

ABSTRACT

Title : Clinical Characteristics of Stroke Patients in the Northern Thailand

Authors : Sasiwimol Kosachunhanun, M.D Nipapan Tipayajak, B.Sc., M.A, Anong Khunkum,

Corresponding authors : Sasiwimol Kosachunhanun, M.D

Introduction and objective: Stroke is an acute neurological condition which required emergency management. This study aimed to analyze the clinical characteristics and management of stroke in the Northern Thailand.

Methods: We interviewed patient/ relative and analyzed the data of the acute stroke patients admitted to the 12 government hospital in the Northern Thailand during October 2010 to September 2012.

Results: 802 of acute stroke patients were recruited, mean ages was 65 ± 13.5 , 54.1% were female. Some risk factors such as exercise and alcohol consumption were uncommon. 64% of the patients consumed steam rice and the foods were not different between local and general foods (48.3% vs. 49.2%). Co-morbidities such as hypertension, diabetes, dyslipidemia and snoring were 57.2%, 15.6%, 18.4% and 46.9% respectively. Ischemic and hemorrhagic stroke were 79.7% and 20.3%, respectively. Clinical characteristics of the patients including BP, pulse, GCS , NIHSS, and blood tests were not different between ischemic and hemorrhagic stroke. 73% of the patients were admitted to general ward, 13.1% were admitted to stroke unit. Thrombolytic agent was prescribed 10.4%. The reasons that this agent was not used were unavailable in the hospital 24.5%, and 75.5% had contraindications which delayed onset was 37.9%. Bleeding complications from thrombolytic agent were 15.4%. Antithrombotic agents for stroke prevention were used 94.7% .

Conclusions: Stroke patients in the Northern Thailand have clinical characteristic, social character and food consumption not different from general patients. Risk factors control and treatments were regularly treated but we need more coordinate care for improve quality of the treatments.

Key words Clinical Characteristics Stroke patients Northern Thailand