

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

1. **Title of the paper: You need to be fast!**
2. **Thesis Statement: Having a stroke can be scary, but there are ways in modern medicine to help an individual out when they first notice signs to getting to the emergency room, like medications, tests, and plenty of other remedies that will be explained in this piece. But always remember to BE FAST!**

3. **Introduction:**

- a. Key points/ background information
  - i. Recognizing signs in your home
  - ii. Prehospital time
  - iii. Emergency room
- b. Thesis Statement

**Having a stroke can be scary, but there are ways in modern medicine to help an individual out when they first notice signs to getting to the emergency room, like medications, tests, and plenty of other remedies that will be explained in this piece. But always remember to BE FAST!**

4. **Body of the paper:**

a. **Statement of the Problem**

- i. Overview of the problem
  1. Many individuals do not know the signs of a stroke
  2. Delaware specific numbers for stroke incidents/deaths/etc
  3. What happens when you get to the emergency room/hospital stay
- ii. Significance of the topic
  1. The risk factors you can and can't control/ pt teaching
  2. BE FAST/ you can do so many things to help yourself
  3. How it CAN happen to you and not just "old people"
- iii. Statistical information
  1. 2023 Delaware Stroke Patients- AGE chart. 18-45 (5.7%), 46-65 (27.9%), 66-85 (54.9%), >85 (11.5%) dhss.delaware.gov
  2. 2023 Delaware Stroke Patients Included the Following Risk Factors. High BP (75%), High cholesterol (55%), Diabetes (33%), Previous Stroke (25%), Smoker (23%), Cardiac hx (18%), Obesity (18%), AFIB (16%)
  3. **"Stroke is the leading cause of death and disability in the US with the significant implications for ER care." CDC**
- iv. If left untreated how would this affect the nursing community?
  1. A lot of individuals would have disabilities and not know how to take control of their life/responsibilities.

2. A significant economic impact would strike the communities because now these individuals are either passing away or can't do their job anymore.

**b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
  1. Managing your BP
  2. Diet/alcohol consumption
  3. Control diabetes
- ii. Screening
  1. CT scan/MRI
  2. Van scale (positive or negative)
  3. Neurologic exam
- iii. Treatment
  1. TPA (tissue plasminogen activator) for ischemic stroke
  2. Surgery for haemorrhagic stroke
  - 3.
- iv. What is the impact this research has on patient care?
  1. Recovery time/better outcomes
  2. Better treatment options
  3. Better understanding of a stroke

**c. Teaching**

- i. 2 learning objectives for the learner
  1. How to identify a stroke and to call 911
  2. What will happen when you are brought into ER/time essential
- ii. Teaching strategies/ methods you will utilize
  1. Demonstration/quiz
  2. Visual aids
  3. Q&A session
- iii. Teaching tools you will utilize
  1. Pamphlet
  2. Model
  3. **Game**

**5. Conclusion**

- a. Summarize the main points of the paper
  - i. How to acknowledge you are having a stroke and time is ESSENTIAL
  - ii. What the timeframe/procedures you will be in before you reach the hospital
  - iii. When you go through the ER doors, what will be waiting for you (tests, meds, etc)
- b. How does this information apply to evidence-based nursing practice?
  - i. Better outcomes
  - ii. Better assessments for individuals in and out of the hospital
  - iii. Better treatments
- c. What is the importance of this paper?

- i. Stroke is affecting millions of individuals around the world and only going up
- ii. How time is essential
- iii. **Individuals are scared to admit themselves to the ER and think it is scary**