

# Outcomes of ischemic stroke and associated factors among elderly patients in Hospital Seberang Jaya

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## ABSTRACT

**Introduction:** Malaysia is currently facing the challenge of an ageing population, with a higher prevalence rate of stroke in the elderly. Elderly stroke patients experience higher mortality, morbidity, and worse functional recovery than younger patients. However, little is known about the factors contributing to adverse outcomes after a stroke. A better understanding of the risk factors and outcomes of stroke in the elderly could have significant practical implications for an ageing society in the future. **Methods:** This study identified elderly patients ( $\geq 60$  years old) with acute ischemic stroke (AIS) between January 2022 and December 2022 and retrieved their data from the National Neurology Registry at Hospital Seberang Jaya. Subjects with missing data were excluded from the analysis. Univariate and logistic regression analyses were performed to identify predictors of clinical outcomes. An unfavourable outcome was defined as a Modified Rankin Scale (mRS) score  $> 2$  at 90 days, while 90-day mortality was defined as an mRS score of 6. **Results:** The study included 111 patients. Upon discharge, 89 survived, and 22 died. At the 90-day follow-up post-AIS, a favourable outcome was observed in 46 (53.9%) patients, while 13 (14.6%) patients had died within 90 days post-stroke. Post-discharge recovery was noted in 37% of patients, while mRS scores worsened in 26% of patients. In the multivariate analysis, factors associated with an unfavourable outcome and 90-day mortality post-AIS were female gender (Odds ratio [OR], 3.10; 95% confidence interval [CI], [1.29-7.45]), (OR, 3.86; 95% CI, [1.09-13.69]). **Conclusion:** Our results underscore the growing need for stroke survivor care and the importance of a more coordinated transition of post-stroke care from tertiary to primary care for long-term post-stroke management at the community level.