

Comparison of Clinical Outcome in Acute Stroke Patients with or without Dysphagia

A Retrospective Study of Inpatients at Department of Neurology, Fukuoka
University Hospital from April 2007 to March 2009

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Summary : Clinical records for acute stroke patients admitted at the Department of Neurology, Fukuoka University Hospital, from April 2007 to March 2009 were reviewed retrospectively for the purpose of evaluating the presence of dysphagia and its relationship with clinical outcome assessed by improvement of Activities of Daily Living (ADL) and the ability to eat and drink. Records from 162 patients (117 men, 45 women) admitted during the applicable two-year period were reviewed and analyzed for this study. The mean age was 68.4 years and 94% were first-time stroke patients. 90% suffered from cerebral infarction and among them, 44 patients (29%) showed dysphagia. After discharge, 66 patients (40.7%) of these patients were transferred to convalescent hospitals and 74 patients (45.7%) returned home. Patients without dysphagia had a shorter hospitalization period (average : 21 days) than those with dysphagia (33 days). Patients without dysphagia showed better degree of ADL during hospitalization and greater improvement of ADL at discharge than those with dysphagia. Patients without dysphagia were able to start to eat and drink within 2.4 days from admission, while those with dysphagia required an average of 4.3 days to regain their ability to eat and drink. No significant difference in dietary patterns was found between those with and without dysphagia. This study suggests that, in addition to initial diagnosis and acute stroke treatment by physicians, the early involvement of co-medical team including a variety of disciplines may help patients for earlier and better recovery from acute stroke.

Key words : Acute stroke, Dysphagia, ADL, Length of hospital stay, Dietary pattern