

# **SYNOPSIS**

## **1. TITLE**

Evaluating Post-Stroke Recovery: A Patient-Centered Approach Using PROM-Based Assessment.

## **2. INTRODUCTION**

Stroke is a leading cause of long-term disability, significantly impacting patients' quality of life. Traditionally, recovery evaluation post-stroke has been clinician-driven, focusing primarily on clinical parameters such as motor function, speech, and imaging. However, there is growing recognition of the need for a more patient-centric approach that includes patients' perspectives on their recovery and daily functioning. Patient-Reported Outcome Measures (PROMs) offer a reliable method to assess health outcomes based on the patient's own experience, making it an essential component of holistic stroke management.

This study aims to evaluate the post-stroke recovery using a PROM-based tool to assess functional independence, emotional well-being, and quality of life after hospital discharge. The findings may help clinicians to modify rehabilitation strategies and follow-up care, ultimately improving patient satisfaction and recovery outcomes.

## **3. RESEARCH QUESTION**

What is the change in the patient reported post stroke recovery and quality of life among patients discharged after stroke ?

## **4. OBJECTIVES**

### **Primary Objective:**

- To evaluate post-stroke recovery using a Patient-Reported Outcome Measure (PROM) tool in discharged patients.

### **Secondary Objectives:**

- To identify key domains (mobility, self-care, emotional health) affected in post-stroke patients using PROM.
- To assess patient satisfaction with post-discharge stroke care.

## **5. HYPOTHESIS**

- **Null Hypothesis ( $H_0$ ):** There is no significant association between PROM-based assessments and the recovery status of post-stroke patients.
- **Alternative Hypothesis ( $H_1$ ):** PROM-based assessments show a significant association with the recovery status of post-stroke patients.

## **6. MATERIAL AND METHODS**

### **Study Design:**

Observational Cross-sectional study

### **Study Setting:**

RBH (Rukmani Birla Hospital), Jaipur – a multispecialty hospital where stroke patients receive acute and rehabilitative care. RBH provides comprehensive care for both ischemic and hemorrhagic stroke patients through its well-equipped Neurology and Rehabilitation departments.

The hospital has an integrated stroke management protocol that includes emergency care, diagnostics, medical/surgical interventions, inpatient care, and post-discharge follow-up.

### **Study Population:**

Patients discharged after acute stroke treatment within the last 10 months.

### **Inclusion Criteria:**

- Patients aged 18 years and above.
- Diagnosed with ischemic or haemorrhagic stroke.

- Discharged from the hospital between June 2024 and March 2025.
- Gave informed consent and are reachable telephonically.

**Exclusion Criteria:**

- Patients with severe cognitive impairment or language disorders making communication impossible.
- Patients who were not reachable telephonically.

**Study Tools:**

- A structured Post-Stroke PROM Questionnaire (based on the code FAST tool).
- Data collection sheet to record demographic and clinical variables.

**Duration of Study:**

3 months (March 2025 – May 2025)

**Sample Size:**

80 patients

**Sampling Technique:**

Convenience sampling (telephonic interviews of eligible patients discharged during the specified period).

**Data Collection Procedure:**

- Identified stroke patients who were discharged from the hospital between June 2024 and March 2025 using hospital records.
- Collected their contact details after receiving the necessary permissions from the hospital and concerned authorities.
- Reached out to these patients (or their caregivers) via phone calls during March to May 2025.
- Explained the purpose of the study and took verbal informed consent before beginning the interview.
- Used a structured PROM questionnaire (based on the Code FAST tool) to ask

- Verbal informed consent was obtained from each participant prior to the interview.
- Data was manually recorded and entered into MS Excel for analysis.

### **Operational Definitions:**

- **PROM:** Patient-Reported Outcome Measure – a structured tool to capture patients' self-reported health outcomes.
- **Post-stroke recovery:** Refers to functional status, emotional well-being, and overall quality of life after discharge from acute care.

## **7. DATA ANALYSIS PLAN**

- Data will be entered in MS Excel.
- Data collected through the PROM-based telephonic interviews will be compiled and analyzed using Microsoft Excel.
- The aim of the analysis will be to understand how stroke patients perceive their recovery after discharge focusing on areas like physical ability, emotional well-being, cognitive function, and overall quality of life.
- Frequencies and percentages will be calculated for categorical variables such as gender and responses to PROM questions to understand how many patients fall into each response group.
- For continuous variables like age and monthly stroke admissions, percentage-based distributions will be used to identify patterns and trends.
- PROM responses will be grouped under specific domains mobility, cognition, emotional health, therapy participation, and confidence in recovery, etc.
- These domains will be analyzed to identify the most commonly affected areas and understand where patients feel confident or need more support.

## **8. ETHICAL CONSIDERATIONS**

- Informed consent will be obtained from all participants.
- Participation will be voluntary and anonymous.
- Data will be stored securely and used solely for academic purposes.

## **9. IMPLICATIONS OF RESEARCH**

This research can contribute to the enhancement of stroke rehabilitation services by integrating patient perspectives into clinical assessments. It will enable clinicians to understand patient challenges better and provide a foundation for improving follow-up care, rehabilitation services, and overall patient satisfaction. Moreover, it may inform policy and program development in stroke care and recovery assessment protocols.

## **10. REFERENCES:**

1. Rother J, et al. Stroke recovery and rehabilitation: a patient-centred approach. *Lancet Neurol*. 2022.
2. De Wit M, et al. Patient-reported outcomes: measurement, implementation, and interpretation. *Health Qual Life Outcomes*. 2020.
3. National Stroke Association. Guidelines for Stroke Rehabilitation. 2023.
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