

Factors associated with improved activities of daily living among stroke patients post domiciliary care in the district of Kota Bharu, Kelantan

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ABSTRACT

Introduction: Stroke is a debilitating disease with a complex neurological impairment, adding to morbidity and mortality. Home-based rehabilitation therapy has been shown to have a huge influence on functional recovery and quality of life among stroke survivors. This study aimed to determine factors influencing the improvement in activities of daily living (ADL) among stroke survivors receiving domiciliary care service in the district of Kota Bharu. **Materials and Methods:** This secondary data registry review study utilised data from domiciliary care records from the total of 12 health clinics which offer domiciliary care in the district of Kota Bharu from 2014 until December 2022. A logistic regression (LR) model was performed to assess factors influencing ADL improvement. Improved ADL was defined as obtaining at least 30% improvement in Modified Barthel Index at the end of the program. No sampling method was done since all available data were included in the study as it was approximated to the number of the sample size calculated. The data was entered into IBM SPSS Statistics 29 and analysed with simple and multiple linear regression analysis to determine factors associated with improvement in ADL among stroke survivors after domiciliary care service in the district of Kota Bharu. **Results:** From the records review, 75.7% of the participants had improved ADL following domiciliary care service. The mean age of the sample was 65.8 years (SD = 12.40). The majority were ischemic stroke survivors (73.6%). In the single LR model, the influencing factors of ADL improvement were married (odds ratio [OR] = 0.09; $p = .004$) and history of previous stroke (odds ratio [OR] = 0.49; $p = 0.075$). The multiple LR model shows married (adjusted odds ratio [Adj. OR] = 0.11; $p < .011$). **Conclusion:** Marriedness was the only significant factor which influenced the improvement in ADL in stroke patient post domiciliary intervention. Lack of relevance & accuracy of the secondary data had caused less variability in the data collected.