

Prioritizing components for a healthy lifestyle intervention post-stroke: a cross-country Patient and Public Involvement-based descriptive analysis

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INTRODUCTION & AIM

- Adopting healthy lifestyle behaviors is vital for stroke secondary prevention
- However, low- and middle-income countries often lack specific guidelines



- High-income countries, such as Ireland, have more extensive research and resources, whereas Brazil, which has a higher stroke burden, frequently relies on external evidence

- Understanding the perspectives of individuals post-stroke is essential for implementing contextually relevant interventions

This study aims to identify similarities and differences in how individuals post-stroke participating in Patient and Public Involvement (PPI) panels in Ireland (high-income) and Brazil (middle-income) prioritize components to be included in an intervention designed to support the adoption of healthy lifestyle behaviors

METHOD

- A descriptive, cross-sectional study was conducted with two PPI panels (five individuals post-stroke from each country), who rated core components across six behaviors

Workshops



- Healthy diet (n=5 components)
- Medication adherence (n=17)
- Mood management (n=27)
- Physical activity participation (n=10)
- Safe alcohol consumption (n=4)
- Smoking cessation (n=4)



- Definitely important
- Maybe important
- Not important

- A cross-country similarity was defined when a majority (>50%) from both panels rated a component the same ("definitely important" or "not important"); otherwise, perspectives were considered different

- Descriptive statistics were used

RESULTS & DISCUSSION

- Most components were rated "definitely important" by >50% in both panels, except for healthy diet
- No component was largely deemed "not important"
- Differences emerged:



- Only the majority of the Irish PPI panel rated "Have medications review with pharmacist/general practitioner" as "definitely important"
- Only in Ireland did most PPI members rate 18-50% of the components across all behaviors as "maybe important"



- Only the Brazilian panel rated all healthy diet, physical activity participation, and smoking cessation components as "definitely important"

CONCLUSION

Similarities point to core priorities for post-stroke lifestyle interventions across contexts, while differences highlight the need for cultural adaptation when transferring interventions from high- to middle-income countries

REFERENCES



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