

LIPID PROFILE VERSUS EFFECT OF REHABILITATION IN PATIENTS WITH STROKE AT A CHRONIC STAGE OF RECOVERY – PRELIMINARY STUDY

Justyna Leszczak, Bogumiła Pniak, Ewelina Czenczek-Lewandowska, Agnieszka Guzik

1 Institute of Health Sciences, Medical College, University of Rzeszów, Poland

2 Excelsior Health and Rehabilitation Hospital, Iwonicz-Zdrój, Poland

AIM: Assessment of the impact of lipid profile on the effects of rehabilitation in individuals with stroke at a chronic stage of recovery, relative to the type of stroke, sex and BMI.

METHODS:

- The lipid panel values
- Index Barthel
- Berg scale
- Rankin scale
- Measurement of body height
- Measurement of body weight
- Body mass index (BMI)

- MATERIAL:**
- 24 people after a stroke
 - age over 50 years
 - the examinations were carried out twice:
 - * Exam I upon admission to
 - * Exam II on the day of discharge from the spa facility

Place of the study: Excelsior Health and Rehabilitation Hospital, Iwonicz Zdrój, Poland

Table 1. The type of stroke and the rehabilitation effect on the Rankin scale.

Type of stroke		Rankin Exam I	Rankin Exam II
Hemorrhagic	Mean	,17	0,00
	SD	,408	0,000
Ischemic	Mean	,33	,44
	SD	,485	,511
Total	Mean	,29	,33
	SD	,464	,482
p		0,4587	0,0476

Table 2. Rehabilitation effect measured with the Berg scale and the level of the lipid profile.

		Body mass index	Berg Exam I	Berg Exam II
Obesity	rho		-,738	-,738
		LDL mg/dl	,023	,023
	p		9	9
		Total cholesterol mg/dl	,023	,023
	N		9	9
Spearmana	rho		-,740	-,740
		HDL mg/dl	,248	,248
	p		9	9
		Triglycerides mg/dl	,429	,429
	rho		-,303	-,303
N		9	9	

CONCLUSIONS:

The present study showed a difference in the effects of rehabilitation in patients with normal lipid profile values versus those with high lipid profile values relative to the type of stroke. Better effects of rehabilitation were observed in patients with ischemic stroke.

Furthermore, effectiveness of the rehabilitation program according to Berg scale was lower in patients with obesity and with higher LDL and CH.