

COMPARATIVE STUDY ON THE RECOVERY OF PATIENTS POST STROKE**STUDIU COMPARATIV PRIVIND RECUPERAREA PACIENTILOR POST ACCIDENT VASCULAR CEREBRAL**

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Key –words: stroke, rehabilitation, physical therapy, women, men

Abstract: This is a study and aims to compare the degree of recovery of patients after stroke female and male. Study duration of 4 months (January-April 2010).

Evaluation consisted of three tests at the beginning and end of study, Berg balance Assessment, PASS Assessment and Fugle-Meyer Test.

Results: The female patients had a more pronounced trend towards the male in all three tests. Women are more persistent than men, more active, eager and ambitious to do exercises.

Cuvinte cheie: accident vascular cerebral, recuperare, kinetoterapie, femei, barbati

Rezumat: Lucrarea este un studiu și are ca scop compararea gradului de recuperare a pacientilor post accident vascular cerebral de gen feminin și masculin. Durata studiului este de 4 luni (Ianuarie-Aprilie 2010). Evaluarea a constat din 3 teste efectuate la începutul studiului și la sfârșitul lui.

S-au utilizat: Testul pentru echilibru Berg, Testul Posturii PASS și Testul Fugle-Meyer.

Rezultate: pacientii de gen feminin au o evolutie mai pronuntata fata de cei de gen masculin, la toate cele 3 teste. Femeile sunt mai perseverente decat barbatii, mai active, dornice de mișcare și ambitioase.

Introduction

Stroke is the second leading cause of death worldwide and the third in developed countries. Strokes disability occurs more frequently than deaths, 20% of patients requiring assistance in daily activities (Bonita, 1997).

Quality of life will change even in patients who totally recovered. Stroke's consequences are not limited to individuals: family, friends and caregivers are also affected. Society as a whole suffers.

Patients who suffered a stroke become apathetic because of the limited social activities, are constantly worried and feeling a heavy responsibility. Decreased quality of life leads to depression.

This work is a comparative study of male and female patients on functional recovery after a stroke, are four female and four male gender, mean age being 68.8 years. We started with the assumption that women have a greater recovery than men because they have more active social life, family and are doing more physical work than men.

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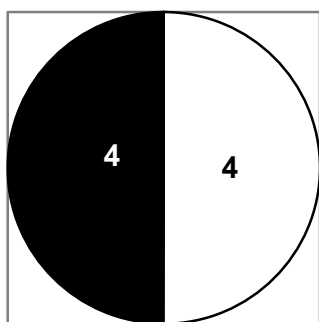
In physical therapy session, we performed active and passive exercises, passive -active and active with resistance. As materials used were: chear, walk helper, paper, rope of various colors, and other. Physical therapy took place at tha patients home.

Table 1 Mean of pacient's age
Descriptive statistics

	Patients	Minimum	Maximum	Mean	Std. deviation
Age	8	55	82	68.88	8.951

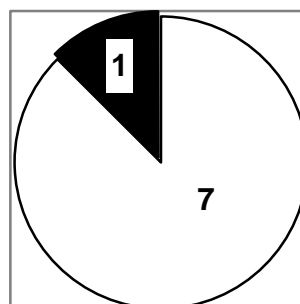
Table 2. Pacients by name, age, type of stroke and the affected side

Nr	Name	Gender	Age	Type of Stroke	Affected side
1	A M	F	70	Ischemic In the territory of middle cerebral artery right side	Left hemiplegia
2	L E	F	72	Ischemic, repetitive in right carotidian territory	Left hemiparesis, partially recovered
3	P D	F	64	Ischemic punto-mezencefalic	Right hemiparesis
4	W E	F	82	Bleeding (hematoma capsulo-thalamic right)	Left hemiplegia
5	A P	M	74	Ischemic brain stem (bulbar)	Left hemiplegia, upper limb more affected
6	B A	M	55	Ischemic right carotidian	Left hemiplegia
7	BH	M	59	Ischemic right carotidian	Left hemiparesis.
8	S L	M	75	Ischemic Sylvian left	Wright hemiparesis



