

AN ASSESSMENT OF QUALITY OF LIFE OF STROKE
SURVIVORS IN SELECTED HOSPITALS IN OSUN STATE.

A DISSERTATION SUBMITTED TO THE DEPARTMENT
OF MEDICAL REHABILITATION FACULTY OF BASIC
MEDICAL SCIENCES OBAFEMI AWOLOWO
UNIVERSITY, ILE - IFE.

IN PARTIAL FULFILMENT OF THE REQUIREMENT
FOR THE AWARD OF MASTER OF SCIENCE
(PHYSIOTHERAPY) (M.SC., PT)

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JANUARY, 2008

ABSTRACT

There seems to be dearth of literature on the quality of life (QoL) of stroke survivors (SS) in Nigeria despite the growing global interest in QoL in clinical research and practice. The aim of the study was to determine the QoL of SS from 5 selected physiotherapy facilities in Osun state, Nigeria.

Sixty consented subjects were consecutively recruited into this cross sectional study at Obafemi Awolowo University Teaching Hospital Complex Ile-Ife, Wesley Guild Hospital Ilesa, Ladoke Akintola University Teaching Hospital Osogbo and State Hospital Asubiaro Osogbo. Subjects were 35 males and 25 females SS who had suffered stroke for a minimum of three months and were non aphasic. The pre and post stroke QoL of the subjects were measured using WHO QoL-BREF. Motor disability was assessed using Modified Motor Assessment Scale (MMAS). Data were analyzed using descriptive statistics of mean and standard deviation, and inferential statistic of ANOVA, Spearman rank order correlation, independent t-test and paired t-test. Level of significance was set at $p < 0.05$.

The overall pre and post scores were 4.57 ± 0.50 and 2.87 ± 1.00 respectively. The pre and post QoL scores of the SS from the different domains of QoL were based on score 100: physical health (pre 77.68 ± 12.64 ; post 38.99 ± 17.33), psychological health (pre 79.65 ± 12.13 ; post 36.67 ± 16.23), social relationship (pre 89.31 ± 14.64 ; post 45.28 ± 26.10) and environment domain (pre 84.01 ± 12.12 ; post 51.30 ± 15.67). There were significant differences between pre and post scores in all the domains ($p < .05$). The results however showed no significant difference in QoL on the basis of gender and side of affectation. Age, side of affectation, duration of stroke and motor disability had no

significant association with QoL while educational attainment had significant influence on post QoL in the physical and psychological health domain only.

It was concluded that post stroke QoL was significantly less than the pre stroke QoL and post score QoL of SS was below average except for the environment domain. Also there was no significant difference in QoL on the basis of gender and side of affectation. Age, side of affectation, duration of stroke, and motor disability had no significant association with QoL while educational attainment had influence on QoL in the physical and psychological domain only. It is recommended that assessment of QoL of SS be included in routine assessment of SS in order to quantify the effect of physiotherapy intervention and provide basis of further rehabilitative interventions.