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The impact on everyday life for relatives to persons with stroke in Uganda

Gunilla Eriksson¹, Julius Kamwesiga^{1,2}, Susanne Guidetti¹

¹*Karolinska Institutet, Stockholm, Sweden*, ²*Institute of Allied Health and Management Sciences-Mulago, Kampala, Uganda*

Introduction: Stroke is a growing societal challenge. According to WHO 15 million people get stroke annually and one third live with permanent disability. The incidence of stroke in Uganda is not known. The situation of people living with consequences of stroke and the everyday life situation for their relatives are unexplored.

Objectives: The aim of the study was to explore and describe the life situation for relatives to persons with stroke in Uganda and their experiences of being part of a family-centred and mobile-phone supported rehabilitation.

Method: A cross-sectional exploration using qualitative interviews to collect experiences of the family situation, and established assessment instruments to describe life satisfaction and caregiver burden among relatives 6 months - 2 years after onset of stroke. Data was collected in face-to face-interviews.

Results: Fourteen relatives from families living in the Kampala region were included; 8 were daughters; mean age was 33; the majority quit work to take care of their relative. The global life satisfaction was satisfying for 5 of the relatives and half of the group perceived moderate caregiver burden. Qualitative analysis is ongoing. More findings will be presented.

Conclusion: The everyday life situation for relatives to persons with stroke are very impacted. Advice from rehabilitation teams as well as rehabilitation interventions for the person with stroke might diminish their burden.