

FEASIBILITY AND ACCEPTABILITY STUDY OF RISK REDUCTION APPROACH FOR STROKE PREVENTION IN PRIMARY CARE IN WESTERN INDIA

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INTRODUCTION

Stroke is among the leading cause of morbidity and mortality in India. A study was hence planned to assess if Information, Education and Communication (IEC) intervention could be used to address risk factors among attendees of primary care in Western India.

MATERIAL AND METHODS

Patients (30 years) attending primary care center were enrolled (n= 215). Knowledge, Attitude and Practice (KAP) questionnaire was administered at baseline and end line and details diagnosis (hypertension &/diabetes, stroke and coronary artery disease etc) were noted from written records. Predesigned IEC module was administered about stroke, risk factors, and their prevention. Body Mass Index, and Waist to Hip Ratio was taken before and after 16 weeks (October-Jan 2022).

RESULTS

A total of 215 participants, (M:F= 85:130; mean age=51.66 ± 13.32 years) had risk factors such as Hypertension (26.7%), Diabetes (32.5%), history of stroke (n=3;=1.39%) and 7.4% (16/215) had coronary artery disease. Before and after comparison of KAP scores indicated significant difference (62.23±19.73 Vs 75.32±13.03); p-value=0.0001). Change of Waist to Hip Ratio occurred from baseline 0.91 to 0.9 (p-value=0.001). Comparison of proportion of patients taking antihypertensives before and after IEC intervention was (p-value=0.04). Body Mass Index comparison was significant (p-value=0.05). Intervention was found to be feasible and acceptable (215/235) by majority (66.15%).

CONCLUSION

IEC intervention appears to be a low cost, feasible and acceptable implementation research model for addressing risk factors for stroke in primary care.

