Predicting long-term care institution utilisation among post-rehabilitation stroke patients in Taiwan: a medical centre-based study

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Purpose Early identification of predictive factors relevant to the utilisation of long-term care institution for stroke patients is important and thus investigated in this study on stroke patients receiving rehabilitation therapy.

Methods This prospective follow-up investigation carried out during patients’ clinical visits, at homes or long-term care institutions, was conducted at least 6 months after stroke on 151 stroke survivors. Functional ability was evaluated with the Functional Independence Measure (FIM™) instrument at discharge of the inpatient rehabilitation program. Balance status was measured using the 7-item balance scale of Fugl-Meyer Sensorimotor Assessment (FMSA). Major medical, rehabilitative, and sociodemographic factors were also examined during hospitalisation period as independent variables.

Results Of all the patients surveyed, 23 (15.2%) had been living in long-term care institutions. Univariate statistical analysis indicated that the significant factors related to long-term care institution utilisation included recurrence of attack, bilateral involvement, impaired orientation, and functional and balance status at discharge.

Conclusions Basing on the significant predictors identified, analysis using the logistic regression model correctly classified three quarters of the subjects as long-term care institution residents. The strongest predictors of long-term care institution utilisation for stroke patients following rehabilitation therapy were: bilaterally affected, impaired orientation and poor standing ability at discharge.