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Patterns of hospital admissions of stroke patients to Ibn Sina teaching hospital, Sirte, Libya

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Objectives: Stroke has been emerged as a major health problem in Libya, importing an enormous burden on the health care system. The presented study aimed to determine the pattern of stroke admissions to medical unit of Ibn Sina Teaching Hospital, Sirte, Libya and to investigate for etiologies, risk factors and sequel in stroke patients.

Materials & Methods: Data from 150 patients, who were admitted to Ibn Sina Teaching Hospital, Sirte between April 2008 and July 2009, were reviewed retrospectively. Patients age, sex, body mass Index, underlying diseases, risk factors as well as etiologies of stroke were recorded.

Results: Total of 2229 patients was admitted to Medical department, Ibn Sina Teaching Hospital during the study period, 130 of them were admitted as stroked patients. The mean age was 59.83±14.17 years with male to female ratio of 1.6:1. 46.2% of the stroked patients were cerebral thrombosis, for 22.3% of stroked patients the cause was cerebral hemorrhage and for 15.4% was transient ischemic attack. Hypertension was the common underlying disease in our patients (33%), followed by combination of Diabetes Mellitus and hypertension (19.2%), ischemic heart disease (16.1%) and Diabetes mellitus alone (15.3%). Hypertension was the common risk factor (52.3%), followed by Dyslipidemia (38.4%), Obesity (36.1%), Diabetes Millitus (34.6), smoking (30.7%) and atrial fibrillation (3.8%). Hemiparesis was the commonest sequelae (42.3%) followed by hemi plegia (26.95) and no sequelae in (17.7%). Mortality rate was (13.1%), cerebral hemorrhage was associated with high mortality (8.46%).

Conclusions: Our study revealed that, Cerebral thrombo-embolism was the common cause of stroke in our patients admitted to Ibn Sina Teaching Hospital.

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