

# **Cat 4 Resource Development**

**Group 4-097**

# **THE STROKE STUDY**

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## **ABSTRACT**

The Stroke Study is a stylish and user-friendly online platform which aims to raise awareness for the elderly about the dangers of stroke. It contains comprehensive guides on how to spot someone who is experiencing a stroke and how to prevent oneself from getting a stroke. Our website provides information about the symptoms of stroke along with other essential information, such as life after experiencing stroke, that is clear and concise. There is also a quiz on the platform to test the user's understanding of stroke and see how much they have learnt from the website.

## **1 INTRODUCTION**

### **1.1 Rationale**

Stroke is a primary cause of death and many people have suffered from stroke. The elderly are very vulnerable to stroke and hence, we would like to raise awareness about the dangers and consequences of stroke and how to keep yourself safe, so as to prevent more people from losing their loved ones. One such website, which contained information about stroke, had many scientific words and all the information was packed into one single page, which was very unattractive and hard for the elderly to digest. Another website had many sub pages and buttons for the different information about stroke. This would confuse the elderly and they would not be able to navigate the website easily as the elderly are not very technologically savvy.

### **1.2 Objectives**

The objective of our website is to

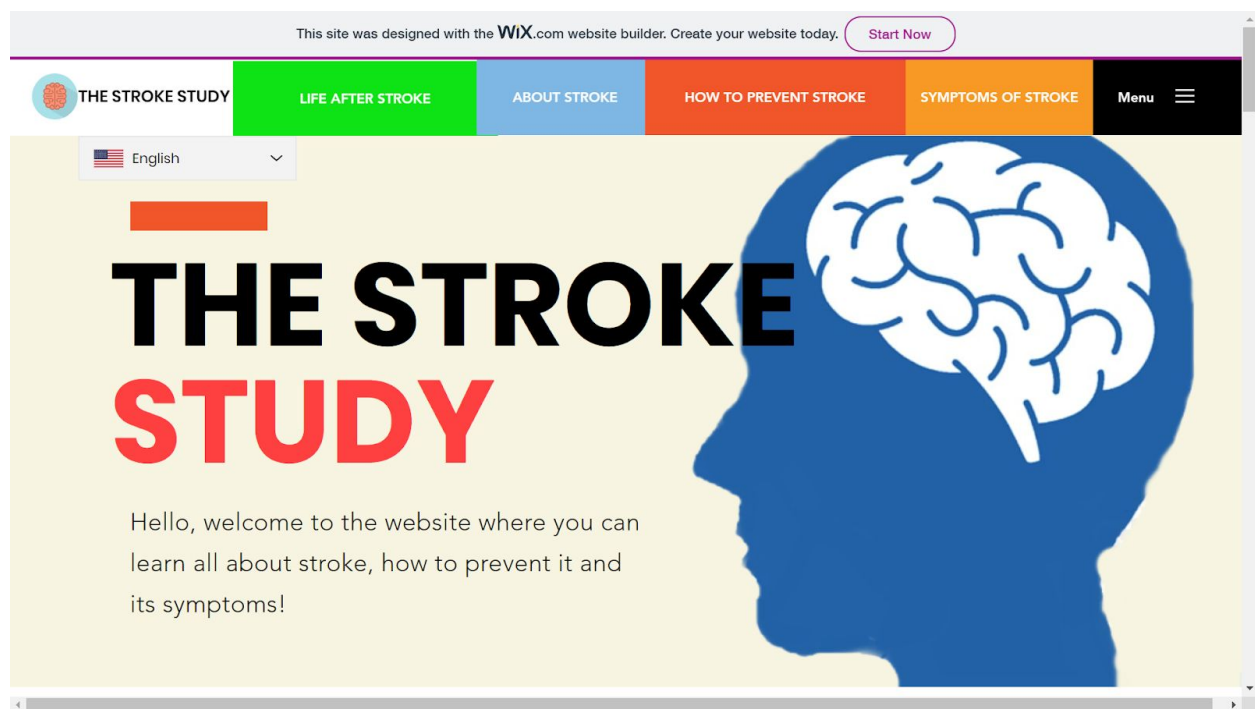
- Raise awareness about stroke and its consequences if not treated immediately
- Educate the public about prevention of stroke and
- Make a more user-friendly website for elderly to easily navigate

