

Risk factors of mortality among patients with stroke in low middle-income countries: a series of 180 patients

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Abstract:

Stroke is one of the leading causes of acquired disability, the second cause of dementia after Alzheimer's disease and the third cause of mortality after the ischemic heart diseases, which altogether make them, therefore, a public health priority. The rapid and adequate management (diagnosis and multidisciplinary care) and keeping cardiovascular risk factors well-controlled (e.g: arterial hypertension) can help to reduce the incidence of stroke-related death. The study aims to identify factors associated with stroke mortality in low middle-income countries, especially in the Eastern region of the Democratic Republic of Congo. We used a prospective neurosurgical registry based on Research Electronic Data Capture (RED Cap) to systematically collect variables spanning 6 categories. Univariate and multivariate analysis were conducted to determine significant predictors of mortality. One hundred and eighty (180) patients with stroke were included. Stroke related mortality was 57/180 (31.7 %). Variables predictive of mortality were the advanced age with a female predominance, poor compliance to antihypertensive, and anti-diabetic medication, recurrent stroke, alcoholism, and chronic smoking, obesity, hemorrhagic stroke, use of estrogen-progesterone pills by women, as well as the delayed management. Stroke is a common cause of mortality in Butembo. Prevention measures, and efficient specialized care for stroke, especially targeting modifiable prognostic factors, can help to reduce mortality significantly.



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Speaker Biography:

Larrey Kasereka Kamabu has completed his Doctorate in Medicine, Neuropsychiatry, Surgery and Childbirth at the age of 24 years from Université Catholique du Graben and following

postdoctoral studies in Neurosurgery from Makerere University School of Medicine. Then begins his dazzling academic and medical career. He is Lecturer at UCG/DRC, Researcher and Writer. He has published one medical book and more than 15 papers in reputed journals and has been serving as a designer, editor-in-Chief of the magazine *Ascende Superius* and editorial board member of *repute*.

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