

**FACTORS RELATED TO FUNCTIONAL STATUS AMONG  
PATIENTS WITH ISCHEMIC STROKE**



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WIMOLRAT PUWARAWUTTIPANIT, Ph.D. (NEUROSCIENCE)**ABSTRACT**

Ischemic stroke is a common disease that leads to a poor health status and disability among approximately 90% of stroke survivors in the world. Their functional status effected from many risk factors. The aim of this research was to study the relationship of age, stroke severity, comorbidity and functional status among patients with ischemic stroke. Transition theory was used as a framework for this study. This was a descriptive correlation research conducted among 115 patients with ischemic stroke in Thaibinh general hospital, Vietnam. The sample comprised inpatients having 23 MMSE scores aged 18 years and above. Data were collected from the patients' record and assessed the patients using NIHSS scale, Comorbidity index, and Barthel index measurements. Spearman' s rho was employed to test the relationship among all variables. The result showed that the majority of sample were male (58.30%) and ages ranging 34 to 91 years with the average an age of 66.90 years ( $\pm 10.9$ ). Almost all the patients (77.4%) had comorbidity; hypertension was the highest rated (56.5%) followed with previous stroke (33%) and Diabetes Mellitus (14.80%). The patients had severe symptoms (27%) with mean NIHSS score of  $4.5 \pm 5.3$ . The majority of the sample population (60.9%) were at dependent stage with the functional status and the Barthel index mean score of  $65.20 \pm 29.10$ . Age, comorbidity and stroke severity had significantly negative correlation with functional status ( $r = - 0.42$ ,  $r = - 0.35$ ,  $r = - 0.90$ ,  $p < .01$ ) respectively. In order to improve the functional status, it is recommended that nurses should assess and manage patient' stroke severity, control their comorbidities and promote functional status. Standard guidelines should be developed and implemented to promote the transition from stroke illness to an independent functional status. Moreover further research should be conducted to test the effectiveness of these guidelines.

**KEY WORDS: AGE / COMORBIDITY / ISCHEMIC STROKE / FUNCTIONAL STATUS / STROKE SEVERITY**

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