Article type: Perspective

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Neurophysiological monitoring as a tool for public health planning in stroke-prone populations.

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Received: 03-Apr-2025, Manuscript No. AAPHPP-25-169478; **Editor assigned:** 04-Apr-2025, PreQC No. AAPHPP-25-169478(PQ); **Reviewed:** 18-Apr-2025, QC No AAPHPP-25-169478; **Revised:** 21-Apr-2025, Manuscript No. AAPHPP-25-169478(R); **Published:** 28-Apr-2025, DOI:10.35841/aaphpp -9.2.282

Introduction

Stroke remains one of the leading causes of death and disability worldwide, with a significant share of the burden falling on low- and middle-income countries. Neurophysiological tools such as transcranial Doppler ultrasound, somatosensory evoked potentials, and quantitative EEG have shown potential for identifying cerebrovascular vulnerabilities before clinical events occur. Public health policies that integrate these screening tools into community health programs could enable earlier diagnosis of cerebrovascular compromise, facilitate timely referral to specialized care, and ultimately reduce the incidence of stroke. The success of such initiatives depends on policy frameworks that prioritize investment in equipment, workforce training, and public awareness campaigns [1].

Preventive public health strategies must address modifiable risk factors alongside neurophysiological monitoring. Hypertension, diabetes, and sedentary lifestyles remain dominant contributors to stroke incidence. Neurophysiological data can be used to stratify risk and personalize interventions, directing more intensive preventive care toward individuals showing subclinical abnormalities. Community health workers, equipped with portable monitoring devices and trained in risk communication, could play a pivotal role in connecting at-risk individuals with preventive care resources [2].

An additional consideration is the integration of neurophysiological monitoring into routine occupational and school health assessments. Populations exposed to chronic environmental stressors, such as air pollution or extreme heat, may develop cerebrovascular changes detectable by neurophysiological methods. By incorporating these tools into regular health screenings, public health agencies can collect valuable population-level data and inform targeted interventions for vulnerable groups, such as outdoor laborers or children in high-risk regions [3].

Global health equity must remain central to these efforts. In many regions, access to neurophysiological diagnostics is limited by both cost and availability of trained personnel. Public health policy can address these barriers through subsidized equipment procurement, regional training centers, and partnerships with international health organizations. By pooling resources and establishing shared diagnostic hubs, smaller communities could benefit from the same preventive infrastructure as larger urban centers, reducing disparities in stroke outcomes [4].

Citation: Ahmed L. Neurophysiological monitoring as a tool for public health planning in stroke-prone populations. J Public Health Policy Plan. 2025;9(2):282.

Ongoing research and evaluation are critical for sustaining these programs. Public health systems should collaborate with academic institutions to continuously assess the predictive value of neurophysiological markers in diverse populations. Longitudinal studies can inform updates to screening protocols, while cost-effectiveness analyses can ensure that investments in neurophysiological monitoring deliver measurable public health benefits over time [5].

Conclusion

Integrating neurophysiological monitoring into public health policy offers a strategic avenue for reducing stroke risk in vulnerable populations. Through early detection, targeted prevention, and equitable access to diagnostic technologies, health systems can move toward a model of proactive cerebrovascular care. Such integration requires sustained investment, robust research partnerships, and a commitment to addressing health disparities at both the local and global level.

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