

What are the impact factors to health related quality of life of stroke survivors living at home?

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[Purpose] In Japan, about 2 millions stroke survivors living at homes, institutes or hospitals as a result of 200-300 thousands onset in a year. To improve their quality of life, it is important to clarify the impact factors to health related quality of life (HRQOL). The purpose of this study is to confirm factors affecting HRQOL of stroke patients living at home. [Methods] Thirty-four outpatient stroke survivors agreed to participate in our study. We interviewed them and ask for fill several questionnaires shown next. The SF-36 was used to evaluate their HRQOL, the Craig Handicap Assessment and Reporting Technique-short Form (CHART-SF) was used to evaluate the social participation, the Social Support Measure was used to evaluate the amount of social support from families and friends, the Ikigai Scale was used to evaluate the attitude to life, and the Barthel Index was used to evaluate their ability to perform the activities of daily living. The medical and demographical information were gotten from medical record or questionnaire. And the physical function was assessed by the Brunnstrom recovery stage during interview. Through t-test and correlation, we selected variables as independent variables (IVs), which were significantly related to HRQOL subscale (Dependent variables, DVs). And we figured out the relations between IVs and DVs through multiple linear regression. [Results] Twenty-eight male and 6 female subjects completed the questionnaire and interview. The average was 61.4 years old and the standard deviation was 11.7 years. The average duration after stroke was 5.6 years and its standard deviation was 6.5 years. The results of multiple linear regression showed that each coefficient of determination to DVs was significant (0.302 to 0.758). The IVs which had significant regression coefficient to DVs were type of stroke (infarction), Brunnstrom stage in arm and finger, the Barthel Index, physical independence and mobility, which were subscale of CHART-SF, and Ikigai. [Conclusion] In this study, thirty-four subjects completed the questionnaire and interview. From multiple linear regression analysis, the impact factors to HRQOL of stroke patients living at home were type of stroke, the physical function, the ability of daily living, ikigai and social participation.