

Stroke survivors' experience - Cognitive Screens

"I just took on as much as I can"

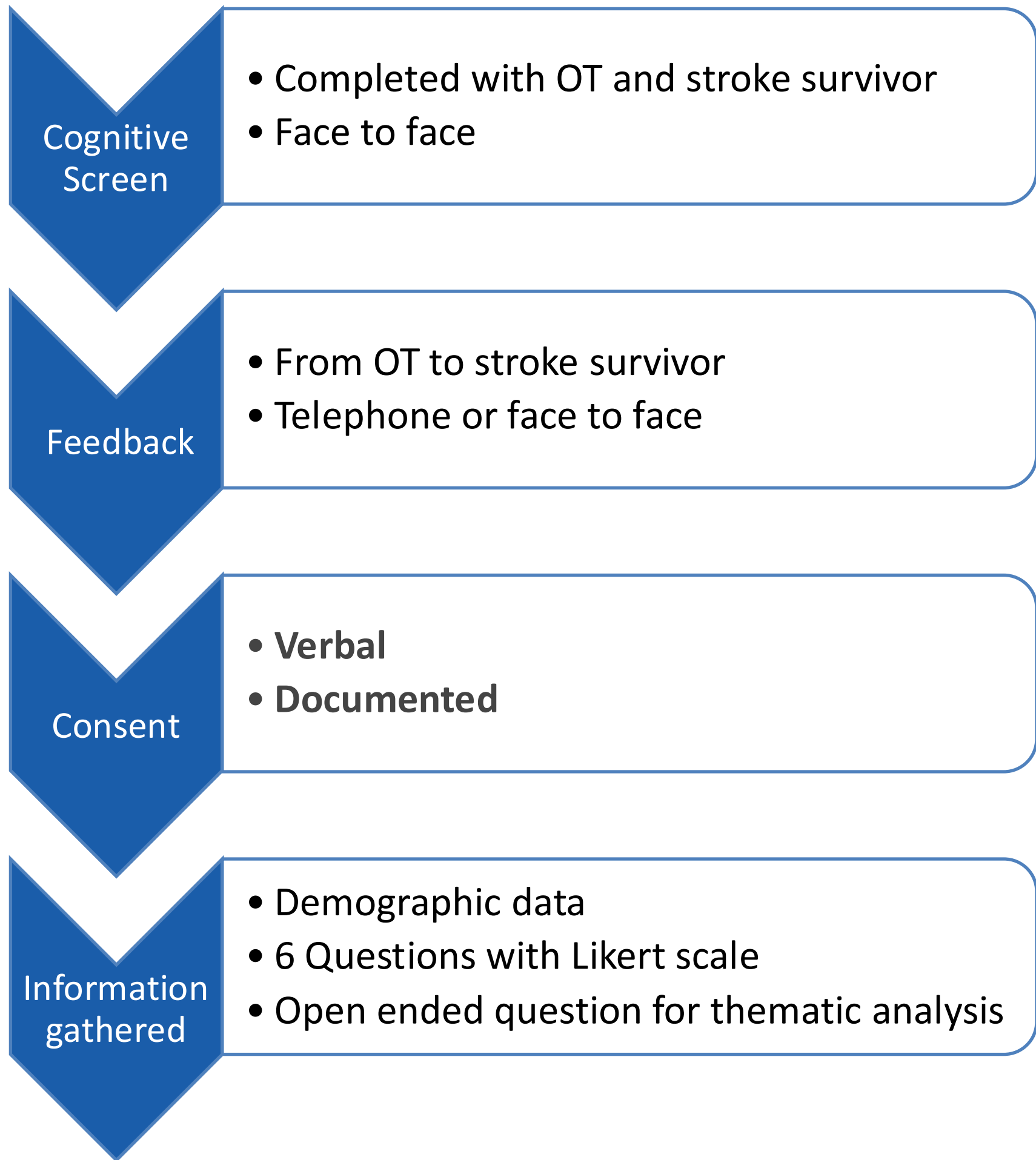
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INTRODUCTION/BACKGROUND

National stroke guidelines recommend completing a standardised cognitive assessment or screen for all stroke survivors (1). Recent qualitative studies reported that stroke survivors had a low understanding of the purpose, results and recommendations arising from cognitive screening (2). At Northern Health, we have explored stroke survivors experience of this process. It is hoped that this feedback will identify areas that our service can improve in the delivery of best practice stroke rehabilitation and identify further research opportunities.

