

Quality of life amongst young adults with stroke living in Kenya

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Abstract

Background: The world has been experiencing an increase of stroke among young adults. Occurrence of stroke in young adults dramatically affects the quality of life of the individuals.

Objectives: To investigate the quality of life amongst young adults who experienced a stroke living in Kenya.

Methods: A cross-sectional study was carried out on a conveniently selected sample of 161 young adults with stroke drawn from three tertiary hospitals in Kenya. The Short-Form 36-item second version (SF-36v2) was used to collect the data. Descriptive and association statistical analysis using Mann-Whitney U, and Kruskal Wallis tests were calculated on the data using SPSS.

Results: In relation to a total score of 100, when expressed as a percentage the mean quality of life scores, ranged from 30% to 48% for each of the SF-36v2 domains. The results showed that males scored higher than females in all the domains except in physical functioning and that the scores decline with advance in age in most domains.

Conclusion: The quality of life scores for this group were low meaning that that they were experiencing more challenges with physical functioning, psychological and emotional functioning and fulfilling previous roles.

Introduction

The developed world has been experiencing an increasing incidence of stroke among young adults¹. With regards to sub-Saharan African countries the mean age of stroke is also known to be much lower at < 60 years² when compared to developed countries where the mean age varies between 70 to 75 years³. Stroke in young adults is a concern as younger people are still part of the economically active part of the population and the impact of stroke is therefore greater on these individuals and their families⁴.

The majority of stroke patients report a decline in health-related quality of life post-stroke^{5, 6}. The domains of an individual's life that is encompassed in quality of life includes, limitations in physical activities, problems with work or other daily activities, limitations resulting from pain; energy and tiredness; the effect of physical and emotional health on normal social activities; happiness, nervousness and depression, and

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