The Results Of The First Telephone Monitoring With The Medical Students-Led Telephone Support In Patients With Stroke According To Data Of SITS-Kyrgyzstan

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ABSTRACT

Background and Aims. Strokes are the major causes of death and disability according to DALY in Kyrgyzstan, where the telephone monitoring was firstly made for the secondary prevention of strokes. **Method.** The telephone monitoring was the single possible tool to evaluate the condition of patients, included in stroke registry SITS-Kyrgyzstan, and to collect the information about the outpatient treatment after the discharge. The intervention was made by repeated telephone contact, with counseling on healthy lifestyle, the dosage of antihypertensives, antiplatelets and anticoagulants to reach target values for blood pressure and blood lipids.

Results. A total of 811 patients included in SITS-Kyrgyzstan and 702 were interviewed. 552 (78.6 %) were included, 78 patients refused to provide an information, relatives of the 32 (4.5%) patients did not know their condition, 40 (5.7%) patients changed their phone number. The median age was 65 years, 64% were female, and 58% were Kyrgyz. 118 (21.3 %) patients died in 3 months period. Among 434 only 28% were on regular antiplatelets 95%CI 18.2–36.5 and 38% on hypertensive therapy 95% CI 30.8–39.2. Median mRs on the 1st day of the observation was 3 and on 3rd month was 4 (p=0.001). 31 Participants who monitored weekly after 3 month were more likely than the remainder to have no disability [mRs ≤ 2; relative risk (RR) 2.3; 95% CI 0.86–0.97].

Conclusion. Telephone monitoring in Kyrgyzstan, made for the first time in SITS-registry provided the range of disabilities in 3 months period, was a necessary instrument of gathering the data for medications controlling and corrections.

Background

Strokes are the major causes of death and disability according to DALY in Kyrgyzstan, where the telephone monitoring was firstly made for the secondary prevention of strokes.

Study Aim

To assess the degree of a disability and the adherence to adequate drug therapy for the patients on the third month after the vascular event by telephone monitoring.

Methods

The telephone monitoring was the single possible tool to evaluate the condition of patients, included in stroke registry SITS-Kyrgyzstan, and to collect the information about the outpatient treatment after the discharge. The intervention was made by repeated telephone contact, with counseling on healthy lifestyle, the dosage of antihypertensives, antiplatelets and anticoagulants to reach target values for blood pressure and blood lipids.

The telephone interview included the following questions:

- What is your (his/her) state of health?
- Do you (he/she) walk alone or with the help of someone?
- Are there any difficulties in performing the daily duties?
 - Do you (he/she) take any medications?
 - Do you (he/she) know the dosage of the drugs?
 - Was there a repeated stroke?