

Appendix 1: Knowledge Assessment

PART A:

Emergency Department Patient Education Center
Stroke Quiz (Adapted from Chan et al 2010²⁰)

Circle the correct answer(s) for each of the following questions:

- 1) Where does stroke rank among the nation's leading causes of death?
 - a. First
 - b. Third
 - c. Fifth
 - d. Twelfth
- 2) What is a stroke?
 - a. A blood clot that stops the flow of blood to a limb
 - b. The heart slows and nearly stops functioning
 - c. Blood flow to the brain is interrupted or a blood vessel in the brain bursts
 - d. All of the above
- 3) Where in the body does a stroke occur?
 - a. Heart
 - b. Brain
 - c. Lung
 - d. Stomach
- 4) Which of the following is a risk factor for stroke? (There is more than one correct answer)
 - a. High blood pressure
 - b. Asthma
 - c. Diabetes
 - d. Obesity
 - e. Cancer
- 5) Which of the following will LOWER your chances of having a stroke?
 - a. Reading every day
 - b. Having high blood pressure
 - c. Exercising 30 minutes a day
 - d. Being overweight or obese
 - e. All of the above
- 6) What will INCREASE your risk of having a stroke?
 - a. Intense physical activity
 - b. Taking drugs like aspirin
 - c. Having low cholesterol
 - d. Smoking cigarettes
- 7) What can cause a stroke?
 - a. Bleeding into the brain
 - b. Blockage of blood vessel to the brain
 - c. Both of the above
 - d. None of the above
- 8) On average, compared to other Americans, African-Americans...
 - a. Are five times more likely to die from a stroke
 - b. Are twice as likely to die from a stroke
 - c. Are less likely to die from a stroke
 - d. Are just as likely to die from a stroke
- 9) Which of the following is a warning sign of stroke? (There is more than one correct answer)
 - a. Trouble speaking
 - b. Chest pain
 - c. Severe headache
 - d. Sudden numbness
 - e. Shortness of breath
- 10) Which of the following is a warning sign of stroke (There is more than one correct answer)
 - a. Trouble walking
 - b. Pain in the left arm
 - c. Sudden blurry vision or loss of vision
 - d. Sudden confusion
 - e. Racing heartbeat
- 11) What should you do if you see someone with the warning signs of stroke or if you are experiencing them yourself?
 - a. Call your doctor
 - b. Call 911
 - c. Drive to the hospital
 - d. Lie down and rest
 - e. Take an aspirin
- 12) How long after you see signs of stroke in either yourself or someone else should you call for help?
 - a. In half an hour if the person is not at all better
 - b. Up to 24 (twenty-four) hours
 - c. Right away
 - d. Right away after you take an aspirin

PART B:

How confident are you that you can:

1. Recognize the signs of stroke in yourself?

0 = Not at all

1 = Somewhat confident

2 = Moderately confident

3 = Very confident

4 = Completely confident

2. Recognize the signs of stroke in a family member or friend?

0 = Not at all

1 = Somewhat confident

2 = Moderately confident

3 = Very confident

4 = Completely confident

3. Call 911 if you or someone near you has signs of a possible stroke?

0 = Not at all

1 = Somewhat confident

2 = Moderately confident

3 = Very confident

4 = Completely confident

4. Get to the hospital immediately after you notice warning signs of stroke?

0 = Not at all

1 = Somewhat confident

2 = Moderately confident

3 = Very confident

4 = Completely confident