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Quality of life of elderly stroke patients and their caregivers

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Keywords: stroke, quality of life, patient, caregiver.

Purpose

Stroke represents a major societal representation as well as economic problem in an individual's life. The question arises in connection with the life of the patient oneself as well as in one's whole family. Stroke is one of the most common diseases affecting people at an old age.

Aim

The aim of the study was to analyze the relationship between the quality of life of patients after experiencing stroke and the personal well-being of their caregivers.

Methods and research sample

A part of the research sample consisted of patients after surviving CMP. The mean age of the patients was 71.48 (SD \pm 10.41) years. The second part of the study sample was made up of caregivers. The mean age of the caregivers was 58.77 (SD \pm 9.19) years. The Stroke Survivors Quality of Life Scale (SS-QOL) was recorded with stroke patients, and the Personal Well-being Index (PWI) with caregivers.

Results

The results were analyzed by Pearson correlation coefficient. In a sample of 64 patients and 64 caregivers, a positive statistically significant ($p \leq 0.05$) relationship was found between family status ($r = 0.383$), speech ($r = 0.257$), mood ($r = 0.310$), social activities ($r = 0.298$), and work ($r = 0.248$) on the SS-QOL scale and caregivers' life satisfaction as a whole on the PWI questionnaire. There were also negative statistically significant relationships between mobility ($r = -0.258$) and vision ($r = -0.247$) on the SS-QOL scale and satisfaction with life as a whole in a sample of the caregivers on the PWI questionnaire.

Conclusion

The results of the research highlight the need for further research in this area as well as the requirement for multidisciplinary interventions in the care of this community of patients and their caregivers.