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The construction and clinical translation of a nursing program for patients with stroke

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Introduction & Aim: Stroke can bring serious health and social issues for patients and their families, however there were no specific stroke nursing practice standards in China yet. The purpose of this study was to design a stroke nursing program with best evidences and adaption of the Chinese domestic context, which could provide a scientific and continuing theoretical guideline of standardizing the stroke nursing practices in China.

Method: Four phases were included in the study. Phase one: Field study of three health institutions and semi-constructive interviews among multiple professional health care providers were conducted to explore the current stroke nursing practices in terms of i-PARIHS framework. Phase two: The construction of a nursing program was based on reviewing and evaluating guidelines (44) and systematic review articles (64) in stroke nursing practices by using AGREEα methodology and OQAQ methodology. Phase three: The nursing program was revised through interviews among multiple professional health care providers and a focus group discussion of nursing specialists in health institutions of clinical translation and totally 12 sub nursing programs were developed. Phase four: Two sub nursing programs, Deep Venous Thrombosis (DVT) prevention nursing program and dysphagia and nutrition nursing program were applied in three health institutions to evaluate the effects of clinical translations during two periods of Plan-Do-Check-Action method.

Findings: In DVT prevention nursing program translation, nursing recording materials and the nursing program management were standardized. Based on the standardization of DVT prevention nursing program, swallowing rehabilitation management was standardized in clinical translation of the nutrition nursing program, such as responsibilities of Speech and Language Therapists (SLT) and nurses on swallowing rehabilitation and a swallowing rehabilitation recording form of stroke patients between SLT and nurses. In addition, the nurse's knowledge and compliant behaviors of preventing DVT and swallowing training increased significantly after implementing the two nursing programs.

Conclusion: This study set up 12 sub nursing programs in terms of evidence-based approaches, providing a standardized nursing practice framework for continuously caring patients with stroke. Clinical translation of two sub nursing programs showed approved that the nursing programs were scientific and practical, which provided direction for stroke nursing practices in China.

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