

**Example of nurses' implementation record format**

Date	Intervention schedule	Duration	Intervention	Status		Remarks
				Done	Not done	
	1 <sup>st</sup> home visit	5 minutes	Introduction			
		30 minutes	Explaining stroke to the caregiver and how stroke affects the stroke survivor physically, psychologically, cognitively, and emotionally.			
		20 minutes	Explaining to the caregiver the action, side effects, and warning signs of the anticoagulants and cholesterol-lowering medications.  Teach caregiver the proper way of administration of medications.  Instruct the caregiver to check the needed laboratory investigations periodically.			
		50 minutes	Teaching the caregiver about the most common complications after stroke, such as shoulder pain, deep venous thrombosis, pressure ulcers, and urinary tract infection.  Providing the caregiver with information on how to prevent and manage complications. <ul style="list-style-type: none"> <li>○ Encouraging mobility and independence</li> <li>○ Maintain skin integrity</li> <li>○ Handling and support the affected limbs during the positioning and transfer</li> <li>○ Bladder and bowel management</li> </ul>			

		10 minutes	Advising the caregiver to check the vital data of the survivor periodically.			
			Instructing the caregivers to record any new changes/abnormalities and to report them to the assigned nurse.			
		5 minutes	Summary			
	1 <sup>st</sup> telephone contact	10 minutes	Introduction Asking the caregiver about the survivor's responses to the rehabilitation			
		10 minutes	Based on the monthly meeting of the interdisciplinary team, feedback and recommendations will be provided to the caregiver.			
		20 minutes	Teaching the caregiver effective communication moments such as: <ul style="list-style-type: none"> <li>○ To be a good listener.</li> <li>○ To be sure you get the information related to your questions.</li> <li>○ To educate yourself about your relative's condition.</li> <li>○ To keep a notebook as a reminder.</li> </ul>			
	2 <sup>nd</sup> home visit	5 minutes	Introduction			
		60 minutes	The assigned nurse teaches the family caregivers the principles of rehabilitation: <ul style="list-style-type: none"> <li>- Understand movement problems and spasticity</li> <li>- Ensure the safety of the stroke survivor</li> <li>- Keep the stroke survivor's motivation</li> <li>- Encourage Mobility and Independence</li> <li>- Modify the environment surrounding the survivor</li> </ul>			

			<ul style="list-style-type: none"> <li>- Encourage the stroke survivor to use assistive and adaptive devices</li> <li>- Set a schedule of rehabilitation</li> </ul>			
		40 minutes	The assigned nurse trains the caregiver about the rehabilitation procedures: <ul style="list-style-type: none"> <li>- Active and passive exercises</li> <li>- Stroke specific exercises</li> </ul>			
		10 minutes	Assessment of the survivor's responses to the rehabilitation			
		5 minutes	Summary			
	2 <sup>nd</sup> telephone contact	10 minutes	Introduction Asking the caregiver about the survivor's responses to the rehabilitation			
		10 minutes	Based on the monthly meeting of the interdisciplinary team, feedback and recommendations will be provided to the caregiver.			
		20 minutes	Teaching the caregiver that keeping open communication with the stroke survivor and empathy are the golden rules to manage the survivor's emotions and behaviors.  Train the family caregiver to motivate the survivor through the following principles: <ul style="list-style-type: none"> <li>o Accept that reality that you've had a stroke</li> <li>o Think positively.</li> <li>o Seeking support and staying sociable.</li> </ul>			
	3 <sup>rd</sup> home visit	5 minutes	Introduction			
		40 minutes	The assigned nurse trains the caregiver about the rehabilitation procedures: <ul style="list-style-type: none"> <li>- Swallowing exercises and managing swallowing difficulties</li> </ul>			

