



Mrs Indrani Siriwardana (Sri Lanka)

Exploring the experiences of male stroke patients in Sri Lanka



THE EXPERIENCES OF MALE STROKE PATIENTS BETWEEN 40 TO 60 YEARS: A SRI LANKAN STUDY

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Introduction

Stroke

- A disruption to the blood supply to the brain
- Many stroke patients being confronted with limitation in physical, psychological and social functioning
- In psychological terms, a stroke is described as a “negative life event”
- (WHO, 2010)

Why special care is needed for stroke patients?

- Stroke can impact on an individual's identity
- It gives an individual a new awareness for human temporality and an uncertainty of the future
- When stroke patients return to the community before they reach full recovery they face difficulty in participate in their usual or pre stroke activities of living

Why special care is needed? contd...

- Stroke is not only an event affecting the anatomy of the patient
- it also affects mental health contributing to depression, anxiety, confusion, disorientation, amnesia, psychosis and frustration
- **Special care to improve quality of life should cover physical, psychological and social aspects of patients**
- (Gunarathna, 2011)

Background

- Approximately around the world 33 million deaths per year due to Stroke Developed countries stroke is currently the third leading cause of death .
- Developing countries stroke rate is 6.9% & in Sri Lanka 10% of stroke patients die in the first month while 90% survive.
- Stroke is one of the first five leading course of hospital deaths in Sri Lanka
- (Gunarathna,2011,Annual Health Bulletin,2014)

Problem Statement & Justification

- Stroke is a long term condition and has life long implication for an individual & their families.
- Returning to the community can be difficult for persons with physical & psychological impairment
- No properly organized care services or support for stroke patients in health care sector in Sri Lanka
- Lack of studies in Sri Lanka
- (Corr,S& Wilmer, S (2003), Gunarathna, 2011)

Objectives



General Objective

To explore the experiences of male stroke patients between 40 to 60 years who treated at District General Hospital Matale, Sri Lanka

Specific Objectives

- ✓ To describe the physical experience of stroke patients
- ✓ To describe the psychological experiences of stroke patients
- ✓ To describe the socio economic experiences of stroke patients

Methodology



Research Approach	Qualitative study
Research Design	Phenomenological design
Research Setting	District General Hospital Matale
Study Sample	16 male stroke patients between 40 to 60 years, admitted to the medical units (ward 06 and 09) in District General Hospital Matale
Sampling Technique	Purposive
Ethical Approval	Ethics Review Committee, Teaching Hospital Peradeniya
Data Collection	In-depth interviews (30 to 50 min)/ tape recorded and transcribed verbatim
Data Analysis	Thematic analysis

Findings



01. Impaired self care

Sub themes	Evidenced Quotes for the Themes
Cope with contrast	“When I faced this, I thought somehow I should keep the full stop to my life. That means I decided to die. I couldn’t tuck this side even I couldn’t dress my clothes and how to wash my clothes myself. I failed to do them. So I took a poison bottle and sat on the bed. But I was unable to do it”. (participant B).
Fundamental life change	“I feel that this is a preface. Because I went school and done whole things until I faced to this condition at that day I was on my way to home. I felt that I am going to felt in next minute. So I led down on the ground. Next day when I was in the hospital, I couldn’t believe that what has happened to me”. (Participant A)

Findings contd.



02. Suicidal thoughts

Sub themes	Evidenced Quotes for the Themes
Collapsed life pattern	“When I heard this at first time I felt that somebody use the heavy stone hammer with both of his hands and beater my head several times. I am teacher. I spend my life with blooming mind until I faced to this fatal disease”. (participant A)
Loss of independent	“I believe “one is one own refuge, who else could be the refuge?” said the Lord Buddha. So now I am spending my whole day with the “Dharma” and used to do meditation regularly. With the refuge of my Lord Buddha budgeted the solace”. (Participant A)
Never begets the equipoised	“I felt that I am going to fell in next minute. So I led down on the ground. Next day when I was in the hospital.- and leg how I can help them. If I not cure”. (crying) (Participant L)

Findings contd.



03. Depend on others

Sub themes	Evidenced Quotes for the Themes
No path to earn money	“I had a nice farm. Every day early morning I get up before the sunrise and go to my farm to see my harvest. And I become more satisfy with them. Now I am not able to go there. I don’t know what will happen to my nice farm, my wife can’t do it. Normally I earned Rs. 60,000 from my farm. Now everything destroyed. I think and I know my distress never appeased till end of my life.”(participant G)
Impact on social relation ship	“I wanted to say many things. But when I open my mouth I felt that it not belongs to me. Actually earlier I very keen to participate several occasions.” (Participant D)

Discussion



- Physical burden is significant after stroke. On the other hand they really develop physical inability and progress it to increasing suicidal thoughts as emphasized by the findings of Brereton (2009).
- Many stroke patients really love to do religious activities such as bodi pooja, pirith and opinion of astrology as every participant had psychological experiences, such as droop future dreams and realize the internal law which were similar to the findings of Wijerathne et al. (2011).

Conclusions



- ✓ Stroke patients demonstrated negative attitudes towards their experiences
- ✓ The most of the participants are stressful and suffer with their disease condition.
- ✓ The patients and their care givers need to become aware of the identification of stroke management, rehabilitation and how to change the thinking pattern.
- ✓ This study shows that their lack of knowledge of recovery phase and importance of physiotherapy

Recommendations

Arrange hospital and community based programmes to empower stroke patients. Programmes should cover areas of

- leading a quality life while having residual effects of stroke
- preventing complications
- importance of regular follow up



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Thank
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