Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102-Nursing Care of Adults
Research Paper: Topical Outline Template

1. **Title of the paper:** Stroke Prevention: Improving Patient Outcomes

2. **Thesis Statement:** A deeper understanding of stoke prevention through routine doctor visits, modifiable lifestyle changes along with early recognition of symptoms can reduce the severity of outcomes after a stroke.

3. **<u>Introduction:</u>**
    a. Key points/ background information
        i. Lifestyle
        ii. BE FAST/ recognition
        iii. Discharge (post stroke)- acute rehab, PT, OT, SLP
    b. Thesis Statement
        i. A deeper understanding of stoke prevention through routine doctor visits, modifiable lifestyle changes along with early recognition of symptoms can reduce the severity of outcomes after a stroke.

4. **<u>Body of the paper:</u>**
    a. Statement of the Problem
        i. Overview of the problem
            1. Risk factors: non-modifiable and modifiable
            2. Cell death in the brain matter
            3. 10% of stroke happen between 18-50 y/o
        ii. Significance of the topic
            1. Modifiable life changes
            2. Recognition of stroke can save lives and brain matter
            3. Treatment
        iii. Statistical information
            1. In 2021, stroke accounted for approximately 1 of every 21 deaths in the United States. (AHA)
            2. Every 40 seconds, someone in the United States has a stroke. Every 3 minutes and 11 seconds, someone dies of stroke in this country. (CDC)
            3. Risk of having a first stroke is nearly twice as high for non-Hispanic Black adults as for White adults. (CDC)
        iv. If left untreated how would this affect the nursing community?
            1. There would be people in the world unable to do the ADLs without interventions.
            2. The severity of patient deficits would statistically increase.
    b. Risk Reduction/ Treatment of the Problem
        i. Prevention
            1. Early recognition signs (BE FAST)

        2. Routine Dr. visits
        3. Diet, Exercise, Smoking
    ii. Screening
        1. BE FAST
        2. CT/ MRI
        3. NIH Stroke Scale
    iii. Treatment
        1. Anticoagulation therapy
        2. PT/OT/SLP
        3. Surgery
    iv. What is the impact this research has on patient care?
        1. Importance of early intervention.
        2. Community awareness.
        3. Help improve life after stroke.

c. Teaching

    i. 2 learning objectives for the learner
        1. Learn the modifiable risk factors to decrease their chance of a stroke.
        2. Learn signs and symptoms of a stroke.
    ii. Teaching strategies/ methods you will utilize
        1. Teach back method
        2. Demonstrate on mannequin the process of 2 types of strokes
        3. Bring goggles, tape and have the people feel for some deficits that could happen after a stroke.
    iii. Teaching tools you will utilize
        1. Pamphlets
        2. Jeopardy game
        3. Drawings or models of the heart and brain

5. <u>Conclusion</u>

a. Summarize the main points of the paper
    i. Early recognition is a vital part of reducing aftereffects of a stroke.
    ii. There are ways to be cautious and some ways you can prevent stokes from happening.
    iii. The aftereffects can significantly change a person's life
b. How does this information apply to evidence-based nursing practice?
    i. Over many years of practice, we develop better ways to assessment.
    ii. Developing better interventions.
    iii. Guides to better prevention.
c. What is the importance of this paper?
    i. Saving someone from life altering aftereffects.
    ii. Teaching the modifiable ways that people can prevent themselves from developing a stroke.
    iii. Bringing awareness to strokes can alter the burden on healthcare workers and improve the community.

https://www.heart.org/-/media/PHD-Files-2/Science-News/2/2024-Heart-and-Stroke-Stat-Update/2024-Statistics-At-A-Glance-final_2024.pdf (statistic #1)

https://www.cdc.gov/stroke/data-research/facts-stats/index.html (statistic # 2 & 3)