

**Guidelines for the  
NURSING MANAGEMENT of STROKE PATIENTS**

## NURSING MANAGEMENT OF STROKE PATIENTS

### I. PREVENTIVE CARE

General Objective	Specific Objectives	Process	Outcome
<p>1. Nurses will provide preventive care through health education activities based on identified learning needs.</p>	<p>Provide information on stroke, risk factors, lifestyle modification and regular medical check-ups.</p>	<p>1. A nurse will implement a health education program (HEP) approved or published by a duly accredited or recognized health agency.</p> <p>2. A nurse will implement the HEP appropriate for the people's level of understanding.</p> <p>3. A nurse will use appropriate, available teaching material.</p> <p>4. A nurse will actively participate in fora on health education on stroke prevention.</p>	<p>1. People understand risk factors and show interest in modifying lifestyle.</p> <p>2. Incidence of stroke decreases.</p> <p>3. Awareness increased.</p> <p>4. Use of published materials increase participation in stroke prevention fora.</p>
<p>2. Nurses will actively identify patients with risk factors.</p>	<p>Identify people who are at risk for developing stroke.</p>	<p>1. The nurse will implement assessment based on established guidelines on stroke risk factors and will use a risk-assessment nursing framework.</p> <p>2. The nurse will appropriately refer identified people high risk for stroke.</p> <p>3. The nurse will report and document identified people high risk for stroke.</p>	<p>1. Early detection, referral and management of identified at-risk people.</p> <p>2. Risk identification implemented in a standardized manner.</p> <p>3. Contribute factual, accurate data due to existing</p>

			stroke data banks.
3. Nurses will be actively involved in HEP regarding lifestyle modification.	Identify, promote and participate in available programs regarding lifestyle modification.	<p>1. The nurse will identify agencies in the community that have programs for lifestyle modification for stroke prevention.</p> <p>2. The nurse will recommend available programs for lifestyle modifications.</p> <p>3. The nurse will facilitate referral to appropriate community or health care agency regarding lifestyle modification.</p>	<p>1. Increased awareness of available facilities and programs regarding lifestyle modification.</p> <p>2. Increased adherence to lifestyle modification.</p>

## II. CURATIVE CARE

General Objective	Specific Objectives	Process	Outcome
1. Nurses will promptly identify patient's needs by performing proper health assessment with emphasis on neurological assessment techniques.	<p>1. Promptly identify and prioritize patient's needs.</p> <p>2. Use and perform proper neurological assessment techniques.</p>	<p>1. Nurses will assess patients comprehensively using current and acceptable neurological assessment tools.</p> <p>2. Nurses will correlate patient's history with signs and symptoms.</p> <p>3. Nurses will identify priority patient needs based on assessment.</p> <p>4. Nurses will prioritize and facilitate series of diagnostic examinations according to stroke guidelines and will have nursing responsibilities</p>	<p>1. Early needs identification and prioritization.</p> <p>2. Immediate initiation of management.</p> <p>3. Early transfer and admission to hospital with stroke or intensive care unit.</p>

		before, during and after the procedure, including patient safety and informed consent.	
2. Nurses will provide quality nursing care based on the identified patient needs in collaboration with other member of the health team, utilizing a holistic approach.	<p>Plan and manage nursing care based on patient's condition, needs and priorities:</p> <ul style="list-style-type: none"> <li>a. Physiologic care</li> <li>b. Safe Measures</li> <li>c. Comfort Measures</li> <li>d. Therapeutic environment</li> <li>e. Prevention of complications and infections</li> <li>f. Spiritual and psychosocial care</li> </ul>	<ol style="list-style-type: none"> <li>1. Nurses will implement emergency nursing measures if needed.</li> <li>2. Nurses will closely monitor, document and report neuro-vital signs.</li> <li>3. Nurses will provide safety measures, such as <ul style="list-style-type: none"> <li>a. Aspiration precautions</li> <li>b. Fall precautions</li> <li>c. Use of restraints</li> <li>d. Seizure precautions</li> </ul> </li> <li>4. Nurses will provide comfort measures, such as: <ul style="list-style-type: none"> <li>a. Linen changes</li> <li>b. Personal hygiene</li> <li>c. Turning</li> <li>d. Proper positioning</li> <li>e. Range of motion (ROM)</li> </ul> </li> <li>5. Nurses will provide a therapeutic environment <ul style="list-style-type: none"> <li>a. Proper ventilation and lighting</li> <li>b. Minimize noise</li> <li>c. Proper orientation to time, place and person</li> <li>d. Provisions of window murals in every room</li> </ul> </li> <li>6. Nurses will prevent complications and possible infections by: <ul style="list-style-type: none"> <li>a. Establishing patent airway</li> <li>b. Monitoring and maintaining BP</li> <li>c. Observing and</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Early identification and assessment of disease progression</li> <li>2. No incidence of falls and aspirations.</li> <li>3. No bedsores, contractures and muscular atrophy.</li> <li>4. Healing environment attained.</li> <li>5. Complications and infections prevented</li> <li>6. Psycho-emotional and spiritual upliftment</li> <li>7. No medication errors; medications adhere to.</li> <li>8. Self expression using alternative means, if</li> </ol>

