Health care and rehabilitation consumption during five years after stroke

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Rehabilitation - a small part of the out-patient care after stroke

Rehabilitation constituted 27% of the out-patient care during the first five years after stroke and 55% of the days admitted in-hospital distributed in 20% of the in-hospital admissions.

The aim of this study was to describe the consumption of health care and rehabilitation during five years after stroke.

Method: Participants with diagnosed stroke were recruited from the stroke units at a hospital in Stockholm, Sweden, during 2006 to 2007. Data on in-hospital and out-patient care in the course of five years after stroke was collected from the Stockholm County Council's register for 121 participants.

Introduction

The consequences of stroke often affect a person's functioning and independence which may lead to a continuous need of rehabilitation and medical attention.

Results

Of the 121 participants, median age was 65 years and 57% were men. Stroke was classified as mild (Barthel Index 51-100) in 79% of the participants. The number of in-hospital admissions and out-patient visits differed widely in range, table 1-2.

In-hospital care and rehabilitation, days in hospital

Sex	n (%)	Mean	Median	Min	Max	Total Sum n (%)
Women	52 (43)	60	30	2	453	3134 (54)
Men	69 (57)	38	23	2	215	2622 (46)
Total	121 (100)	48	60	2	453	5756 (100)

Out-patient care and rehabilitation

Sex	n (%)	Mean	Median	Min	Max	Total Sum n (%)
Women	52 (43)	217	141	12	1605	11260 (55)
Men	69 (57)	135	98	9	667	9334 (45)
Total	121 (100)	170	111	9	1605	20594 (100)

Table 1-2. Numbers of in-hospital days and out-patient care during five years after stroke.

The major part of the total care was used during the first year after stroke; 72% of the in-hospital care (days), and 30% of the out-patient care, table 3.

Table 3. The distribution of in-hospital care (in days) and out-patient care per year and the distribution of rehabilitation.

The out-patient visits for rehabilitation were mostly taking place in rehabilitation facilities, 77%, home visits in 11 % and 12 % were non-patients-visits.

The most common out-patient rehabilitation visits were to physiotherapists, 39%, physician 23%, occupational therapist 14%, speech and language therapist 10% and psychological-social support 6%.

In further analysis aspects of sex, age and stroke severity will be included.