

Level of Activity Daily Living in Post Stroke Patients

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Abstract

Background: Stroke is the leading cause of disability and dependency which directly decrease patient's life quality. Disability caused by stroke can be prevented by holistic and comprehensive management plan of stroke. Until now, there was no study conducted to evaluate management for post stroke patients in Dr. Hasan Sadikin General Hospital (RSHS). Therefore, this study aimed to describe level of activities of daily living (ADL) in post stroke patients in Neurology unit of RSHS as a basic evaluation for a better management hereafter.

Methods: This descriptive quantitative study participated by 31 post-stroke outpatients in Neurology Polyclinic of RSHS was conducted from September to October 2015. Interviews were done to assess level of ADL by the Barthel Index score. Variables correlated with ADL (age, gender, stroke type, stroke occurrence, stroke risk factors and muscle strength) were collected from medical records. Collected data was input and presented in tables.

Results: There were 19 females and 12 males with the age group of 55-64 year old (35.5%). Most subjects had first stroke attack (71.0%). The most common type and risk factor were ischemic stroke (83.9%) and hypertension (81%) respectively. Patients with a maximum score in the entire extremity muscle strength were in the range of 60-70%. Out of the 31 patients, 18 (58.1%) were classified as independent in ADL.

Conclusions: The majority of post stroke patients in the Neurology unit of RSHS were independent in ADL.

Keywords: Activities of daily living, disability, post stroke

Introduction

Stroke is the most common neurological disorder in the aspects of both morbidity and mortality. According to the Global Burden of Disease, Injury, and Risk Factor, stroke is the third leading cause of disability in the world. It is also the second leading cause of death in the world.¹

Post stroke patients suffer from neurological deficit. Such deficits depend on the location and the size of the lesion. Post stroke neurological deficits can be motoric and/or non-motoric, however motor deficits are more common than another.²

Motor dysfunctions can limit the ability of the patient to perform daily activities and impose on him a state of dependency. Further disability will bring patient into decreased social participation/function (handicap).

Disability does not only affect the patient

but also the family. The effects can be felt in different aspects of life, especially the economic and social aspects.³ This may trigger a depression, leading to a decreased patient's life quality. Disability, depression, and decrease in life quality can create a cycle in which the patient only gets worse.⁴ Effective management can decrease the risk of disability and recurrence in post stroke patient. Medical rehabilitation aims to restore the patient's functional abilities.⁵ Intervention must be suited to the patient's condition and needs while also paying close attention to his safety and comfort in the process. One indicator of poststroke patient's current condition and his rehabilitative needs is his ability to perform activities of daily living (ADL). Until now, there is no study conducted to evaluate management for post stroke patients in Dr. Hasan Sadikin General Hospital (RSHS). Therefore, this study was carried out to describe level of ADL of post stroke patients in RSHS.

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