Are we looking to stroke and quality of life?

**Abbreviations:** QoL, quality of life; HRQoL, health related quality of life; DALYs, disability-adjusted years of life; WHO, world health organization; QALYs, quality-adjusted life-year; GBD, global burden of disease, YLDs, years of life lived with disability; SSQoL, stroke specific quality of life scale; NIHSS, national institute of health stroke scale; BI, barthel index

**Quality-of-life**

Etymologically, the term quality derives from “qualis” (latin), which means the standard of health, comfort, and happiness experienced by an individual (isself) or related to group. It can assume positive or negative meanings. Since the 1970s, the term “quality of life” (QoL), as an objective measure of health outcome, has been used in epidemiological studies as an end point for social indicators, positive psychology, and mainly for the humanization of medicine. From the 1990s, some authors observed that in the concept of the term of QoL were two important aspects to be added—the subjectivity (the perception of all aspects of QoL) and the multidimensionality (recognition that the construct is composed of different dimensions). In view of the different concepts in the literature, a group of World Health Organization (WHO) researchers decided to cover all and defined it as the “perception of the individual about his position in life, in the context of the culture and system of values in which he lives, and in relation to his goals, expectations, standards and concerns “. This is the latest definition.

Regarding to the health area, two conceptualizations were observed-QoL as a more generic concept (influenced by sociological studies, without referring to dysfunctions or injuries) and health related quality of life (HRQoL) related to diseases or health interventions. The term HRQoL, currently used, evaluates the patient’s perception in four dimensions: 1) physical, 2) functional, 3) psychological and 4) social. Also encompassing personal beliefs, religiosity and spirituality.

**Stroke and quality of life**

Stroke is a highly disabling disease. More than the numbers of mortality, the incapacity or morbidity related to stroke open an important discussion about the relation between stroke and QoL. In the literature, one of the ways to evaluate HRQoL is to use HALY’s (health-adjusted life years). These is a measure of life expectancy with the incapacity to return to work and complications after stroke open an important discussion about the relation between stroke and QoL. In the literature, one of the ways to evaluate HRQoL is to use HALY’s (health-adjusted life years). These is a measure of life expectancy with the incapacity to return to work and complications after stroke were related to poor QoL. It showed to us that different aspects of life should be evaluated once it interfered with QoL. It can be lost if the tools of analysis include routine scales evaluation. We analyzed patients after 6 months of stroke. In this study, the NIHSS cutoff point which interfered with QoL was≥9. We didn’t have this information in the literature, and it should be compared with other studies.

Prognosis after stroke is an important topic to be evaluated in the studies. It can impact in treatments decisions as well have an enormous economic influence in long term treatment. Studies related to stroke prognosis ration often use the mRS, the Barthel Index (BI) and the Lawton and Body Inventory. Although in some situations such tools can be correlated with the improvement of QoL the use of specific measures as a SSQoL can add information’s to a better rehabilitation planning. The vision of functional recovery should be associated with global care that involves parameters of QoL. Stroke is undoubtedly the best study model to studied QoL since it is considered the most disabling disease worldwide. A more objective approach to rehabilitation which considers not only the disability assessment but also the QoL as a whole, encompassing more analytical tools, may permits unrestricted use, distribution, and build upon your work non-commercially.
References