□ Women
■ Men

Graph 1 Patients on gender

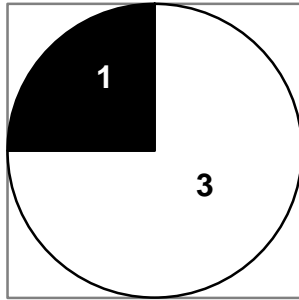


□ Ischemic
■ Hemorage

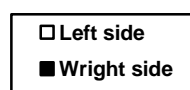
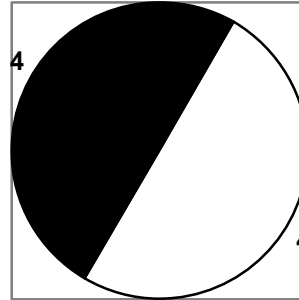
Graph 2 Patients on type of stroke

Table 3 the mean of patient's ages
Descriptive statistics

	Patients	Minimum	Maximum	Mean	Std. deviation
Women	4	64	82	72.00	7.483
Men	4	55	75	65,75	10,243



Graph 3 Affected side on women



Graph 4 Affected side on men





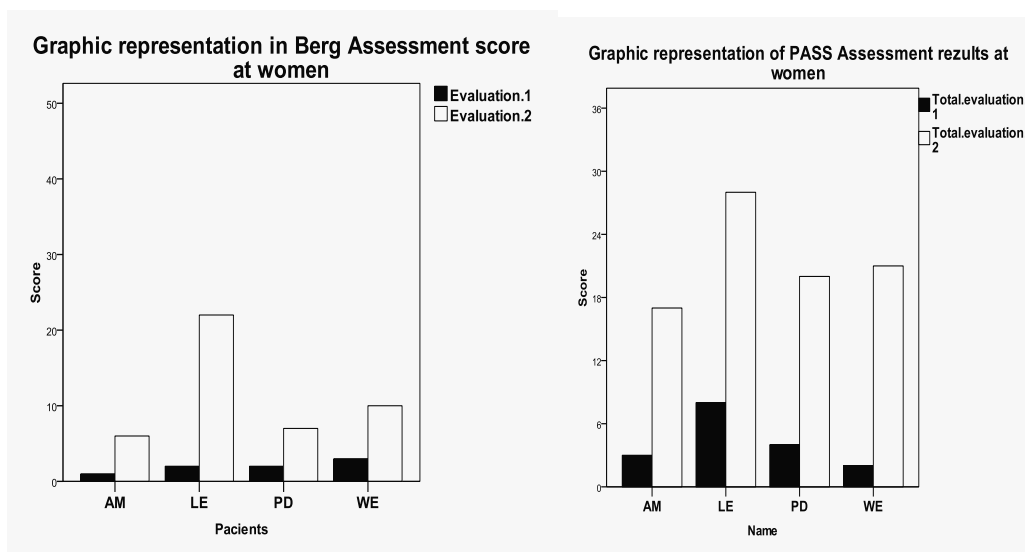
Walking reeducation exercises, the learning again the alphabet, active and passive mobilization on the bed, in sitting and standing.

Two of the patients do not remember the alphabet and memory exercises were needed for learning it.

Assessment

Table 4. Evaluation tests for women

Nr.	Name	Berg Assessment		PASS Assessment		Fugl-Meyer Test	
		Evaluation 1	Evaluation 2	Evaluation 1	Evaluation 2	Evaluation 1	Evaluation 2
1	A M	1	6	3	17	38	75
2	L E	2	22	8	28	80	94
3	P D	2	7	4	20	40	42
4	W E	3	10	2	21	37	64



