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A study to describe the one year outcome on return to work status after stroke

Introduction: Stroke is the greatest cause of disability in adults. 25% of strokes affect people of working age, yet under 50% return to work after stroke. There has been not many studies in India and only very little investigation into what constitutes” return to work” following stroke. The aim of this study is to describe the work metric of stroke survivors.

Methods: Prospective analysis of data collected from patients who were diagnosed to have stroke for 12 months. The matric on work status, working hours, work place, accommodations and costs were gathered through telephonic questionnaires at 3 months, 6 months and 12 months post stroke period for 50 stroke patients. Patients were randomized to receive vocational rehabilitation (intervention or usual care (control)).

Result: Two thirds (34 (68%) of participants return to work at some point in the 12 months following stroke. Participants took a mean of 100 days to return to work. Most return to work. Most returned to same role with an existing employer. Only one third (17(33%) of the participants who were employed full time at stroke onset were working full time at 12 months post stroke. More participants experienced a reduction in pre stroke earnings. Work place accommodations were more common among interventional group participants. More participants from interventional group than control group reported satisfaction with work at 6 and 12 months post stroke.

Conclusion: This study illustrates that there are two patterns in nature of return to work among patients with stroke and a very severe impact of stroke on work status, working hours and income. More longitudinal researches are needed to explore the socioeconomic legacy of stroke and include clear definitions of work and accurate measures of working hours and income from all sources.

Key words: Stroke, Rehabilitation, Return to work.

Biography

Angela Gnanadurai has Completed BSc (N), MSc (N), PhD (N) in 1986, 1991, 2007 respectively from Christian Medical College Vellore. Is fortunate to function with dual responsibility during her services in College of Nursing, Christian Medical College Vellore from Nov 1985 to 4th May 2007. She has done post diploma courses in psychological counseling from behaviour science Center, Chithoor under open University Delhi , certificate course in palliative care from Indian Association of Palliative care (IAPC), Stroke care from American Association of Neuroscience Nurses (AANN), Law on Hospital Administration from CMAI, New Delhi, Certificate in Principles of Bio Ethics and Human Rights from UNESCO, Haifa, United Nation., Diploma in research to publication by BMJ, UK and currently (upgrading) undergoing Post Diploma in Bio Ethics and Human Rights from UNESCO, Haifa, United Nation from June 2021 to June 2022. Awarded fellowship by UICC in cancer prevention from National University Hospital Singapore, Awarded Senior Training Fellowship, through CMC Vellore by Friends of Vellore Association, USA in Neuro critical care from Columbia Presbyterian University hospital, New York; North Western University Hospital, Chicago; Ben Taub Hospital, Huston, Texas, USA. Had an opportunity to visit and collaborate with Christ Church University, Canterbury, Kent, UK as part of faculty exchange programme. She is a Member of more than 10 national and international professional organizations. She is holding NABH Assessor certificate since 2006. Em-paneled external assessor under National Quality Assurance Standards (NQAS) from Feb 2020.

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