

Epidemiologic profiling for stroke in Nepal: Endeavour towards establishing database

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Abstract

Background

Stroke is the second most common cause of death and disability worldwide. The burden of stroke is increasing in an exponential manner in low-income countries like Nepal. Despite this fact, the data of actual stroke patients in Nepal is very scarce.

Aims

To collect and form a common and robust database online and to call the global community to in this regard.

Methods

An electronic medical health record (MHR) was formed. Each patient at admission was assigned a unique identifier number in which all the information including diagnosis was stored which could be retrieved at the desired time.

Results

This prospective study was carried from 2016 January through 2018 May. More than 500 patients were identified as stroke of both types (total admitted patients 3942). Majority was (63%) were identified as ischemic stroke. Hypertension was present in 87.1% in hemorrhagic and 59.3% in ischemic stroke. Risk factors like smoking and alcohol were moderately prevalent (27 % smoking and alcohol consumption in ischemic and 30.9% smoking and 36.1% alcohol consumption in hemorrhagic population). Poor outcome was associated with presence of diabetes (OR: 1.31, 95% CI: 0.52-3.33, male sex (OR=1.53, 95% CI: 0.70-3.33).

Conclusions

This epidemiologic study is established on a proper electronic database with majority of information stored and secured with good safety and privacy rules and is the first time ever done in Nepal. Common database on the global basis is necessary for stroke or cerebrovascular disorder.