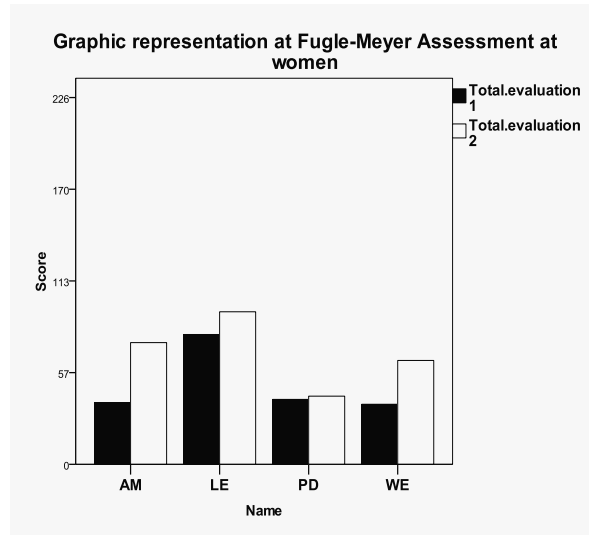
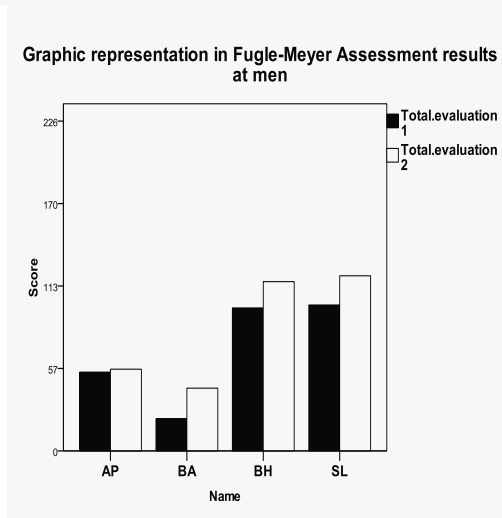
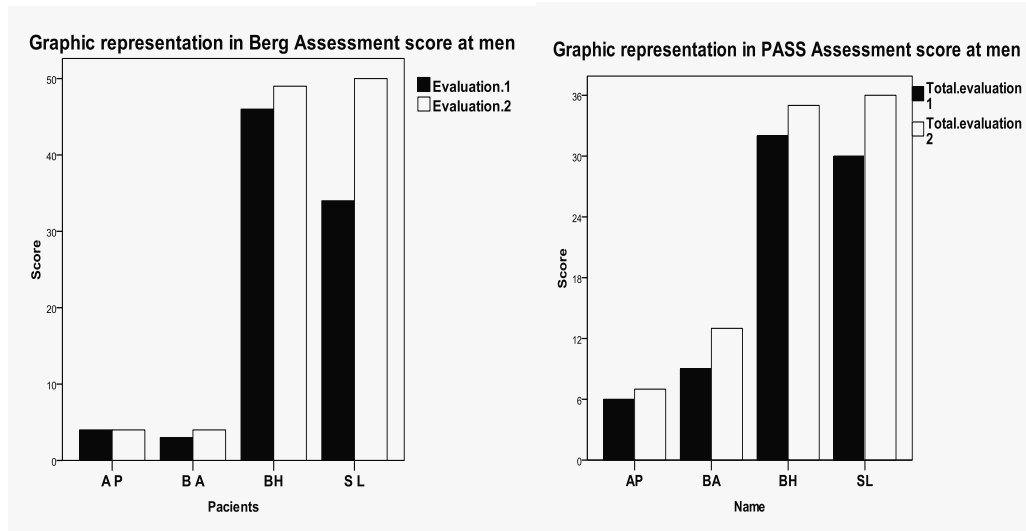


Table 5. Evaluation tests for men

Nr.	Name	Berg Assessment		PASS Assessment		Fugl-Meyer Test	
		Evaluation 1	Evaluation 2	Evaluation 1	Evaluation 2	Evaluation 1	Evaluation 2
1	A P	4	4	6	7	54	56
2	B A	3	4	9	13	22	43
3	BH	46	49	32	35	98	116
4	S L	34	50	30	36	100	120



Results

Table 6 comparative evolution on Berg test

	Patients	Minimum	Maximum	Mean	Std. deviation
Women evolution	4	5	20	9.25	7.228
Men evolution	4	1	16	5.50	7.047

Table 7 Comparative evolution on PASS test

	Patients	Minimum	Maximum	Mean	Std. deviation
Women evolution	4	14	20	17.25	2.754
Men evolution	4	1	6	3.50	2.082

Table 8 Comparative evolution on Fugle-Meyer test

	Patients	Minimum	Maximum	Mean	Std. deviation
Women evolution	4	2	37	20.00	15.253
Men evolution	4	2	21	15.25	8.921

Evolution of female patients is more pronounced than those of male, although in the first two months and half were not seen improvements, however, consistently and correctly effectuate exercises led to significant results. Degree of evolution is higher in women than in men because women are more physically active are more socially involved, go shopping, organizing household, while men are watching television, they live a passive life, physically speaking.

Conclusion

It is important for every patient who had a stroke to do exercises, to want to get better, to have a purpose for future, also is important what kind of life he or she lived before, active or passive one.

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