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Country: **Spain**

Titel of the project: **STROKE IS SIMILAR TO TRAFFIC ACCIDENT. IT IS PREVENTIBLE AND IT MAY HAPPEN TO ANYONE .**

Project details

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Award amount: €10,000

Our Project consists of make clear to the patients with atrial fibrillation that they have a risk factor for stroke. We carry out a survey to assess the knowledge about what a stroke is. Then it is explained through an example what is the mechanism of stroke regarding atrial fibrillation.

We would like to emphasize that stroke is avoidable therefore we have based on a current, understandable example based on traffic accidents, something that nowadays have advance in the social awareness (the most relevant terms are outlined in cursive or boldface in the example). Interestingly both (cerebro-vascular events and traffic accidents) may increase if we don't modify or avoid some risk factors. In a follow up survey at 3 months we reevaluate whether or not the patient full field the treatment and if he has still remembered the risk of new stroke by some questions (control survey). In our opinion, strokes are similar to traffic accidents and this comparison may help to understand that there are some risk factors in both cases that are preventable. **BASELINE SURVEY** - Do you know what is a stroke (also known as cerebral embolism or cerebro-vascular event)? - What are the main symptoms of stroke or what is "hemiparesis"? - Do you know what is the probability of the stroke will leave permanent disability? - Or once someone has a stroke it may return again? - Do you know that one of the main risk factor of atrial fibrillation is stroke? We will answer these questions with an example about stroke and traffic accidents. It may help to understand that they are very similar. Strokes are they could happen to anyone and they are preventable. One car (or thrombus) stopped on the road may cause an accident (or cerebrovascular event) making the circulation (or blood) blocked. As the circulation has stopped the transport of basic elements (blood, sugar, oxygen) does not reach its destination and the body is paralyzed (hemiparesis). We all know that anyone could have an accident, for distraction or for condition of the road, but we also know that (risk factors)we move on to the appropriate speed Atrial fibrillation is a major risk factor for stroke (it accounts for 5% to 30% of strokes depending on age). You should take treatment (anticoagulants) to prevent a stroke. Considering that although this treatment has a potential risk, the probability of having a new stroke is 10 times greater than having a serious complication due to the treatment. You should also remember that 20% of strokes are caused by atrial fibrillation moreover 1of 3 strokes could leave permanent sequelae. Furthermore once you have a stroke by atrial fibrillation it could return again without treatment almost 15% in the first year. **3 MONTHS FOLLOW UP SURVEY** - Do you know what is a stroke? - What is "hemiparesis"? - Do you believe that stroke may leave permanent disability? - Do you know if stroke it may return again? - Do you consider that atrial fibrillation is risk for stroke? - Are you taking the treatment properly? - Have you ever explained what is the mechanism of stroke after our example?

Audience

Type

- AF Patients
- Carers of AF Patients

Location

Spain, Europe