

ABSTRACT

Title : Health status of post acute stroke attack patients in Northern Thailand

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Objective : To identify the prevalence of post-stroke health conditions (post stroke pain, post stroke depression, and post stroke dementia) and quality of life including related factors in patients after acute stroke (cerebrovascular disease).

Material and Method: Descriptive study design, acute phase stroke patients were prospective evaluated with a battery of tests: including Pain Scale , Hospital Anxiety and Depression Scale-Thai version, MMSE Thai 2002, Clinical Dementia Rating, Clock Drawing Test, and WIIQQOL-BREF-THAI at government hospitals in the Northern Thailand during 1 October 2010 – 30 September 2012.

Results : 215 stroke patients were included the study with mean age 62.5 ± 12.3 years. Prevalence of post stroke pain was 44.2 %, average pain level was modest, arm and thigh were the most affected site of post stroke pain, and most of them were received pain management. Prevalence of post stroke anxiety and depression were 22.3% and 19.1% respectively. Prevalence of post stroke dementia a few month after stroke was 38.9% and increased to 44.9% in the first 6 months after stroke. Overall quality of life in patients with acute stroke was moderate level (mean score was 65.8%), physical domain was the highest affect factor while environmental domain was the least affected factor to quality of life (mean score were 61.7% and 69.7% respectively). The study results show that ability to perform activity of daily living was related to post stroke depression. Marital status, co-morbidity with cardiovascular disease and level of the activity of daily living were statistic significant affected factors ($p < 0.05$) to quality of life after stroke.

Conclusion : Post stroke pain, post stroke anxiety and depression, post stroke dementia were common conditions after stroke and quality of life was moderate level in post stroke patients.

Awareness and screening for post stroke health conditions should be consider in clinical practice to improve the conditions after stroke.

Keywords : Stroke, Cerebrovascular disease, Post stroke pain, Post stroke depression, Post stroke dementia; Vascular dementia, Quality of life, and Thailand.