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Diabetes and stroke in Qatar: Results of a prospective stroke register

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Stroke prevalence is on the increase within Qatar, both within the local indigenous population and the migrants coming into country for work. There is a perception that diabetes is a major contributing factor in many of the stroke patients but there is a lack of evidence. People with diabetes have a higher risk of stroke disease and within Qatar there has been a rise in people having stroke of 26% per 100,000 head of population in the last decade. This population-based study describes the epidemiology of stroke in respect to presenting HbA1c level. The HbA1c level was recorded in 919 patients admitted to hospital during 2014 with a primary diagnosis of ischemic or hemorrhagic stroke. The patients were divided into 3 groups according to their HbA1c levels. Each group was compared by sub type of stroke, ethnic group, age and gender. The results indicate Arabs and Qataris are more at risk of lacunar infarcts. The average age varies from 49 years for the West Pacific population to 67 years for Qataris. In Qatari nationals the gender is almost equally divided. The prevalence of HbA1c $\geq 5.7\%$ in the stroke population is on average 77%, in the Qatari stroke population this rises to 88%. The group of patients with HbA1c $\geq 6.5\%$ features more prominently in all subtypes of ischaemic strokes. There have been changes in practice to ensure all stroke admissions have an HbA1c and nurses on the stroke unit have been educated to specialise in holistic stroke care. Jo Butler and Paula Jayne Bourke, Diabetes and Stroke in Qatar – results of a prospective stroke register. International Diabetes Nursing Vol 12. 2015 63-68

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