

Post-stroke care systems – comparison of organization, changes and tendencies in Poland and New Zealand

K. Hennessey¹, D. Budzyna-Dawidowski¹, R. Czekaj²

¹*Lekarski, English Division, Uniwersytet Medyczny im Piastów Śląskich we Wrocławiu, Poland*

²*Oddział Neurologiczny, Szpital im .Żeromskiego w Krakowie, Poland*

Objective: Stroke is a major health problem worldwide. Stroke mortality steadily declines in developed countries with the development of specialized units and early diagnosis and interventions. However people who survived a stroke often have significant morbidity and live with the effects of the stroke. Patients need access to effective rehabilitation services that aim to enhance quality of life by improvement of participation in society and functional activities. Methods: Authors compared structure and accessibility of stroke services in two health systems (Poland and New Zealand) in the light of current guidelines. The available statistical data were compared including trends over last five years in prevention, morbidity and mortality. Conclusion: Prevention, early diagnosis, early treatment and effective, widely accessible rehabilitation are crucial to improve chances of surviving and recovering from stroke. Different medical systems offer similar approaches and similar trends are observed over last 5 years. New Zealand experience shows that further improvement in outcomes for stroke patients depends on developing increased awareness of prevention (minimizing risk factors) and engaging all services including primary care and non-governmental organizations.