

ABSTRACT

Title: Goal Achievement of Risk Factor Control for Patient with Ischemic Stroke in the Northern Thailand

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Background: Stroke causes morbidity and mortality.

Objective: This study aimed to evaluate the goal achievement of risk factor control of ischemic stroke in the Northern of Thailand.

Material and Methods: We analyzed the data of the ischemic stroke patients with more than 6 months of onset who regularly followed up during October 2010 to September 2012. The defined of goal of the risk factor control were according to ASA 2006, and ADA 2008 in patient with diabetes.

Results: Total of 498 patients were enrolled, aged 66 ± 12.4 years old, and 52.1% were male. The proportion of the patients living in the city is 51.9%. Healthcare scheme were universal coverage 53.4%, and civil servant coverage 34.1%. Proportion of patient with BMI ≤ 25 kg/m² was 72%, regular exercise was 61.2%, and quit smoking or never smoking was 87.2%. Control of HT (SBP/DBP in DM vs. Non DM) was 77.6/91.2%, and 61.6/76.8%, respectively. Dyslipidemia; LDL ≤ 100 mg/dl, DM vs. Non DM was 48.1% vs. 44.7% and Diabetes; FBS ≤ 120 mg% and HbA1C < 7.0 % was 50.0%, and 31.3%, respectively. Antithrombotic agents were prescribed in 91.8 % of patient.

Conclusions and Recommendation: Goal achievement of risk factor control for patient with ischemic stroke in the Northern of Thailand is relatively compatible with data from international studies but there is still a quality gap. These findings will be used to encourage participating hospitals to improvement stroke care.

Keywords : goal achievement of risk factor control, Ischemic Stroke