			- Simple alternatives to overcome the aphasia, hearing difficulty and communication disorders			
		10 minutes	Assessment of the survivor's responses to the rehabilitation			
		60 minutes	<p>Providing home visit nursing to support and train the caregivers in the caregiving activities such as transferring, positioning, bathing and toileting, oral hygiene, dressing, and feeding.</p> <p>Teaching the caregiver regarding the principle "Your safety first" and other basic principles of caring for the dependent stroke survivor.</p> <p>Setting a schedule of daily/weekly/monthly activities (mixed of the personal life of the caregiver and caring role).</p> <p>Teaching the caregivers to keep the principle "you cannot do alone" and is a must seek instrumental support.</p> <p>Guiding the caregivers to private resources such as respite care and daycare.</p>			
		5 minutes	Summary			
	3 <sup>rd</sup> telephone contact	5 minutes	<p>Introduction</p> <p>Asking the caregiver about the survivor's responses to the rehabilitation</p>			
		5 minutes	Based on the monthly meeting of the interdisciplinary team, feedback and recommendations will be provided to the caregiver.			
		30 minutes	Educating the caregiver steps against recurrent stroke			

			<ul style="list-style-type: none"> <li>○ Know the risk factors for stroke</li> <li>○ Change lifestyle of the stroke survivor               <ul style="list-style-type: none"> <li>- Encourage the stroke survivor to stop smoking</li> <li>- Watch what the stroke survivor eats.</li> <li>- Maintain a healthy weight for the stroke survivor</li> <li>- Motivate the stroke survivor to be active</li> <li>- Control blood glucose level</li> </ul> </li> <li>○ Review medications               <ul style="list-style-type: none"> <li>- List the medications (insulin, anticoagulant, cholesterol-lowering medications)</li> <li>- Teach the caregiver the medication safety and rights</li> </ul> </li> <li>○ Know the stroke survivor's Numbers               <ul style="list-style-type: none"> <li>- Record and monitor blood pressure, blood glucose and cholesterol level.</li> </ul> </li> <li>○ Reporting to the assigned nurse.</li> <li>○ Remember the warning signs of stroke (FAST).</li> </ul>			
	Peer support session	10 minutes	Introduction to session			
		10 minutes	caregivers' self-introduction			
		60 minutes	Sharing experiences with peers			
		10 minutes	summary			
	4 <sup>th</sup> telephone contact	10 minutes	Introduction Asking the caregiver about the survivor's responses to the rehabilitation			
		10 minutes	Based on the monthly meeting of the interdisciplinary team, feedback and recommendations will be provided to the caregiver.			
		20 minutes	Training caregivers to maintain effective communication with others.			

			<p>Encouraging the caregiver to educate him/herself and the others stroke and its consequences on the survivors.</p> <p>Motivating the caregiver to express feelings with the other significant persons</p> <p>Avoiding deciding alone and learning to make a shared decision with other family members.</p>			
	5 <sup>th</sup> telephone contact	10 minutes	<p>Introduction</p> <p>Asking the caregiver about the survivor's responses to the rehabilitation</p>			
		10 minutes	<p>Based on the monthly meeting of the interdisciplinary team, feedback and recommendations will be provided to the caregiver.</p>			
		20 minutes	<p>Explaining to the caregiver the physical and emotional responses to stress resulting from caregiving</p> <p>Giving clear and honest explanation regarding stroke and its complications</p> <p>Teaching the caregiver stress management strategies</p> <p>Confirming the principles of acceptance</p> <ul style="list-style-type: none"> <li>- Accept the reality of stroke</li> <li>- Accept that you cannot do this alone</li> </ul> <p>Seeking religious and spiritual support.</p> <p>Trying the power of positive thinking.</p> <p>Check your health and do not ignore symptoms of psychological illness.</p>			
		10 minutes	<p>Introduction</p>			

	6 <sup>th</sup> telephone contact		Asking the caregiver about the survivor's responses to the rehabilitation			
		10 minutes	Based on the monthly meeting of the interdisciplinary team, feedback and recommendations will be provided to the caregiver.			
		20 minutes	Summary and closure of the intervention			