

Quality of Life and Its Associated Factors Among Post-Stroke Patients Registered at Neurology and Medical Clinics in Teaching Hospital Kalutara

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Introduction - Stroke remains a leading global cause of morbidity and long-term disability, impairing quality of life (QoL) in stroke survivors. Post-stroke QoL is influenced by a combination of sociodemographic, clinical, and healthcare-related factors. However, limited evidence is available from Sri Lanka. This study aimed to assess the QoL and its associated factors among post-stroke patients attending the Neurology and Medical Clinics of Teaching Hospital Kalutara.

Methods - A descriptive cross-sectional study was conducted among 152 post-stroke patients aged 18–80 years who were at least three months after stroke event. Data were collected using a pre-tested SF-36 questionnaire covering eight QoL domains, summarized into Physical Component Summary (PCS) and Mental Component Summary (MCS) scores. Sociodemographic and clinical information were obtained through patient interviews and medical records. Data were analyzed using SPSS software, and associations between independent variables and QoL were evaluated using the Chi-square test, with a significance threshold of $p < 0.05$.

Results - The mean PCS and MCS scores were 37.48 and 42.63, respectively. Lower QoL was observed among older participants, females, and those with comorbidities. Age ($p = 0.013$), sex ($p = 0.002$), hypertension ($p = 0.011$), ischemic heart disease ($p = 0.022$), and hemorrhagic stroke ($p = 0.036$) were significantly associated with poorer QoL. Regular physiotherapy attendance was positively correlated with better MCS outcomes ($p = 0.007$), whereas dependence on public transport was associated with lower MCS scores ($p = 0.015$).

Conclusion - Quality of life among post-stroke patients is predominantly influenced by clinical and accessibility-related factors rather than socioeconomic determinants. Enhancing rehabilitation programs, ensuring continuity of physiotherapy, and improving psychosocial and transportation support services are crucial to optimize post-stroke recovery.