



# Quality of Life following Stroke in Denmark and Norway

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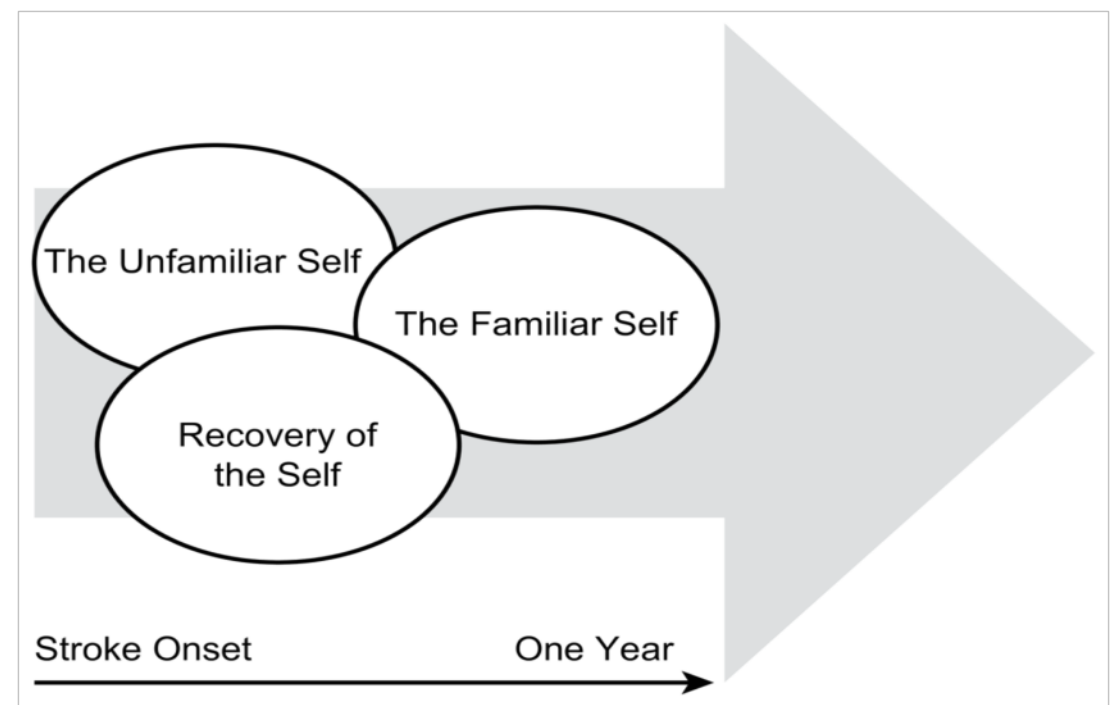
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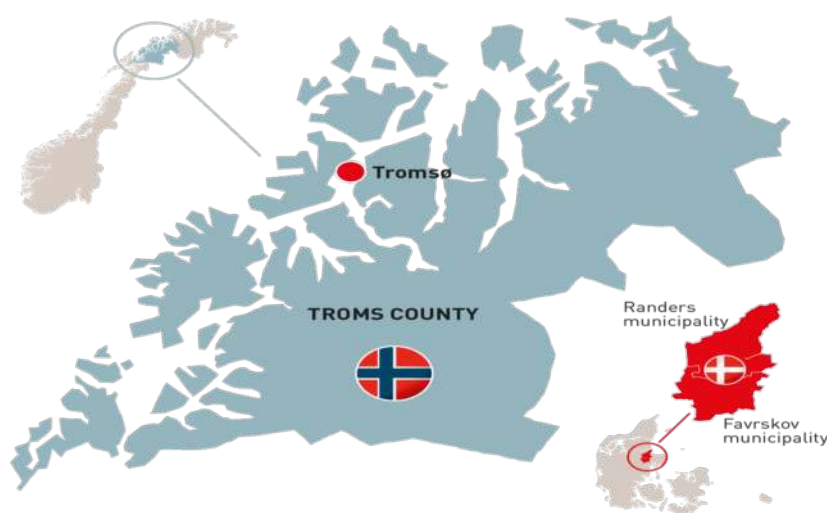
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## Background and Aims

Previous studies have shown reduction in quality of life (QOL) after stroke, and also variations among European countries. This study aims to explore QOL during the first year of recovery after stroke in a region in North-Norway and a region in Central Denmark.



Reconstruction of the embodied self could be framed as an ongoing and interrelated process of 'being, doing, belonging and becoming'.



Geographically, the region in North Norway has large areas and scattered settlements, and are very dissimilar to the region in Denmark.



## Methods

Individual in-depth interviews with 11 stroke survivors were performed twelve months after stroke onset. An interpretative, inductive approach shaped the interview process and the processing of data.

Enriching social relations, successful return to work, and continuity in professional support during the recovery process influenced QOL positively. Fatigue and sustained reduced function lowered QOL.

## Results

We found that QOL was closely related to the individuals' reconstruction of the embodied self, which was identified by three intertwined and negotiating processes: a familiar self, an unfamiliar self, and a recovery of self.

## Conclusion

The two country regions differed in descriptions of continuity and support in the professional follow-up during the recovery process and these differences affected reconstruction of the embodied self.