



FAST HEROES 112 CREATING AN EDUCATIONAL STROKE AWARENESS PROGRAM FOR KINDERGARTEN.

INTRODUCTION

Stroke is worldwide a leading cause of disability and mortality (Gurool et al, 2018). Getting the right treatment FAST may not only reduce mortality risk, but also minimize the disabilities stroke can bring.

However, one should be aware of the stroke symptoms. Unfortunately, studies show that a great percentage of people are not able to recognize the stroke symptoms (Caminiti et al., 2017; Nikol et al, 2005). Various campaigns have used the acronym F.A.S.T. (face, arm, speech, time) to educate mainly old age people about the main stroke features.

This type of campaigns has ignored the fact that young children often spend a lot of time alone with older people, for example their grandparents and need to be aware of these symptoms and for reporting or calling the emergency number asking for help. School-based programming especially geared towards kindergarten school children is something that is neglected by professionals as well as society at large. Adding to the dilemma, many school-based programs are lacking.

To fill in this blank, the FAST superhero 112 program was created.

AIM OF THE STUDY:

To investigate whether an educational stroke awareness program for kindergarten children would lead to effective dissemination of stroke symptoms identification and ability to call the emergency number in case of stroke.

GOALS OF THE STUDY:

1. Kindergarten children to learn and be able to identify the FAST 112 features of stroke.
2. Kindergarten children to learn and be able to call 112 in case of emergency.
3. The FAST 112 message to be delivered to the extended family through the children.

METHOD & PROCEDURE

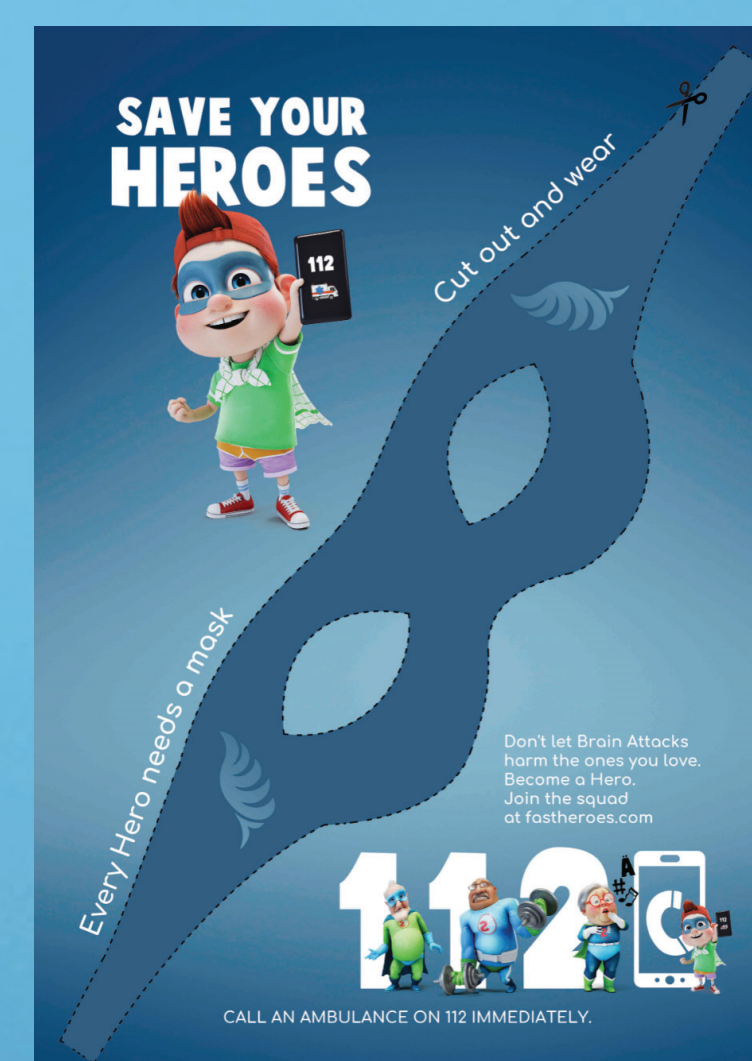
This program is designed with the purpose to create a reliance on childfocused awareness/prevention efforts. It will put in a kid's friendly way some of the onus of responsibility onto children to identify and understand stroke symptoms as well as being able to call for help and describe these symptoms in a stroke emergency. To address the needs for training concerning appropriate stroke prevention strategies, we will briefly introduce the FAST superhero 112 program and the rationales for its development. Every week (5 weeks in total, 1hr/week) a different superhero will be presented. The presentation of superheroes will be done through videos, story-telling and various kinesthetic activities in order to make the whole learning experience exciting and memorable.

The first part of the activities each week will take place in class. Afterwards, in order for children to complete their mission as FAST superheroes they will be asked to do an activity at home with the help of their parents/caregivers. In that way the stroke feature discussed in class will be delivered to the family through a funny activity.

RESULTS

The goal of this five-week program is to equip kindergarten school children to deal with medical issues related to the stroke symptoms that may arise in identifying a stroke emergency at home. It will outline the project activities including pilot research (select methodology, recruit school's participation, randomize sample,

identify student incentives), curriculum development (conceptual and theoretical focus of lessons, lesson plans, instructional activities, worksheets, website, field-testing) and implementation in school (teacher training, fidelity ratings, observation forms, focus groups and evaluation of implementation process).



DISCUSSION

This study is investigating whether the educational program for kindergarten school students is effective and can be delivered via Fast superhero 112 program. Whether there are benefits for stroke awareness/prevention as well as "best practice" around stroke symptoms to empower kindergarten school children to carry out their responsibilities in the recognizing and reporting of persons who maybe suffering a stroke. Also, provide insight into whether children will be able to disseminate the FAST 112 knowledge attained in classroom so as to close this knowledge gap. Based on the outcome of the first pilot studies in Greece , we will expand its application to other countries throughout Europe.

REFERENCES

- Caminiti C et al. BMC Emerg Med. (2017) 17:20.
- Gurool ME et al. J Stroke. (2018) 20:43-144.
- Nicol MB et al. Vasc Health Risk Manag. (2005) 1:137-47.

ACKNOWLEDGEMENTS:

The research described in this task was funded by the BI Boehringer Ingelheim and Angels Initiative. We would like to also acknowledge the authors and the members of the "Super Grand League team" for the ongoing support in this work: Freideriki Tselekidou, Vasilia Kountoura, Panagiotis Kountouras, Socratis Psomiadis, Paraskevas Kilintzis, Christianna Georgousopoulou, Olga Marinopoulou, Magladini Boutioni, Maria Goudira , Alexandra Samarentsi, Stavroula Polykretis and Ariadne Loutrari.