		<p>providing catheter and tube care</p> <p>d. Monitoring input and output</p> <p>e. Monitoring and prevention of increased ICP</p> <p>f. Nutrition and hydration</p> <p>7. Nurses will provide spiritual and psychosocial care:</p> <p>a. Alleviation of anxiety by encouraging verbalization of feelings</p> <p>b. Guidance in identifying positive coping mechanisms</p> <p>c. Respect of patient's beliefs and culture</p> <p>d. Facilitation of patient's spiritual needs</p> <p>8. Nurses will apply the principles of Bioethics in the Practice of Nursing Care.</p> <p>9. Nurses will administer medications observing the 10 R's.</p> <p>10. Nurses will establish alternative means of communication if necessary.</p> <p>11. Nurses will assess patient's capabilities in performing ADLs and assist in identifying alternative means.</p>	<p>needed.</p> <p>9. Patient's independent functions maximized; disabilities correctly addressed.</p> <p>10. Cooperation and active participation of clients and significant others.</p> <p>11. Complete, accurate records</p> <p>12. Early medical intervention</p> <p>13. Utilization of other health and community resources.</p>
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### III. REHABILITATIVE AND PROMOTIVE CARE

General Objective	Specific Objectives	Process	Outcome
<p>1. Nurses will focus on early rehabilitation and discharge planning.</p>	<p>1. Assist the patient towards maximum functional capacity.</p> <p>2. Discuss the care plan with the patient and significant others.</p> <p>3. Involve the patient's family and significant others in decision making and the care plan.</p>	<p>1. Nurses will initiate rehabilitation upon admission.</p> <p>2. Nurses will assist the patient in performing ADLs in collaboration with other health team members.</p> <p>3. Nurses will educate patient on alternative, physiologically safe sexual practice (as indicated).</p> <p>4. Nurse will include significant others in providing specific nursing care, such as provisions of hygiene, nutrition, turning, positioning, pulmonary toile, ROM exercises, and other care.</p> <p>5. Nurses will ensure good compliance to medications and provide options for compliance to outpatient follow-up</p> <p>6. The nurse will collaborate with the family and significant others in the care plan.</p>	<p>1. Performance of simple ROM exercises and ADLs by patient with minimal or no supervision.</p> <p>2. Maintenance of sexual function.</p> <p>3. Performance of simple nursing procedures by significant others with minimal or no supervision from nurses.</p> <p>4. Compliance to treatment regimen and adherence to outpatient follow-up</p> <p>5. Active participation of patient and family in care plan.</p>
<p>2. Nurses will assist in sustaining and maintaining patient's healthy, productive lifestyle.</p>	<p>1. Provide guidelines for home care.</p> <p>2. Guide patient in lifestyle modification based on identified risk</p>	<p>1. Nurses will provide a discharge care plan containing the following:</p> <ul style="list-style-type: none"> <li>a. Activity and exercise</li> <li>b. Medication regimen</li> <li>c. Symptoms needing referral</li> <li>d. Prescribed diet</li> <li>e. Medical follow-up</li> </ul>	<p>1. Adherence of patient and family to prescribed discharge care plan.</p> <p>2. Compliance to alternative</p>

	<p>factors.</p> <p>3. Assist patient in accepting and adapting to disability.</p>	<p>schedule</p> <p>f. Special care to be provided</p> <p>2. Nurses will facilitate referrals to community resources.</p> <p>3. Nurses will identify appropriate lifestyle modification suited to the patient's current status.</p> <p>4. Nurses will involve patient in diversion activities that will enhance self-esteem.</p> <p>5. Nurses will involve family member in the care plan.</p>	<p>lifestyle.</p> <p>3. Motivation and stimulation of patient's interest in self-enhancing activities.</p> <p>4. Maximal patient potential.</p> <p>5. Active participation of family members.</p>
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