

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

**1. Title of the paper: Preventing Stroke and Community Education**

- i. **Thesis Statement: Through continuous advancements in evidence-based practice, risk management, and community education, the incidence rate of stroke can significantly decrease leading to less long-term disabilities.**

**2. Introduction:**

- a. Key points/ background information
  - i. Acute neurological event stemming from an interruption in cerebral blood flow.
  - ii. Two types of cerebrovascular accident : ischemic and hemorrhagic
  - iii. A medical emergency that results in chronic disabilities for many adults.
- b. Thesis Statement
  - i. **Through continuous advancements in evidence-based practice, risk management, and community education, the incidence rate of stroke can significantly decrease leading to less long-term disabilities.**

**3. Body of the paper:**

**a. Statement of the Problem**

- i. Overview of the problem
  1. Sudden onset of loss of normal brain function
  2. The neurons in the brain become oxygen deprived which can lead to irreversible damage within minutes of onset.
  3. The CVA will affect sensory, motor, and cognitive function of the brain.
- ii. Significance of the topic
  1. A leading cause in long-term disabilities.
  2. 5<sup>th</sup> leading cause of death in all diagnoses in the United States.
  3. A significant risk of occurrence with the aging population.
- iii. Statistical information
  1. About 800,000 stroke occurred in the United States last year.
  2. Higher incidence rate in people of an African American descent.
  3. About 87% of all strokes are ischemic.
- iv. If left untreated how would this affect the nursing community?
  1. There would be an increase in demand for long-term care needs.
  2. A higher nurse workload would be required in rehabilitation facilities.

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

- i. Prevention

1. Managed hypertension
2. Controlled diabetes
3. Smoking cessation
- ii. Screening
  1. Monitored blood pressure
  2. Atrial fibrillation screening (ECG)
  3. Carotid ultrasound for patients who are high risk
- iii. Treatment
  1. Ischemic stroke – tPA within 3-4.5 hr, antiplatelets, anticoagulation
  2. Hemorrhagic stroke – blood pressure controls, surgical removal of clot, aneurysm clipping
- iv. What is the impact this research has on patient care?
  1. Teaching B.E.F.A.S.T. to prevent future strokes
  2. Improve survival rates to those affected by CVAs
  3. Better recovery for cognitive functioning

**c. Teaching**

- i. 2 learning objectives for the learner
  1. Will be able to verbalize B.E.F.A.S.T. signs to report to 911
  2. Will be able to verbalize ways to prevent strokes (ex. Controlled blood pressure, managed diabetes, smoking cessation)
- ii. Teaching strategies/ methods you will utilize
  1. Visual B.E.F.A.S.T. signs and symptoms
  2. Verbal education
  3. Teach-back method to confirm understanding
- iii. Teaching tools you will utilize
  1. Pamphlet for B.E.F.A.S.T.
  2. Brain model
  3. Tri-fold poster with statistics and broad information

**4. Conclusion**

- a. Summarize the main points of the paper
  - i. Stroke is a medical emergency
  - ii. Prevention methods can save lives
  - iii. Early intervention is critical
- b. How does this information apply to evidence-based nursing practice?
  - i. Use of NIH Stroke Scale
  - ii. B.E.F.A.S.T. acronym
  - iii. Inpatient rehab centers
- c. What is the importance of this paper?
  - i. Raise awareness for stroke to community
  - ii. Recognition of signs and symptoms
  - iii. Learn prevention strategies

## References

- Bushnell, C., Kernan, W. N., Sharrief, A. Z., Chaturvedi, S., Cole, J. W., Cornwell, W. K., 3rd, Cosby-Gaither, C., Doyle, S., Goldstein, L. B., Lennon, O., Levine, D. A., Love, M., Miller, E., Nguyen-Huynh, M., Rasmussen-Winkler, J., Rexrode, K. M., Rosendale, N., Sarma, S., Shimbo, D., Simpkins, A. N., ... Whelton, P. K. (2024). 2024 Guideline for the Primary Prevention of Stroke: A Guideline From the American Heart Association/American Stroke Association. *Stroke*, *55*(12), e344–e424. <https://doi.org/10.1161/STR.0000000000000475>
- Hilken, N. A., Casolla, B., Leung, T. W., & de Leeuw, F. E. (2024). Stroke. *Lancet (London, England)*, *403*(10446), 2820–2836. [https://doi.org/10.1016/S0140-6736\(24\)00642-1](https://doi.org/10.1016/S0140-6736(24)00642-1)
- Lee, E. C., Ha, T. W., Lee, D. H., Hong, D. Y., Park, S. W., Lee, J. Y., Lee, M. R., & Oh, J. S. (2022). Utility of Exosomes in Ischemic and Hemorrhagic Stroke Diagnosis and Treatment. *International journal of molecular sciences*, *23*(15), 8367. <https://doi.org/10.3390/ijms23158367>
- Potter, T. B. H., Tannous, J., & Vahidy, F. S. (2022). A Contemporary Review of Epidemiology, Risk Factors, Etiology, and Outcomes of Premature Stroke. *Current atherosclerosis reports*, *24*(12), 939–948. <https://doi.org/10.1007/s11883-022-01067-x>

C&P:\N102 - Nursing Care of Adults\Course Planning\2026\Course Documents\Research Paper & Community Project\Topical Outline Template - 2026}