

Poster Session III

Poster # 1

A Descriptive Study of Cognitive Status Three Years Following Motor Stroke

Janice L. Hinkle, RN, PhD, CNRN, The Catholic University of America, Washington, DC

Background and Purpose: Stroke is the third leading cause of death in the United States and a leading cause of disability in the rapidly aging population. In the post-stroke period, intact cognition is needed to form new memories, devise problem solving strategies, or recognize dangerous situations. Advanced age and decline in cognitive status are key factors in institutionalization following stroke yet cognitive status 3 years after one particular type of ischemic stroke, motor stroke, has received minimal attention. The purpose of this study was to describe cognitive status 3 years following motor stroke.

Methods: This was part of a larger study that followed patients 3 years after motor stroke. Cognitive status was measured using three instruments including the Mini-Mental State Examination (MMSE), the Neurobehavioral Cognitive Status Examination (Cognistat), and cognitive subscore of the Functional Independence Measure (FIMTM).

Results: Of the 60 patients available, 11 had died, 30 consented to a home visit, and 19 were interviewed by telephone. The mean age of patients at the time of follow-up was 64 years and the mean MMSE score was 27.53 (+ 2.74); there were no statistically significant differences in men with a mean score of 27.29 (+ 3.26) and women with mean scores of 27.75 (+ 2.26). Mean scores on the Cognistat were 69.67 (+ 15.62); there were no statistically significant differences between men and women. The mean cognitive subscore on the FIMTM was 26.5(+ 13.25) and there were no statistically significant differences between men and women.

Conclusions: This study provides a rich description of the cognitive status of a group of individuals 3 years after motor stroke. Although limited by a small sample size health care professionals need to be aware that cognitive status may not decline in all subtypes of stroke patients.