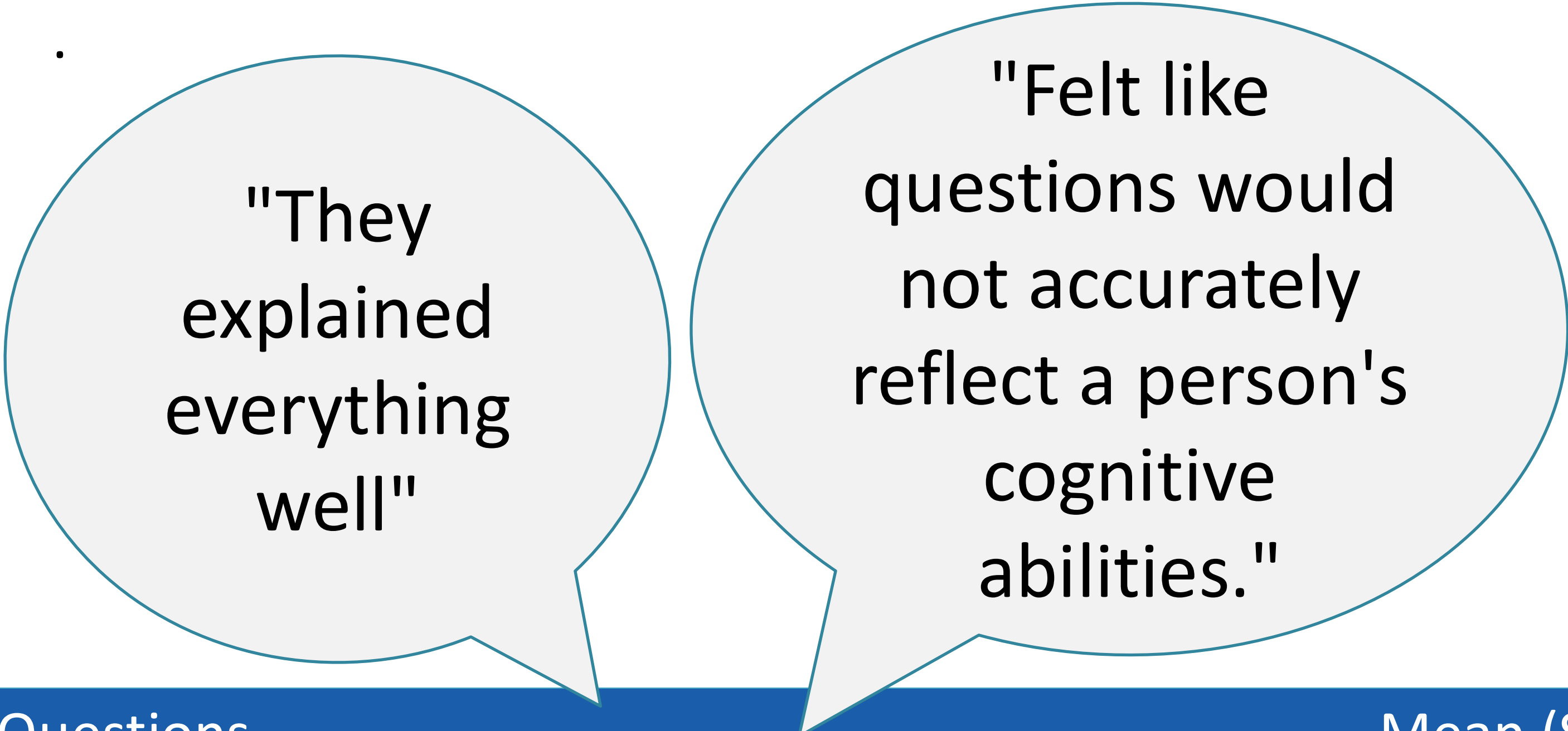
METHOD/IMPLEMENTATION

This was a descriptive study exploring stroke survivors' experience with cognitive screening. Stroke survivors completed a cognitive screen and received feedback as per usual care. Participants were asked to provide consent to take part in a survey on their experience. Information gathered included demographic information, questions rating their experience using a 5-point Likert scale, and an open-ended question about potential improvements that could be made to the assessment and feedback sessions.



OUTCOMES

Stroke survivors reported a positive experience during the cognitive screens and feedback session, with one participant questioning its relevance to a person’s actual abilities. 100% felt that the feedback was clearly explained and they were able to follow therapist recommendations. Stroke survivors had a lower experience rated on the Likert scale regarding the explanation for completing the assessment and understanding how it linked with their goals .



Questions	Mean (SD)
The reason for completing the cognitive assessment was clearly explained.	4.82 (0.4)
I felt supported during the feedback from the therapist.	4.91 (0.3)
The assessment was related to what I'm working on in therapy. The assessment was related to what I'm working on in therapy.	4.82 (0.6)
The feedback about my results was clearly explained.	5 (0)
I can understand how the feedback of assessment is relevant to my everyday life.	5 (0.3)
I have followed at least two of the therapists' recommendations in my day-to-day activities.	5 (0)

CONCLUSION

Emerging results indicate stroke survivors felt that completing cognitive screens in Occupational Therapy was relevant to their life and they were well supported during the process. Some limitations included:

- Small number of participants and challenges in recruitment.
- Participants answers may have reflected the Occupational Therapists performance rather than the process.

REFERENCES

(1) Stroke Foundation. Clinical Guidelines for Stroke Management. Available at <https://informme.org.au/guidelines/living-clinical-guidelines-for-stroke-management>. Accessed [14/05/2024, Chapter 5, Cognition and perception difficulties].

(2) Hobden G, Tang E, Demeyere N. Cognitive assessment after stroke: A qualitative study of patients’ experiences. BMJ Open 2023;13:e072501. doi:10.1136/bmjopen-2023-072501

Table 1. Participant characteristics

	n=11 (%)
Age (y, SD)	62.9 (9.5)
Male	91
Education level	
Tertiary	46
Year 12	18
High school (incomplete)	27
Primary	9
Therapist Grade level	
Grade 1	18
Grade 2	64
Grade 3	18