

Nursing Interventions to Improve the Quality of Life of patients after suffering a Cerebral Stroke

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1 INTRODUCTION

- Stroke is a serious condition resulting from **interrupted blood flow** to the brain, causing tissue **death**. (1)
- It can be **ischemic**, due to obstruction, or **hemorrhagic**, from blood vessel rupture. (2)
- It is a **leading cause of disability and death** worldwide. (3)
- The **brain controls everything** we do, including talking, walking, and breathing. (4)
- If a local area of the brain is **deprived of oxygen** due to a stroke, the parts of the body controlled by that area may be affected. Therefore, strokes can cause **problems with movement, vision, speech**, etc. (4)

2 AIM

The objective of this research study is to know more about nursing interventions to improve the quality of life of patients after suffering a cerebral stroke.

3 METHODOLOGY

Research question, PICO type:

Which nursing interventions are efficient to improve the quality of life of patients after suffering a cerebral stroke?

INCLUSION CRITERIA

- 2013/2023
- English and spanish
- Cerebral stroke
- Interventions performed by nurses to improve quality of life
- Original articles and literature review

EXCLUSION CRITERIA

- Cardiac stroke
- Grey literature
- Interventions performed by other professionals
- Covid related consequences to stroke

*MESH TERMS

- Stroke
- Cerebral infarction
- Nursing
- Quality of life
- Nursing process



Narrative review



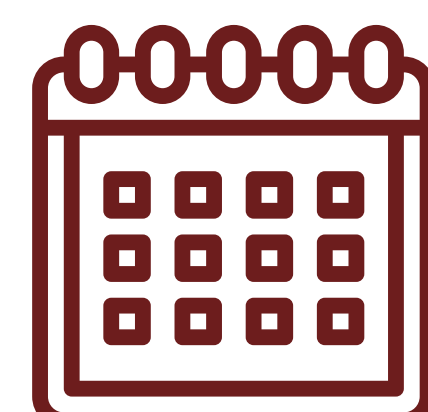
PubMed
Cinahl



September 2023-
April 2024



Spanish
English



Last 10 years

IDENTIFICATION

Records identified from: 409
PubMed (n=274)
Cinahl (n=135)



Records removed before
screening:
Duplicated records removed
(n=73)

SCREENING

Records assessed for
elegibility (n=126)



Reports excluded: 114
Reason 1, Wrong evidence (n = 78)
Reason 2, Community interventions
(n = 3)
Reason 3, Acupuncture (n = 3)
Reason 4, Experiences (n= 3)
Reason 5, Quit smoking (n=1)
Reason 6, Spirituality (n=1)
Reason 7, Little evidence (n=13)

INCLUDED

Studies included in
review (n=12)

5 CONCLUSION

- Nursing interventions are **vital** for stroke patients, aiding recovery and preventing complications.
- Enhance nursing education with **neurology-focused seminars** at universities.
- **Nurse mentorship** during clinical practice prepares students for their roles.
- Continuous education, like a **master's in neurology**, keeps healthcare professionals updated.
- **Future research** should focus on evaluating nursing interventions for patient safety.

6 BIBLIOGRAPHY



Universidad
de Navarra