

## CHAPTER 5

### CONCLUSION AND RECOMMENDATIONS

The purpose of this descriptive correlational study was to describe family social support and self-care ability, and to determine the relationship between family social support and self-care ability among stroke survivors. The instruments used in this study were the Demographic Data Form, the Modified Appraisal of Stroke Self-care Ability (MSSA) Scale and the Modified Perceived Social Support from Family (MPSS-Fa) Scale. Orem's Self-care Theory was used for theoretical framework. The sample was selected by purposive sampling and consisted of 60 stroke survivors in the Outpatient Departments of Neurology in the Huashan Hospital and Zhongshan Hospital, Shanghai Medical University, P. R. China. Descriptive statistics and Spearman's rank-order correlation coefficient under SPSS were used to analyze the data and test hypothesis. Based on the findings and discussion, the conclusions, implications of the findings, and recommendations are presented in this chapter.

### **Conclusions**

Based on the findings of this study, the following conclusions could be made.

1. Stroke survivors (80%) perceived a high level of family social support.

2. Stroke survivors (93.33%) presented a high level of self-care ability. For the subparts, the sample presented a high level of decision making but presented a moderate level of knowledge and productive operation.

3. There was a significantly moderate and positive relationship between family social support and the self-care ability among stroke survivors ( $r_s = .34, p < .01$ ). Family social support was also significantly, moderately and positively correlated with self-care ability regarding productive-operation ( $r_s = .44, p < .01$ ) but was not related with either knowledge or decision-making at .05 level.

### **Implication of findings**

The findings of this study have important implications for nursing practice, education, research, and administration.

#### **Implication for nursing practice**

These results will be beneficial to nurses in clinical settings. Nurses can use these results to provide a nursing education program in order to educate stroke

survivors to increase their self-care ability. The family members should be included in this program. Nursing care plan should be established to improve the patient's self-care ability. The family should be involved in the plan to provide effective social support for stroke survivors.

#### **Implication for nursing education**

The findings of the present study may be useful to nursing education. Family social support should be emphasized as a related factor of self-care ability in stroke survivors. Nursing educators should instruct their students that family social support and self-care ability should be a major concern in planning and implementing for stroke patient care.

#### **Implication for nursing research**

This present study provides basic information for further research in family social support and self-care ability, and can also provide a reference for study in other fields such as the efficacy and cost-effectiveness of plans to promote family social support and self-care ability.

#### **Implication for nursing administration**

The findings of this study can be applied to nursing administration for policy-making, which may involve family social support in nursing care of stroke survivors

and helping nurses to evaluate the outcome of nursing care.

#### **Limitations of the study**

The following limitations existed in this study:

1. Since the sixty subjects of this study were drawn from two hospitals in Shanghai, China, the sample size was relatively small. These subjects could not be considered as representative of Chinese stroke survivors.

2. Subjects were obtained through a purposive sampling and only the clients who agreed to participate. Therefore, generalizability of the findings was relatively limited.

3. The major interest of this study was to explore the relationship between family social support and self-care ability among stroke survivors. However, other influential factors of family social support and self-care ability were not studied in this study.

#### **Recommendations**

From the limitations of this study, recommendations for further study would be as follows:

1. Perform the same method and enlarge the sample size in order to generalize the findings.

2. A longitudinal study is recommended to confirm the relationship of family social support and self-care ability in the stroke care area.