

Hospitalized stroke in the elderly at the University Hospital of Monastir – Tunisia from 2002 to 2013

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ABSTRACT

Background: Strokes or cerebrovascular accidents are becoming an important cause of premature death and disability in low-income and middle-income countries like Tunisia. Strokes represent the third cause of death and first cause of acquired handicap. The objective of our study was to describe the epidemiological characteristics of hospitalized stroke in the elderly during 12 years in the region of Monastir.

Methods: We included all hospitalizations for stroke (using ICD-10 coding: I64) at the university hospital of Monastir between 2002 and 2013. Enrolled patients were residents of Monastir. Data were collected from the regional register of hospital morbidity and mortality implemented at the Department of Preventive Medicine and Epidemiology.

*The crude prevalence rate (CPR) was calculated based on data from the INS, which gives statistics for age older than 60.

Results: A total of 1033 hospitalizations were registered with a mean age of 62.5 years (SD=14). For the elderly aged more than 65 years N= 532(51.5%) and Sex ratio was 0.83. CPR rate was 123.6 for patients aged more than 60 years. We notified a crude in-hospital mortality rate of 11.8/100,000 inhabitants and fatality rate of 13.26%. The median hospital length of stay was 6 days (1-82 days). The stroke trend decreased moderately from 2002 to 2013 with a significant difference ($b = -1.823; r = 0.25; p < 10^{-3}$).

Conclusion: An organized effort from the policy makers is needed to tackle the stroke burden. Effective preventive measures focusing on management of the cardiovascular risk factors early diagnosis, public awareness is a priority.