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Objectives :

➔ To assess the **Therapeutic Education (TE)** program's effectiveness for hypertensive stroke patients.

Materials and Methods :

the patients :

- ✓ Hospitalised in the Department of Neurology for a Cerebrovascular Accident (CVA)
- ✓ Hypertensive
- ✓ Treated with antihypertensive drugs
- ✓ Able to participate

Evaluation of patients' satisfaction

Opinion questionnaire, filled out after TE session, during hospitalisation

- the TE program : n°ETP/10/50 → developed in 2009 in the department of Neurology → officially authorised (Agence Régionale de Santé) since 2011

Evaluation of patients' knowledge about hypertension (HT), self-measurement, and antihypertensive medication adherence

Questionnaire (6 short questions), filled out :

- before the first TE session, during hospitalisation (pre-TE)
- after TE session, during a consultation (post-TE)

Score calculation :

- ✓ e.g. : qu1 : « Hypertension is a possible cause of CVA occurrence. » ⇒
- ✓ global score : out of 45 points

Answer	Degree of certainty	points
TRUE	I am totally sure	9
	I am quite sure	8
	I am not sure	7
I DON'T KNOW	I am not sure at all	6
	/	5
FALSE	I am not sure at all	4
	I am not sure	3
	I am quite sure	2
	I am totally sure	1

Results :

67 patients
Participation in one TE session at least

17 patients
Participation in a 2nd TE session during a consultation

6 patients excluded

11 patients
Comparison of pre- and post-TE questionnaires

→ on average 4 months after the first TE session during hospitalisation

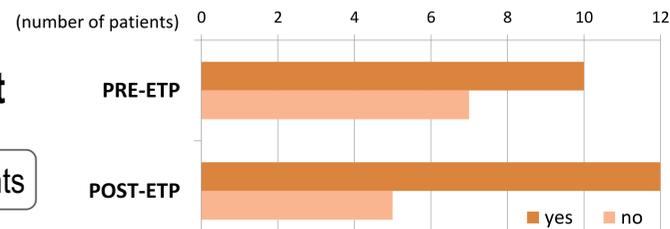
(evolution of the questionnaire)

Comparison of pre- and post-TE questionnaires

	Pre-TE	Post-TE	p
Global score	34 ± 7	43 ± 2	0,005
Qu1 score "HT is a possible cause of CVA"	8 ± 1	9 ± 0	0,05
Qu2 score "I can recover from hypertension"	6 ± 2	7 ± 1	0,027
Qu3 score "my treatment can be adjusted"	7 ± 3	9 ± 0	0,0065
Qu4 score "without HT signs and with a correct arterial blood pressure, I still have to take my antihypertensive medication"	8 ± 3	9 ± 1	NS
Qu6 score "my arterial blood pressure is regularly measured"	6 ± 4	9 ± 0	0,046

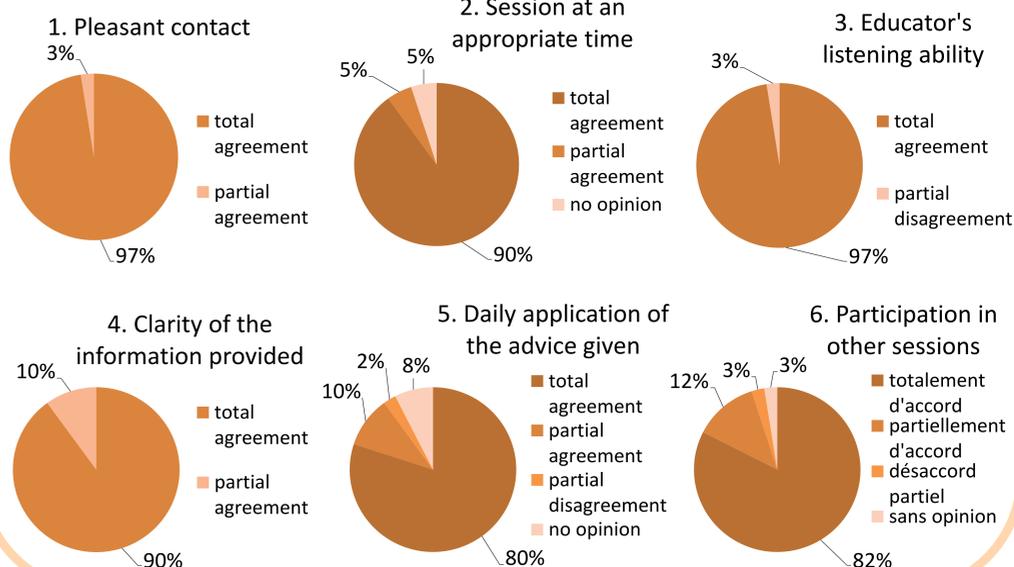
Qu5 about continuation of antihypertensive treatment
 ➔ Not interpreted because most patients had no treatment before hospitalisation.

Self-measurement



Opinion questionnaires

40 questionnaires collected



Discussion and conclusion :

- Really encouraging results for the therapeutic education program's evaluation :
 - **increase in the patients' knowledge and skills** (self-measurement, medication adherence)
 - **high levels of patients' satisfaction** about the sessions
- Second TE session's realisation ➔ still should find its place in **post-CVA consultations** (see French Departmental Plan : "AVC 2010-2014")