



COMMUNITY-BASED STROKE SELF-MANAGEMENT PROGRAM (CSSP): A FEASIBILITY STUDY

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Background

Research Setting

- Rural Communities of Alabama (Sumter, Pickens, Hale Counties)

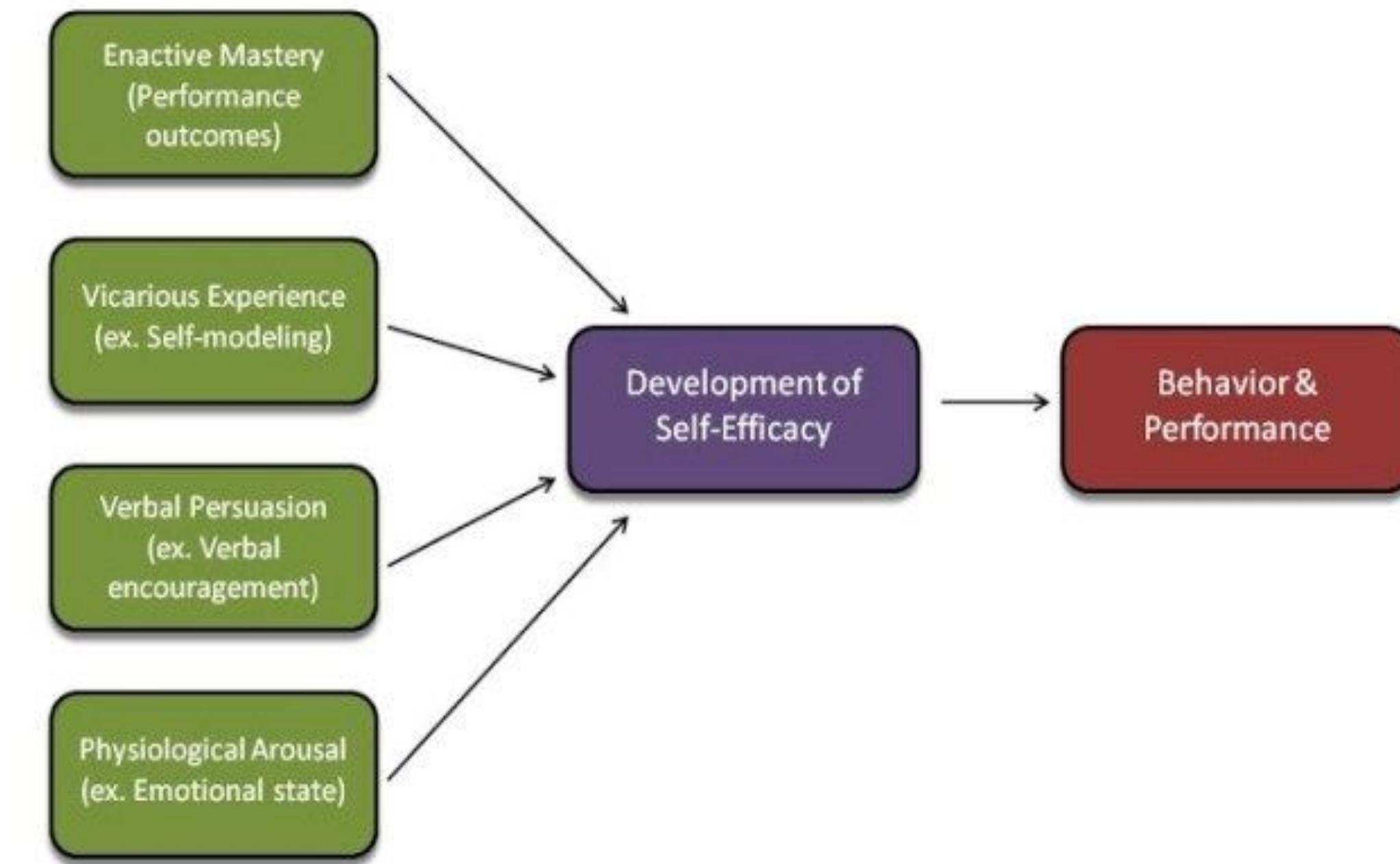
Unmet Need

- High blood pressure among stroke patients gives rise to recurrence of stroke among African American aging populations
- Stroke Survivors need the self-management competency to manage their high blood pressure condition and post-stroke life

Theoretical Framework

- We will deliver education and problem-solving sessions that enable participants to *perform the behaviors and overcome any barriers* to the intervention.
- Social groups will be involved in the intervention delivery, so that participants *develop self efficacy vicariously* by observing peers performing healthy behaviors.
- Participants will experience emotional arousal in response to the physical activity component, thereby having *physiological feedback* to adhere to the intervention.
- Text reminders and verbal encouragement will provide *verbal persuasion*.

Sources of Self-Efficacy



Project Aims

- Aim 1: Conduct a needs assessment related to management of HBP and post-stroke condition
- Aim 2a: Based on needs assessment, develop the CSSP to improve stroke survivors' BP management, medication adherence, diet, and stroke-related challenges
- Aim 2b: Examine the feasibility and acceptability of delivering CSSP among African American stroke survivors living in rural Alabama

Outcomes

Characteristics of Study Participants (N = 14)	
Participant Characteristics	Number (Percentages)
Age	
65-75 years	6 (42%)
75 and above	8 (58%)
Marital status	
Married	7 (50%)
Divorced/Widow/Single	7 (50%)
Education	
College level graduation	4(82%)
High school graduation	10 (18%)
Income	
< 10K	2 (14%)
10K – 30K	7(50%)
31K and above	5 (36%)
Living alone	9 (81%)
Health Insurance	
Yes	14 (100%)
No	0
Self-rated Health	
Good to excellent	5 (36%)
Fair to poor	9 (64%)
Years with Hypertension	
3-5	2 (14%)
6-7	3 (22%)
8-10	2 (14%)
Above 10 years	7 (50%)
Location of residence	
Hale County	8 (54%)
Sumter County	8 (46%)

Qualitative data results:

- Lack of information
- Lack of community-based rehabilitation services
- Lack of assistance with activities of daily living
- Barriers to care challenges post stroke: lack of transportation, loneliness, lack of affordability of care and healthy diet
- Facilitators: phones for reminders, self-motivation, social groups

Community Impact

Key Partners

- Hale County Extension Office
- Panola Outreach of Sumter County
- AREA Agency of Alabama

Public Health & Societal Impact

- CSSP will significantly improve stroke patients' BP-management knowledge and competencies, which they can maintain through their daily routines. It also has the potential to improve BP of this population and decrease their risks for stroke recurrence.

References



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