

EVALUATION OF FUNCTIONAL PROBLEMS AFFECTING PATIENTS WITH LONG-TERM STROKE

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Aim: the aim of this study to ascertain stroke survivors` perception of problems in performing functional activities and help received.

Methodology: inclusion criteria included stroke survivors (one year or more post-stroke), living in the community and attending a general practitioner (GP) in Quarter nr. 3 in Tirana, Albania.

An age-matched control was selected from the same practice for each participant. The 16 questions relating to functional problems, e.g, and physical care and managing daily activities were designed from a triangulation of resources. Two versions of the questionnaire, suitable for stroke and non-stroke groups were used.

Results: 71 stroke survivors replied, mean age 70.4+/-12,1 years and a mean 2,8+/-1,8 years post stroke. 80% lived with family members. GP services were the main service received by both groups. Rehabilitation-based services were received by 11% of stroke survivors whereas 36% did not receive any services six months post-stroke. A third of stroke patients experienced significant functional disability with 59% experiencing problems walking over even road. Stroke patients had significantly higher levels of problems across all domains. Factors contributing to these problems were shown by logistic regression analysis to be younger age, female gender and a more recurrent stroke.

Conclusion: longer-term stroke survivors experience multiple unsolved problems In performing functional activities compared to non-stroke population.