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Long term changing of physiologic indicators of stroke risk factors by nurse-led disease management program: DMP Stroke trial

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Background and aims: Improvement of risk factors for ischemic stroke is an important issue in secondary prevention. These risk factors are chronic diseases as need of long-term medication and improvement of lifestyle. The study aim was to determine whether the effect of this Disease Management Program (DMP) intervention on improving the physiologic indicators of the risk factors. This study was a post-hoc analysis of a randomized controlled trial on the effects of DMP for reduction of stroke recurrence and vascular events.

Methods: After being stratified by their ischemic stroke subtype, 321 subjects were randomized to either a DMP group (n = 156) or a usual care group (n = 165). The primary endpoints were the physiologic indicators of ischemic stroke risk factors. The secondary endpoints were the proportion of subjects who achieved target value of the clinical practice guidelines.

Results: Body weight, body mass index, systolic blood pressure, and diastolic blood pressure were significantly more improvement in DMP group than the usual care group ($p < 0.05$). Other indicators did not reached statistical significance between the groups. The proportion of subjects who achieved target value of systolic blood pressure was significantly more in the intervention group than the usual care group at 6 month ($p < 0.01$) and 18month ($p < 0.05$). However, the proportion of subjects who other achieved target values was not significant difference between the groups at any time point.

Conclusions: This study suggested that the nurse-led DMP may improvement risk factors profile of stroke.

Biography

Yasuko Fukuoka has completed her Docter of Nursing science at Hiroshima University Graduate School of Biomedical and Health Sciences. Currently, she is working as a lecturer at the department of nursing at Kansai University of Social Welfare in Japan. Her research specialty is "disease management", she published 4 papers in journals, and 13 presentations at nursing conference.

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