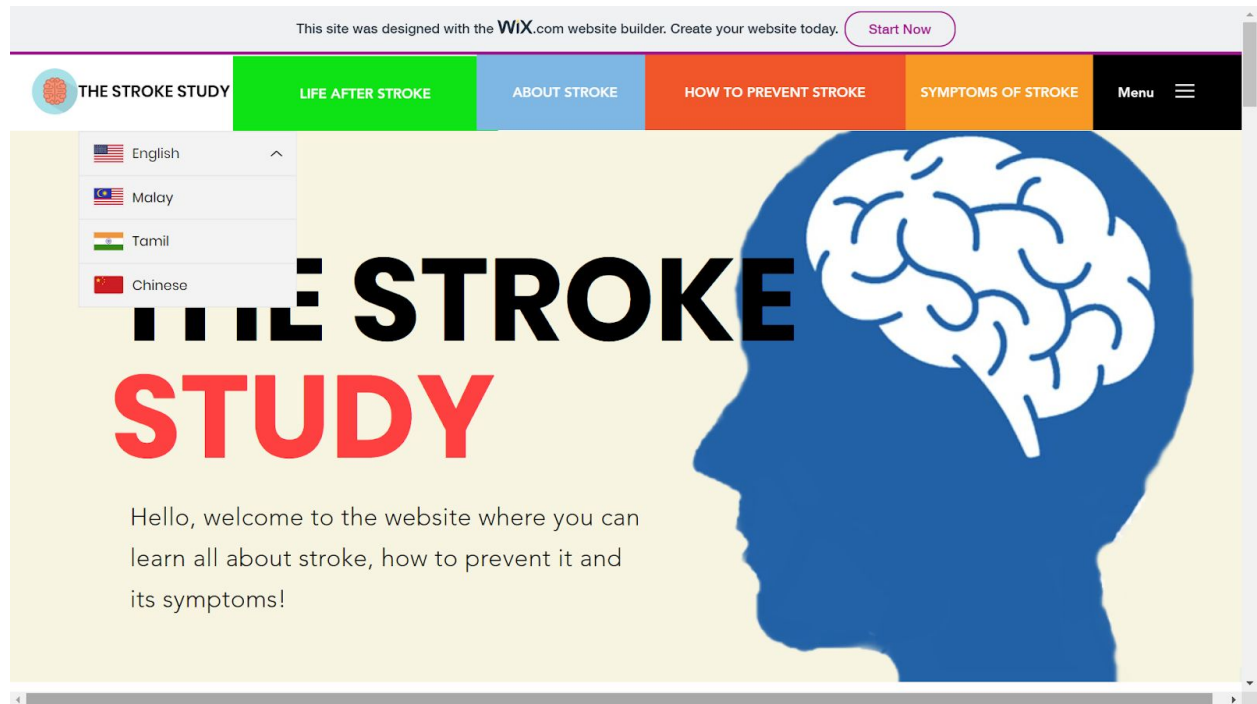
### **1.3 Target Audience**

The target audience is the elderly and the people who have experienced strokes before.

## 1.4 Resources

The resource created for this project was an online platform comprising the symptoms of stroke, its consequences if not treated properly, how to prevent oneself from getting a stroke and what to do after experiencing stroke before. There is also a quiz included on the website to test your understanding of stroke. The website is also available in Chinese, Malay and Tamil.





