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社区康复对脑卒中患者功能和生存质量的远期疗效观察 [点此下载全文](#)

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摘要:

目的:应用功能综合评定量表(FCA)和WHO生存质量测定简式量表(WHOQOL-BREF)中文版研究社区康复(CBR)对脑卒中患者功能和生存质量(QOL)的远期疗效。方法:80例脑卒中患者随机分为社区康复组(40例)和对照组(40例),社区康复组进行康复治疗 and 随访,对照组只进行随访。于入组时、5个月末和17个月末,采用FCA、WHOQOL-BREF中文版对两组患者进行评定。结果:入组时两组患者FCA和WHOQOL-BREF评分差异无显著意义($P>0.05$),治疗5个月后,社区康复组和对照组的FCA和WHOQOL-BREF评分比较,康复组效果优于对照组($P<0.05$),17个月后康复组有进一步提高($P<0.05$),而对照组改善不明显($P>0.05$)。结论:社区康复治疗对提高脑卒中患者FCA和WHOQOL-BREF作用显著;社区康复治疗介入时间越早,脑卒中患者功能和生存质量恢复的作用越明显。

关键词: [脑卒中](#) [社区康复](#) [功能](#) [生存质量](#)

Long-term effect of community-based rehabilitation on function and quality of life in stroke patients [Download Fulltext](#)

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Abstract:

Objective: To study long-term effect of community-based rehabilitation(CBR) on function and quality of life(QOL) in stroke patients by using functional comprehensive assessment(FCA)and World Health Organization quality of life assessment instrument brief version (WHOQOL-BREF). Method: Eighty stroke patients were randomly divided into control group (n=40) and rehabilitation group (n=40). The rehabilitation group were treated with community-based rehabilitation and regular following-up, functional assessment, while the control group only treated with following-up and functional assessment, no rehabilitation. FCA and WHOQOL-BREF were applied to assess patients at the beginning of enrollment, after 5 and 17 months. Result: At the beginning of enrollment, the difference in scores of FCA and WHOQOL-BREF between two groups was not obvious ($P>0.05$). There was significant difference in scores between two groups 5 and 17 months later($P<0.05$).The rehabilitation group had a better outcome compared with control group. The control group had no significant difference in scores from the 5th month to the 17th month($P>0.05$). Conclusion: Community-based rehabilitation has long-term effect on function and QOL in stroke patients. The earlier the patients receive CBR, the better the improvement on function and QOL will be acquired.

Keywords: [stroke](#) [community-based rehabilitation](#) [function](#) [quality of life](#)

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