

**FACTORS RELATED TO HEALTH STATUS AMONG ISCHEMIC  
STROKE PATIENS WITH DYSPHAGIA**



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**ABSTRACT**

Dysphagia is associated with poor outcome in ischemic stroke patients. The number dysphagia of ischemic stroke patients admitted in Bach Mai hospital has been rising in recent years. The aimed of this research was to examine the relationships between severity of stroke, levels of dysphagia, nutritional status and health status among ischemic stroke patients with dysphagia (ISPD). Symptom management theory was utilized as a framework of this study. This was a descriptive correlational research was conducted among 115 ISPD (mean age  $66 \pm 10.4$ ; 60.87% men), who were admitted to the Neurology Department, Bach Mai hospital, Hanoi, Vietnam. Data were collected using the patients' hospital record and interviews. Stroke severity and dysphagia assessment methods using the NIHSS and the GUSS were also used. Spearman's rho was employed to test the relationship among all variables. According to the research findings, 51.30% of the patients suffered from moderate stroke, 66.09% of patients had slight dysphagia, and 88.70% were nutritionally at-risk. The average scores of Physical Component Summary were  $35.12 \pm 7.25$  and Mental Component Summary was  $37.27 \pm 12.45$ . Severity of stroke and the levels of dysphagia were negatively correlated with physical health ( $r = -0.45$ ,  $p < 0.01$ ;  $r = -0.312$ ,  $p < 0.01$  respectively) and mental health ( $r = -0.54$ ,  $p < 0.01$ ;  $r = -0.711$ ,  $p < 0.01$  respectively) whereas nutritional status was positively correlated with both physical and mental health ( $r = 0.42$ ,  $p < 0.01$ ;  $r = 0.23$ ,  $p < 0.05$  respectively). The findings of the present study make the following recommendations: nurses should assess and detect the patients' dysphagia symptoms as soon as possible in order to promote their suitable diet, improve the patients' health status. Standard guidelines should be developed and implemented. Further research should be conducted to test the effectiveness of the guidelines.

**KEY WORDS: ISCHEMIC STROKE / DYSPHAGIA/ HEALTH STATUS / NUTRITIONAL STATUS / STROKE SEVERITY**

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