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Functional Outcome of Post-Stroke Patients, Their Access to Care and Social Reintegration

Topic: Disability Studies

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BACKGROUND

Stroke is one of the main causes of disability, and those affected often need rehabilitation to regain their functional abilities and autonomy. The aim of this study was to analyze patients' survival and functional outcome after stroke, to assess their access to rehabilitation care, and to appraise their social and professional participation after recovery.

METHODS

One hundred and six patients were admitted for stroke at the Med VI University Hospital of Tangier during 2024. Their records were examined to collect demographic and clinical data, and they were contacted by phone three months after discharge, to collect their functional update, using Barthel and Rankin scores. They were also asked about their access to rehabilitation, and their social and professional participation.

RESULTS

Among 106 patients, only 79 (75%) were still alive three months after discharge. Forty two were women, with a mean age of 63.96 ± 14.3 years, 74 (93.7%) had ischemic stroke. The mean Barthel index was 66.45 ± 30.5. According to Ranking scale 35.4% had moderate disability, and 17.7% were completely dependent.

In our study 38% didn't have access to rehabilitation care mainly because of financial constraints and limited access to rehabilitation centers. Only 9.1% had returned to work three months after discharge and 29.1% had a quite normal social life.

CONCLUSION

Stroke patients struggle with recovery, rehabilitation access, and social reintegration. Financial and access barriers hinder progress, while low return-to-work and social participation rates reveal gaps in support. Improving care access, addressing financial challenges, and enhancing reintegration efforts are vital for better post-stroke recovery and quality of life.

Statement of Disclosures

None

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