

Participation in everyday life of adults following mild stroke

Noomi Katz, PhD, OTR



Introduction: Stroke is one of the major causes of disabilities in adults all over the world. Even mild stroke survivors experience residual damages which persist in the following years. Currently about a third of individuals after mild stroke are under the age of 65, and many of them have difficulties in community participation.

Objectives: were to provide a profile of the status of clients that underwent a mild stroke regarding their cognitive and affective state, participation and return to work (RTW), in order to ascertain the rehabilitation needs of this population.

Design: The study is an ongoing longitudinal, including first ever mild stroke patients. Within this design the current study focused on the 3 month period after discharge and data is gathered at the participants' home on cognitive, affective, daily functioning and quality of life measures.

Participants: 170 participants who fit the inclusion criteria of first event, NIHSS<6 defining mild stroke, without previous neurological or psychiatric episodes who were hospitalized at a major medical center in Israel. The study has been approved by the Human Rights Committee and an informed consent was signed by every participant or family member.

Results: show significant moderate correlations between cognitive, affective and functional measures at 3 months post onset, which are also significant from 3 months to 6 and 12 months post onset. Significant differences were found between participants who RTW to those who did not. Findings show a range of difficulties those individuals following a mild stroke event experiencing in the community

Conclusions: The findings shed light on the interactions of various variables that play a role in participation after mild stroke, and the implications for RTW and reintegration into community with suggestions for the focus of rehabilitation with this population.