Premise

Nursing interventions needed for improving the quality of life of African American stroke patients

Rosalyn Moore

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**Problem statement**

Stroke is one of the leading global courses of death and permanent disabilities. Stroke is estimated to cause the death of over 6 million people annually while leaving the rest to survive on therapy and a painful recovery process that requires care, understanding, and a lot of empathy for caregivers (Jamieson, Brady, & Peacock, 2010). The burden of stroke causes financial, social, and emotional constraints to families, individuals, and public healthcare as a whole. It has been observed that around 3% of the total worldwide expenditure was used upon stroke patients. For developing countries, 4% of the healthcare costs were used on stroke patients (Jamieson, Brady, & Peacock, 2010). Stroke has been seen as a condition among all categories of people, be it the young, the old, black, and white. It does not choose color or age (Jamieson, Brady, & Peacock, 2010). Nurses are the practitioners who work closely with stroke patients; for this reason, they play a significant role in stroke management. They are uniquely placed on recognizing early signs of stroke and giving a solution. Stroke management involves the nurse's planning and setting of goals that help the patients to recover from the disease quickly through avoiding complications and errors. Therefore, having quality nursing interventions will enhance the lives of many, including the elderly. The purpose of this paper is to describe the nursing interventions needed for improving the quality of life of stroke patients (Jamieson, Brady, & Peacock, 2010). The research question was: What nursing interventions are needed to improve the quality of life in stroke patients?

**Approach to the study**

The research involved interviews with professionals from Harvard Medical School. The interview involved open-ended questions that helped to gather all the information required through self-elaboration. The discussion was based on pre-arranged appointments that were conducted in private rooms (Creswell & Creswell, 2017). A conversation analysis involved inductive coding was applied to examine the transcribed interview data. Analyzing the data included the comparative method in steps as follows. First, reading and listening and getting of the general picture after which the words were read and their meanings extracted. Then the units with similar coding were condensed and coded, after which the codes were abstracted and grouped based on common characteristics and their sub-categories. Finally, the main categories were extracted by combining their similarities and association (Creswell & Creswell, 2017). The use of credibility and dependability built trustworthiness during the interviews. The peer debriefing method was applied to ensure data credibility while the research participant checked the data findings to ensure the reliability of the data. All the ethical considerations were followed including informed consent, anonymity, the confidentiality of data, participants' rights to withdraw from the study and to obtain permission from the relevant university and research environment

The findings of this research involved several themes that were narrowed down to four main themes (Creswell & Creswell, 2017). The ideas for nurses' interventions include: assessing the stroke risk factors, having a patient plan and center care, determining early signs of stroke and complications in the patient, and lastly, collaborating with the patient's family to build the patient emotionally. Ethical considerations were made to ensure that the thesis gives the facts while at the same time acknowledging its limitations (Creswell & Creswell, 2017). Findings from this thesis can be used by nurses handling the patients with stroke. They can also be used as a foundation for further research on the same. Other researchers can also use the findings to build a study of different designs from the conclusions of this paper.

References

Creswell, J. W., & Creswell, J. D. (2017). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Thousand Oaks, CA: SAGE Publications.

Jamieson, K., Brady, M., & Peacock, C. (2010). Urinary dysfunction: assessment and management in stroke patients. *Nursing Standard*, *25*(3), 49-56. doi:10.7748/ns.25.3.49.s50