

## Comparison of Physical Disability in Mild, Moderate and Severe Stroke Survivors

Mandeep Kang and Navkaran S. Shergill

### Abstract

**Aim:** The present study compares the physical disability in mild, moderate and severe stroke survivors. **Material and Method:** A random sample of 70 stroke patients (both males, females and rural, urban) were chosen for the study. The sample chosen was assessed for physical disability with regard to the gender and geographical area. The physical status of stroke survivors was assessed using the following tools: Barthel Index, Structured questionnaire and Disability assessment schedule (WHO). The mean scores of patients in mild group, moderate group and severe group were calculated. Median, Standard error and Standard deviation were calculated, and t-test was used to find out intergroup differences. **Results:** The results of this study depicted a significant difference in mild and severe group of stroke survivors in terms of physical disability. It is found that males and females of mild group observed significant differences with males and females of severe group in terms of disability. Urban and rural patients in mild group observed significant difference, when compared to urban and rural in severe group. The findings of the study suggest that males and females of mild group vary significantly from males and females in severe group in terms of physical disability. The total group presents a significant difference, on comparing mild and severe ( $t=3.102$ ,  $df=48$ ,  $p<0.01$ ) in terms of disability. The comparison of mild-moderate and moderate-severe stroke survivors depicted variations in males, females, rural and urban patients but no significant differences in total groups. **Conclusion:** The conclusions drawn from the study predict that post-stroke physical disability in mild and severe group of patients vary significantly in terms of physical disability. The total group, males, females, rural and urban patients in mild group depicted remarkable differences with the females, males, urban and rural patients in severe group of stroke survivors and vice-versa. Physical status in females was poorer than males belonging to the same group. Similarly, physical disability was more pronounced in rural stroke patients compared to urban patients.

#### Mandeep Kang

Research Scholar  
Department of Physiotherapy  
RIMT University, Mandi Gobindgarh, (Punjab) India  
E-mail: dr.manikangz@gmail.com

#### Navkaran.S.Shergill

Assistant Professor  
Department of Physiotherapy  
RIMT University, Mandi Gobindgarh, (Punjab) India  
E-mail: navkaran9999@gmail.com

**Key Words:** Cerebrovascular accident, physical disability, functional status, hemiplegia, paralysis, impairment, functional outcome

DOI: 10.18376/jesp/2021/v17/i1/163787

### Introduction

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes. Stroke is now the third (fifth in 1990) largest cause of disability-adjusted life years in the developed