

**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 Education**

**2. Thesis Statement:** Stroke is one of the main causes of death and long-term disability in adults (Ovbiagele & Nguyen-Huynh, 2011). Many cases are preventable, and nurses play a critical role in reducing risk, promoting early detection, and educating patients to improve outcomes and reduce recurrence.

**3. Introduction:**

- a. Key points/ background information
  - i. One of the leading causes of death and long- term disability worldwide (Ovbiagele & Nguyen-Huynh, 2011).
  - ii. Many strokes are linked to modifiable risk factors (Dopler, 2023).
  - iii. Prevention plays a major role in reducing incidence (Dopler, 2023).
- b. Thesis Statement
  - i. Stroke is one of the main causes of death and long-term disability in adults (Ovbiagele & Nguyen-Huynh, 2011). Many cases are preventable, and nurses play a critical role in reducing risk, promoting early detection, and educating patients to improve outcomes and reduce recurrence.

**4. Body of the paper:**

**a. Statement of the Problem**

- i. Overview of the problem
  1. Uncontrolled diabetes and hypertension increase stroke risk (Dopler, 2023).
  2. Preventable with early intervention (Dopler, 2023).
  3. High risk for recurrence (Ovbiagele & Nguyen-Huynh, 2011).
- ii. Significance of the topic
  1. Life-changing physical and cognitive deficits (Ovbiagele & Nguyen-Huynh, 2011).
  2. Increased healthcare system burden (Ovbiagele & Nguyen-Huynh, 2011).
  3. Prevention of stroke.
- iii. Statistical information
  1. Hypertension is a primary risk factor (Dopler, 2023).
  2. The majority of strokes are ischemic (Ovbiagele & Nguyen-Huynh, 2011; Dopler, 2023)
  3. Approximately 600,00 first-time strokes annually (Ovbiagele & Nguyen-Huynh, 2011).
- iv. If left untreated how would this affect the nursing community?
  1. Higher need for rehabilitation services (Ovbiagele & Nguyen-Huynh, 2011).
  2. Chronic disease management (Dopler, 2023).

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

- i. Prevention
  1. Smoking cessation.
  2. Diabetes/ lifestyle management.
  3. Medication adherence (Ovbiagele & Nguyen-Huynh, 2011).
- ii. Screening
  1. Stress Test
  2. Blood pressure management (Dopler, 2023).
  3. Continued assessment in high-risk populations (Ovbiagele & Nguyen-Huynh, 2011).
- iii. Treatment
  1. Speech therapy, physical therapy, and occupational therapy.
  2. Neurologist
  3. Medication management (Ovbiagele & Nguyen-Huynh, 2011).
- iv. What is the impact this research has on patient care?
  1. Encourages proactive prevention instead of reactive treatment (Dopler, 2023).
  2. Strengthens nurse's role in patient education.
  3. Improves overall patient quality of life.

## **c. Teaching**

- i. 2 learning objectives for the learner
  1. Recognize modifiable stroke risk factors (Dopler, 2023).
  2. Participate in routine check-ups.
- ii. Teaching strategies/ methods you will utilize
  1. Discuss the importance of a healthy diet.
  2. Encourage routine vital sign checks.
  3. BEFAST chart.
- iii. Teaching tools you will utilize
  1. Visual Poster board/ diagram.
  2. Blood pressure tracking sheet (Dopler, 2023).
  3. Risk Factor checklist

## **5. Conclusion**

- a. Summarize the main points of the paper
  - i. Worldwide impact (Ovbiagele & Nguyen-Huynh, 2011).
  - ii. Prevention is essential to reduce stroke-related deaths and disabilities (Dopler, 2023).
  - iii. Nurses are essential in early detection and education.
- b. How does this information apply to evidence-based nursing practice?
  - i. Supports routine risk assessment in clinical settings (Dopler, 2023).
  - ii. Patient-centered education.
  - iii. management of chronic disease (Dopler, 2023).
- c. What is the importance of this paper?
  - i. Highlights the preventable factors of strokes (Dopler, 2023).

- ii. Encourages proactive intervention.
- iii. Supports improved patient outcomes.

## References

Dopler, B. (2023). Stroke prevention. *Delaware Journal of Public Health*, 9(3), 6–10. <https://doi.org/10.32481/djph.2023.08.003>

Ovbiagele, B., & Nguyen-Huynh, M. N. (2011). Stroke epidemiology: Advancing our understanding of disease mechanism and therapy. *Neurotherapeutics*, 8(3), 319–329.

