

The Effects of Physiotherapy Management on the Quality of Life Post-Stroke Ambulatory Hemiparetic Patients in the Neurology Unit at the National Hospital of Sri Lanka (NHSL): A Longitudinal Study

SAK Navamani¹, FS Naizerdeen^{1#}, and GAD Perera¹

¹Department of Physiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University, Sri Lanka

#salakeekl@gmail.com

Physiotherapy plays a crucial role in post-stroke rehabilitation, addressing motor deficits and improving quality of life (QOL) through interventions like lower limb strengthening and gait training. The objectives of this research were to determine the effect of physiotherapy management on the quality of life, and to evaluate the differences in QOL based on gender and education level categories. The study was conducted longitudinally with hemiparetic post-stroke patients in the ambulatory phase, rated 1-3 on the modified Rankin scale. A sample size of 15 was calculated based on the prevalence of hemiparetic stroke patients in Sri Lanka. Data collection involved interviewer-administered post-stroke quality of life questionnaires, conducted at three assessment points over four months. Appropriate tests on the SPSS 25 package were used for statistical analysis. Initially, the age distribution ranged from 41 to 77 years, with a mean age of 58.6 years (n=15). Education levels varied, with 75% completing middle school education. Significant changes in QOL scores were found after one month and three months from the discharge ($p < 0.005$). Notable disparities in QOL scores were observed between genders at Discharge (Males; n=10, Females; n=5, $p = 0.027$). Positive correlations were found between quality of life scores and gender ($r = .475$, $p = .037$). This study concludes that physiotherapy management has contributed to the significant enhancement of post-stroke quality of life and further studies can be conducted with a larger population for a longer time period to identify the long-term effects of physiotherapy on QOL.

Keywords: *physiotherapy, post-stroke, quality of life*