

**STROKE CAREGIVERS' PREPARATION PROGRAM:  
EVIDENCE- BASED NURSING**



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**ABSTRACT**

Stroke is the major health problem all over the world. Stroke caregivers are the people who are primarily involved in helping stroke survivors. The purpose of this study is to summarize available evidence in regard to stroke caregivers' preparation programs and make a conclusion from the evidence. Data sources are reviews based on the related evidence available at the Mahidol University electronic databases from 2004 to 2012. Searching of evidence used the PICO framework by Melnyk and Fineout-Overhold (2005). The search results yielded six randomized control trials, one systematic review, and one quasi-experimental study. The author appraised searched evidence and made a conclusion based on recommendations on stroke caregivers' preparation programs. Recommendations were that the program should be hospital-based, either group or individual, before discharge from hospital to home. Programs were administered by nurses and multidisciplinary teams. Most of the evidence utilized teaching methods, lecture, and demonstration as well as a stroke guidebook. The outcome was measured by caregiver strain index. Common contents provide information about stroke, causes of stroke, signs and symptoms of stroke, life style behavior to prevent severity of complications, and technical skills to assist the patients daily living activities. All evidence showed that the caregiver burden was reduced after the program.

Finally, from this study, it is recommended that the stroke caregivers' preparation program should be developed and provided to stroke caregivers in the hospital setting in Bangladesh. Further research to evaluate the effectiveness of caregivers' preparation programs based on evidence should be conducted.

**KEY WORDS: STROKE CAREGIVER/ PREPARATION PROGRAM/ EVIDENCE-BASED NURSING**

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