

# 6th Global Congress on Nursing & Patient Care

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## Cerebral vascular accident: Comparison of knowledge acquired by nursing students

Stroke is the leading cause of death and permanent disability in Portugal, requiring nurses to have solid knowledge for effective intervention. This study assesses the level of stroke knowledge among first- and fourth-year nursing students, identifying gaps and progress throughout the academic journey.

### Objectives

The aim was to evaluate the level of stroke knowledge among first- and fourth-year undergraduate nursing students at the School of Health of Bragança. Specific objectives included: identifying knowledge of risk factors, assessing the ability to recognize warning signs, and analyzing knowledge of initial therapeutic interventions.

### Methodology

A cross-sectional, descriptive-correlational quantitative study was conducted using a questionnaire validated by the Portuguese Stroke Association. The sample consisted of 95 students (49 from the first year and 46 from the fourth year). Data were collected and statistically analyzed using Microsoft Excel and Jamovi. Results: The data show a clear progression in stroke knowledge throughout the course. In the first year, 47% of students demonstrated a low level of knowledge and 53% a medium level, with no student achieving a high level. By the fourth year, a significant improvement was observed, with 76% reaching a medium level and 24% a high level, and no students with low knowledge.

### Conclusion

The results indicate an improvement in stroke knowledge; however. The adoption of active methodologies, such as clinical simulations and case studies, may strengthen learning and better prepare nurses for a rapid stroke response.

**Keywords:** Stroke, nursing students, risk factors, warning signs

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### Biography

Prof. Celeste Antão is an Adjunct Professor at the School of Health, Polytechnic Institute of Bragança (IPB), Portugal. With a background in nursing and a Ph.D. in Psychology, she brings over two decades of experience in health education and research. She specializes in pedagogy, emotional competencies, and health promotion, actively contributing to curriculum development and teaching innovation. Prof. Antão coordinates the Erasmus+ project “Innovative Skills for Nurses,” focusing on digital learning tools and international collaboration in nursing education. She has served on scientific and technical councils, participated in academic juries, and published research on health behaviors, maternal concerns, and the impact of COVID-19 on education. Her work reflects a strong commitment to advancing nursing practices and improving health literacy among students and communities. Prof. Antão is recognized for her interdisciplinary approach, bridging psychology and nursing to foster holistic, evidence-based healthcare education.