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Key Words : Activities of Daily Living, Health Guidelines, Post Stroke Clients

ABSTRACT

This study determined the lifestyle modification of post-stroke clients of the City of San Fernando, La Union as a basis for a proposed Health Guidelines.

The descriptive type of research was utilized in this study. The researcher utilized a questionnaire in order to gather the data needed for the study. Frequency count, percentages, weighted mean, T-test, and Analysis of Variance (ANOVA) were used to treat the data.

As a result of the scientific inquiry, the following are the findings of the study: (1) Majority of the respondents are males, within the age bracket 65 and above, professionals and have a family history of diabetes, heart diseases and hypertension; (2) The respondents sometimes practiced the activities of daily living before the stroke and always practiced after stroke; (3) There are no significant differences on the extent of which the respondents practice the activities of daily living when they were grouped according to age, occupation, and family history. However, a significant difference was seen when they were grouped according to gender; (4) There is a significant difference on the extent of which the activities of daily living are practiced by the respondents before and after the stroke.

As a result of this study, these recommendations were proposed: (1) The lifestyle of person aggravated by their profile such as age, occupation and family history is a risk factor of stroke. Males are more prone to stroke due to their lifestyle; (2) Lifestyle is a risk factor of stroke and lifestyle change is needed to prevent stroke recurrence; and (3) Regardless of age and occupation, an individual could be at risk of stroke if he/she follows a pattern of unhealthy lifestyle in daily living.