• Stroke is a leading cause of death and disability in the U.S. and a stronger predictor of a subsequent stroke.1
• Self-management (SM) of stroke risk factors prevents many strokes and is a good practice in the secondary stroke prevention.2
• “Readiness to Change” (RTC) is used to assess where patients are in the cycle of change to set appropriate goals and reach attainment in the SM of stroke risk factors.2
• Blood pressure (BP) is one of the most important risk factor to control to prevent another stroke.1
• Little is known about predictors of BP control in SM of underserved populations.2

Purpose
We examined the association between RTC behavioral intentions and demographics, and BP control in patients engaged in the V-STOP SM program.

Methods
• Pre-experimental pre/post six weeks risk reduction intervention program delivered to stroke survivors via videoconferencing, with focus on the BP control.
• The V-STOP program:
  • Three individual stroke follow-up clinic visits
  • Three self-management support group sessions

Results
• The probability of PB control at the end of the program was 78% for patients (n = 14, reference group) who were younger than 60 years of age and had not received higher education.
• 88% for patients (n = 7, odds ratio [OR] = 2, p = 0.6) younger than 60 years who had received higher education.
• 92% for patients (n = 11, OR = 3.1, p = 0.034) who were older than 60 years and had received higher education.
• The probability of BP control was lowest (62%) for patients (n = 8, OR = 0.46, p = 0.3) older than 60 years of age who had not received higher education.
• None of the other factors evaluated impacted PB control.

Conclusions
• Education higher than high school and age may predict BP control post intervention.
• Race and income were not significant predictors of the BP control.
• No significant associations were found between RTC scores and BP control.

Future Research
These findings require validation in larger datasets to help design more effective SM intervention programs.

References