

A Study of Patients with Cerebral Vascular Accident (CVA) Regarding to Risk Factors in Iraq

Ali. F. Hassan,* Ahmed Mohammed Jasim Shlash, PhD** Abbas. F. Moussa,*** Ammar Abdulelah Al Ibrahemy,**** Zainab Ali Chafat,*****

ABSTRACT

Background: The findings of the present study indicated that the cerebral vascular accident patients were ischemic stroke more than hemorrhagic who O+ blood group and ischemic attack in morning as a time and other risk factors.

Objective: this study was to identify the demographic and Clinical data of the patient with cerebral vascular accident (CVA).

Materials of the study: The study a survey descriptive study, the sampling it is non-Probability "purposive" sample was a conducted on 138 patients that include outpatients who were diagnosed with CVA by CT scan and MRI brain attending the Neurological clinic in AL-Najaf AL-Ashraf city to receive a medication in privet neurology clinic in AL-Najaf city for period from January 2019 to December 2020.

Results: (44.2%) of the study sample are within (50-59) years old, (60.9%) are male, (97.8%) are married, according to level of education was (64.5%) are illiterate, also (67.4%) no smoking and (38.4%) was worker according to occupational level, according to clinical data was (89.9%) patient with ischemic stroke according to stroke type, (44.9%) right paralysis regarding to side paralysis and (60.1%) at morning in time attack of stroke, patient (50.75) with DM, (68.8%) patient with hypertension and (65.2%) from patients with blood group O+.

Conclusion: a cerebral vascular accident is an alarming problem between elderly people in Iraq, and there are many associated risk factors contributing to developing it such (low educational level, blood group O+, diabetes mellitus and hypertension), therefore, its necessary to understand and evaluate the evolving trends to reduce the health risks among people in the middle east.

Recommendation: Physical exercise on a regular basis is advised. It is recommended to have a diet rich in fiber, fruits, and vegetables, low in salt and saturated fat. A healthy lifestyle that includes not smoking, having a low BMI, exercising regularly, and eating a balanced food has been associated with a decreased risk of stroke.

Keywords: ABO Blood Group System, Stroke, Time of attack, Ischemic and hemorrhagic stroke, DM, HT.

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* Assistance Lecturer
Community Health Nursing
College of Nursing, University of Al-Ameed, Karbala, Iraq

** Adults Health Nursing
College of Nursing
University of Al-Ameed, Karbala, Iraq.
Email: ahmed.shlash@alameed.edu.iq

*** Assistance Lecturer
Adults Health Nursing, College of Nursing, University of Al-Ameed, Karbala, Iraq

**** Assistant Lecturer
Pediatric Health Nursing, College of Nursing, University of Al-Ameed, Karbala, Iraq

***** Assistant Lecturer
Maternity Health Nursing
College of Nursing, University of Al-Ameed, Karbala, Iraq