

UNIVERSITI TEKNOLOGI MARA

TREATMENT OF ISCHEMIC STROKE: A RETROSPECTIVE STUDY

PUTERI NADIA SYAZWANI BT OTHMAN

Dissertation submitted in partial fulfillment of the requirements for the
degree of

Bachelor of Pharmacy

FACULTY OF PHARMACY

JUNE 2014

ACKNOWLEDGEMENT

Alhamdulillah, praised to Allah SWT, The Most Gracious and the Most Merciful. My Highest gratitude to Allah, for without His blessings, this thesis would not have been completed.

A million thanks to my supervisor, Mrs Hanis Hanum Zulkifly, who had been supervising me in doing this final year project from the beginning. Her support, knowledge and guidance has contributed a whole lot in the thesis works. I have learned so much from the useful comments, remarks and suggestions throughout completing the project.

My deepest gratitude to my beloved parents, Mr Othman b Yusoh and |
for their limitless love, support, concern which had fueled me during my weakest moments and financially throughout my studies in UiTM.

Last but not least, I would like to extend my thanks to my friends especially for my team-mate who is very supportive and cooperative. Thank you, Nurwahidah bt Abdullah and for those that are involved in this project. I am very grateful for the care and love from all of you and my apologies to everyone who has been with me during the study.

Thank you everyone.

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ABSTRACT

Objectives: In the present study, we sought to identify the characteristics of patients diagnosed with ischaemic stroke. This study was also performed to assess the treatment of patients diagnosed with ischemic stroke. Lastly, it was performed to compare the management of ischaemic stroke between current practice against the recommended guideline.

Method: Retrospective reviews the medical records of patients who were diagnosed with ischemic stroke at medical record's office in Kajang Hospital from January 1, 2013 to December 31, 2013. Patients' secondary prevention drugs (type, route of administration) at discharge were reviewed and identified.

Result: A total of 198 patients were diagnosed with ischemic stroke. This was found to be higher in men 104 (52.5%). In the study of 198 patients, 108 (54.5%) suffered stroke and 28 (14.1%) identified as recurrent stroke. The major co-morbidities identified were in combination of hypertension and diabetes mellitus and hypertension alone, which were seen in 45 (22.7%) patients and 39 (19.7%) patients respectively. Aspirin and statin were the most commonly prescribed agent, which were 170 (85.9%) and 182 (91.9%) respectively.

Conclusion: Majority of our patients are male, Malay and in the age range of 50-59. Aspirin and statin were mostly prescribed and widely used to treat ischaemic stroke. The current guidelines appear to have some influence on the current practice of the management of ischemic stroke.

CHAPTER ONE: INTRODUCTION

1.1 Stroke

Worldwide, stroke is the most common cause of death after myocardial infarction and is a leading cause of acquired disability. Stroke is any damage to the brain and spinal cord caused by obstruction or damage to artery or vein (Hreib, 2009). There are two major types of strokes: ischemic strokes and hemorrhagic strokes. Ischemic strokes are caused by clots which decrease of blood flow to the parts of the brain, causing the death of the brain cells. Hemorrhagic strokes are caused by a break in the wall of the artery, causing spillage or bursts of blood inside the brain or around the brain (Hreib, 2009). Perhaps, more than 85% of fatal stroke occur in low- and middle- income countries (Davis, 2012). Of the 795,000 yearly stroke victims; 185,000 are recurrent stroke patients.

Malaysian population is relatively small compared to western countries but Malaysian already attained epidemic proportion in which stroke death in Malaysia reached 11,943 or 11.67% of total death and 75.81% per 100,000 of population based on age adjusted Death Rate ranked Malaysia 114 in the world (Expectancy, 2011). But nowadays, consultant physician of Columbia Asia Cheras Dr Tai Keen Sang told, stroke is the third largest cause of death in Malaysia after heart disease and cancer.