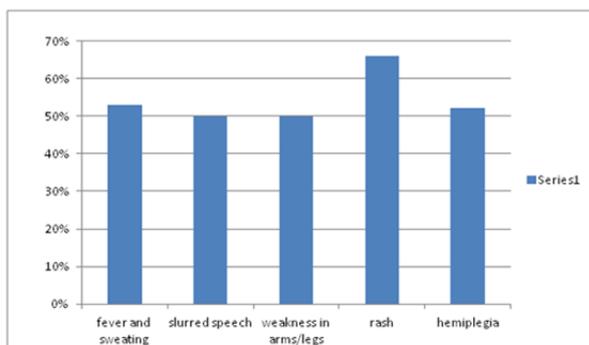
Percentage of knowledge about diagnosis and treatment of stroke among students:(ANNEXURE D)

ANNEXURE D



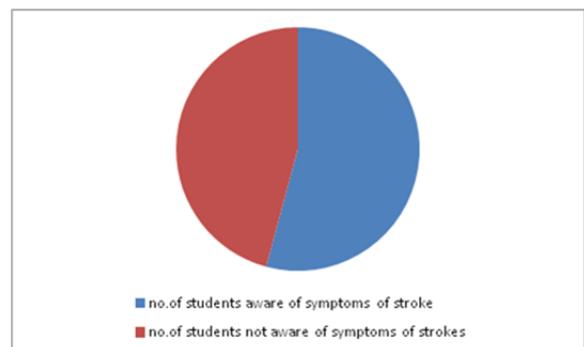
Percentage of awareness of symptoms of stroke among students:(ANNEXURE C)

ANNEXURE C

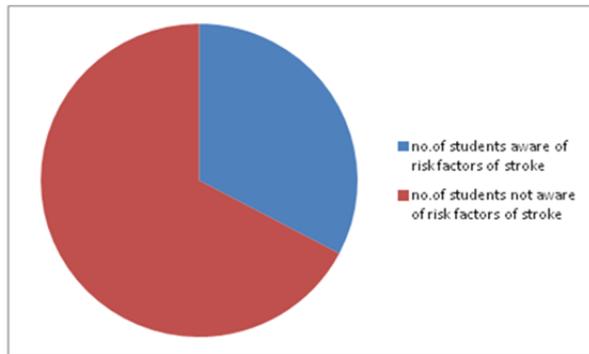


**Total number of students aware of symptoms of stroke:
(ANNEXURE E)**

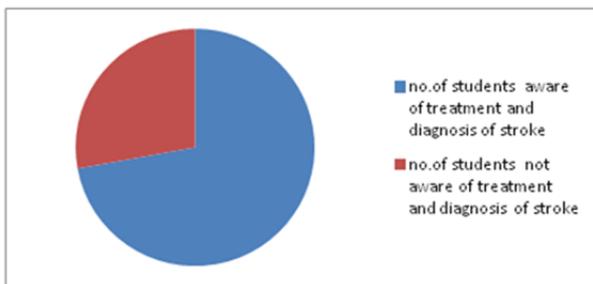
ANNEXURE E



**Total number of students aware of risk factors of stroke:(ANNEXURE F)
ANNEXURE F**



**Total number of students aware of treatment and diagnosis of stroke:(ANNEXURE G)
ANNEXURE G**



54.25% of students only know about the signs and symptoms. Only 32.7% of students aware of risk factors of stroke. Fever and sweating (53%) was the most commonly identified warning sign of stroke with more students. High BP(49%) was the commonly identified symptoms of stroke with more students. Thrombectomy, Angioplasty and stenting (88%) was the commonly identified treatment for stroke with more students. Mean while 70.7% aware of treatments available for stroke.

DISCUSSION:

61% of students are aware that the stroke happens in brain and 71% found that it is due to lack of blood supply in brain. 39% of students not even aware that the stroke happens in brain. 56% of students only aware that stroke is a medical emergency since faster recognition of stroke and rapid admission to hospital vastly improves patient outcome(4,5). 44% of students do not aware that it is a medical emergency. 69% of students aware that only quarter of strokes occur in the people under the age of 65, so they have knowledge that stroke must occur only in elders. Which is found to be 66% and in India it is more common among men. 57% have knowledge that it is most commonly occurs in men(7,8). 65% of student aware that most

common type of stroke is ischemic stroke. Only 69% of students know that the symptoms of stroke come on suddenly which is a very worse thing as it is a medical emergency and requires immediate hospitalization. In that 53% know fever and sweating as a sign of stroke. 50% slurred speech, 50% as weakness in arms/legs, 66% as rash is not a symptom, 52% of students know that stroke normally affects only one side of the body. In that 35% aware that diabetes as a risk factor of stroke, 49% as High Blood Pressure, 17% as epilepsy and 30% as high cholesterol. In India it is estimated that 54% of stroke is due to hypertension, 15% due to hypercholesterolemia and 12% due to tobacco smoking (6). 59% of students think that exercise can reduce the chance of stroke, 41% of students found that family history contribute to stroke. 49% of student identified that full recovery can be achieved after stroke. 67% of students identified that there are current treatment available for stroke. 62% of students identified that drugs prescribed for stroke are aspirin and warfarin, 66% of students identified that both CT Scan and Blood test can be used for diagnosis of stroke, 88% of students identified that thrombectomy, angioplasty and stenting can be done for stroke survivors suffer from post stroke depression. 23% of students were unaware that there are current treatment for stroke because some students might have not exposed to conditions associated with stroke in patients. 28% of student were unaware that aspirin and warfarin as drugs prescribed for stroke as second years they won't prescribed any medications to patients and do not have full knowledge about pharmacology subject. 24% of students were unaware that CT Scan and blood test as diagnosis for stroke because they might have not clinically exposed to those cases. 53% of students identified fever and sweating as a common sign as they are exposed to the condition and were sweating occurs more commonly. 79% of students identified High Blood Pressure as a risk factors as they might have seen their neighbours affected by stroke because of High BP and it was proven(6).

CONCLUSION :

More number of students are aware of treatment and diagnosis of stroke whereas the percentage is less when it comes to knowledge and awareness about risk factors and symptoms of stroke. Since stroke is a medical emergency and the symptoms occurs suddenly which requires immediate hospitalization. Considerable education is needed to increase awareness in modern concepts of particularly about risk factors and warning signs. Awareness and knowledge can be increased by the use of media through various health related programs is recommended. Posters regarding risk factors and symptoms have to be stucked in the notice board of colleges and hospitals so that students and patients know the importance of awareness and knowledge about the risk factors of stroke, colleges and hospitals have to provide data about the occurrence of stroke in current days which makes students aware about the prevalence, risk factors and symptoms of stroke. Students can also get knowledge and awareness about stroke by searching internet where vast amount of information is available.

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