## 2 REVIEW

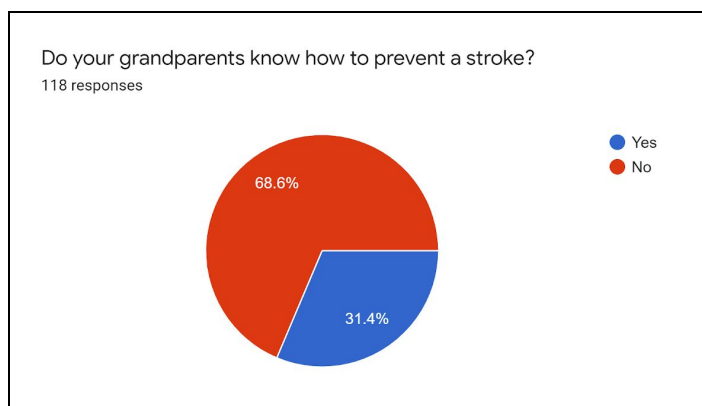
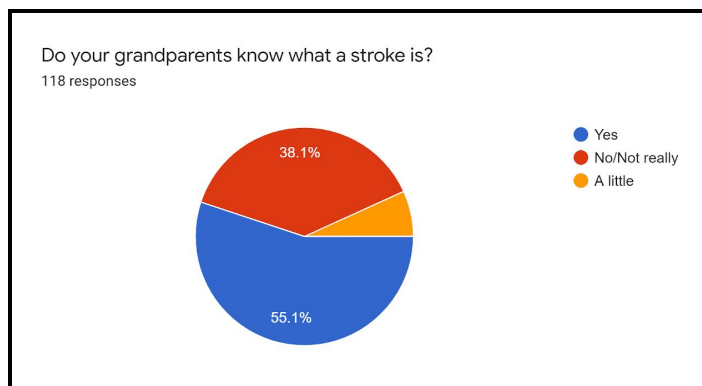
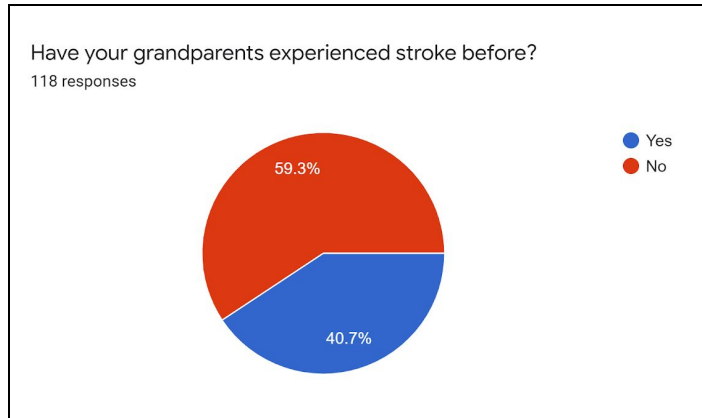
The SingHealth website's information was not organised. The information was all over the place and it was difficult for the elderly to view the website. Although the information provided was sufficient, it was mostly words. There could actually be more information included and this could be arranged in a more concise manner. Pictures and colour could have been added to make the website better. The text size was small which made it hard for the elderly to read. The terms used in the website were also very complicated scientific terms that the elderly can't understand.

## 3 METHODOLOGY

### 3.1 Needs Analysis

We used google forms to conduct a survey and received over 100 responses. The survey was mainly directed to the elderly. An overwhelming 40% of the 118 responses that we received stated that their grandparents had experienced stroke before. However, almost half of the respondents said that their grandparents did not know what a stroke is. This alarmed us greatly and confirmed the feasibility of our project.

### 3.2 Survey Results



### 3.3 Development of Resources

We used a website maker called wix to design and incorporate our ideas into one website for the public to use. Our website is very simple to navigate as it does not have complex features and unnecessary buttons that confuse the elderly. It is also packed with only the essential information that the elderly needs to know. These information are not complicated scientific terms, unlike the other websites, but are simplified in order to make the elderly understand it easier. Research was conducted about the symptoms of stroke and how to prevent it, etc. The information was then collated and uploaded to an online platform. An online quiz is also available on the website to check your knowledge of stroke. The website is also available in Chinese, Malay and Tamil.

### 3.4 Pilot Test

A pilot test was conducted and we received over 100 responses. The respondents visited the website and gave their feedback on what was done well and what could be improved. Generally, the feedback was positive and they all said the stroke website had helped them a lot in understanding stroke better.

<p>Some people felt that the <b>background colour and the size of our text</b> was making it difficult for them to read the information on our website.</p>	<p>Some people felt that our website was <b>aesthetically pleasing</b> and <b>easy to navigate</b>.</p>	<p>Some people requested us to <b>translate it into other languages</b>, which we did. We translated the website into the four national languages of Singapore.</p>
<p>Some people also asked us to <b>make a video</b> if possible.</p>	<p>Some people wanted <b>more pictures and less text</b>.</p>	<p>Some people felt that the information on the website was <b>organised in a concise manner</b> that was <b>easy to understand</b>.</p>

We made improvements and adjustments on the website according to the feedback that we received. We also received many compliments saying that the website was informative and appealing to the elderly as the website contains a lot of useful information.

#### **4 OUTCOME AND DISCUSSION**

Although the project obtained positive feedback when pilot-tested, a decision was made to create a video which comprised an example of someone having a stroke. However, the videos that were created were not successful and due to a lack of time, the video was not uploaded to the website.

#### **5 CONCLUSION**

The Stroke Study has been a laborious project. There were a few sleepless nights and many hours of hard work was put into designing the website, collating all the information and feedback as well as taking the videos (which in the end did not turn out very great). The whole process has been quite exhausting but fun too, as we learn and pick up new skills along the way. Designing a website was not easy and there were many struggles faced such as the appropriate size and color of the text. Communication also played an important role in completing the project and it was quite difficult to communicate with the group during this global pandemic. However, the group was resilient and patient. We were motivated to do our best and the project group believes that we have made the correct choice. And hence we conclude that stroke is a very dangerous disease that can happen to anyone, yet many people still don't know about the dangers of it. But with the right resource, we can inform the people and spread awareness about stroke.

#### **6 REFERENCES**

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