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Analysis of Recovery in a Post-Stroke Population

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Toward a Better Understanding of...

Analysis of Recovery in a Post-Stroke Population

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This study examines recovery in the domains of cognitive abilities, communication, physical function, and participation in daily life in participants at 6 and 12 months post-stroke. Based on current literature, we hypothesized that participants will experience improvement between 6 and 12 months in cognition, communication and participation in daily life, but will not experience changes in physical function. Data were collected on participants admitted to The Rehabilitation Institute of St. Louis from 2010-2012. All participants had a primary diagnosis of stroke. To assess recovery, participants were contacted by email, phone, or mail at 6 and 12 months post-stroke. Participants completed a survey that included the Stroke Impact Scale (SIS), Modified Rankin Scale (MRS), Reintegration to Normal Living Index (RNL Index), Functional Ambulation Category (FAC), and questions about return to work and driving. The SIS domains included physical function, cognition, communication, and participation in daily activities/quality of life. Paired sample t-tests were used to assess change in impairment level between 6 and 12 months for all variables. 102 participants were analyzed in the final sample size. The average age at stroke onset was 61 years of age with the majority of the sample (51%) self-identified as African American. The paired sample t-tests showed no statistically significant difference between time points for any assessments: SIS physical function (p = 0.75), SIS cognition (p = 0.81), SIS communication (p = 0.59), SIS participation (p = 0.27), MRS (p = 0.78), FAC (p = 0.33), RNL Index (p = 0.16), return to driving (p = 0.20), return to work (p = 0.52). There is no significant change in functional status as measured by lack of gains in cognition, communication, physical function, and participation in daily activities between 6 and 12 months post-stroke.