

# Predictors of Nurses' Practice Regarding Care of Patients With Stroke

## A Cross-Sectional Study

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Stroke is a leading global health concern and a primary cause of death and disability. Nurses play an essential role in stroke care, significantly influencing patient outcomes. This study aimed to assess the predictors of nurses' practice in caring for patients with stroke. A cross-sectional study was conducted among 167 nurses working in medical departments between January 1, 2023 and March 15, 2024. Data were collected using a structured questionnaire evaluating nurses' knowledge, attitudes, and practices. The study revealed that 138 (82.6%) nurses had moderate knowledge, 77 (46.1%) displayed positive attitudes, and 91 (54.4%) demonstrated good practice levels regarding stroke care. Multivariable regression analysis showed that education level (bachelor's degree), stroke care training, and knowledge were significant predictors of effective nursing practice ( $P < .01$ ). This study highlights that while nurses generally have moderate knowledge and positive attitudes, only half exhibit good practices in stroke care. Tailored educational and training programs focusing on evidence-based stroke care can significantly enhance nursing practices, ultimately improving patient outcomes. Prioritizing ongoing professional development and structured stroke care protocols in resource-constrained settings like Palestine is essential to address these gaps effectively.

**Key words:** *attitudes, knowledge, nurses, Palestine, practices, predictors, stroke*

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**S**troke is a leading global health concern, recognized as the primary cause of death and disability worldwide.<sup>1</sup> Ischemic strokes, which account for over 7.6 million new cases annually and roughly two-thirds of all stroke incidents, are the predominant subtype. Additionally, intracerebral hemorrhages, responsible for about 28% of all strokes globally, result in more than 3.4 million new cases annually.<sup>2</sup>

Stroke is characterized by a sudden disruption in cerebral circulation, emphasizing the importance of early intervention to protect neural structures and minimize long-term neurological damage. Both hemorrhagic strokes, caused by brain bleeding, and ischemic strokes, resulting from arterial blockages, present significant challenges in diagnosis, treatment, and prognosis.<sup>3</sup>