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ASSESSING DYSPHAGIA RELATED QUALITY OF LIFE USING DYSPHAGIA HANDICAP INDEX IN STROKE SURVIVORS

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ABSTRACT

Purpose. There are limited studies that have reported the psychosocial impact of dysphagia using the Kannada version of DHI among the stroke survivors. The aim of this study is to assess Dysphagia related QOL using DHI in Stroke Survivors.

Method. Eighty five stroke survivors were recruited based on the inclusion and exclusion criteria. Two weeks after NG tube removal, the participants were asked to fill the DHI – K questionnaire and rate their self-perceived severity of dysphagia. The data was analysed using SPSS version 20.0 . Descriptive statistics analysis was used. Spearman correlation coefficient was used to assess the relationship between the subscales of DHI-K, total DHI-K scores and self-perceived dysphagia severity rating.

Results. Higher prevalence of post stroke dysphagia was observed among the middle aged population with number of males being higher than females. Most individuals reported normal, mild or moderate severity of dysphagia. Individuals who were on NG tube for a longer duration and those with secondary and tertiary stroke reported greater severity of self-perceived dysphagia. Correlation between subscales of DHI and self-perceived severity was analysed using Spearman correlation and was found to very moderately high.

Conclusion. Dysphagia handicap Scale must be used as a priority in routine health-care practices in order to assess the swallowing functions in post stroke survivors. It is important that we consider using tools appropriate to their linguistic and cultural backgrounds.