

ID: 127

Scientific Abstract / Oral Presentations: 4

--

Topics: Stroke Rehabilitation

Keywords: Return-to-work, Rehabilitation, Stroke, Singapore

Factors Influencing Long-Term Return-to-Work for Stroke Patients Enrolled in an Early Supported Discharge Program in Singapore: A Five-Year Follow-Up

Sock Hong Teo^{1,2}, Kenneth N.K. Fong², ZhenZhen Chen¹, Raymund C.K. Chung²

¹National University Hospital; ²Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong SAR

Objective: This study aimed to investigate the factors that influenced long-term return – to-work (RTW) for patients enrolled into an Early Supported Discharge (ESD) program in Singapore at five years post-stroke.

Methods: Sixty-nine patients who were enrolled into the ESD program between 1st January 2012 to 31st December 2014, aged 18-60 years old, and were employed at the time of hospitalisation were included. A questionnaire was designed to obtain details on patients' RTW and administered via phone call. A prospective cohort design was adopted to examine the relationships between the various factors - demographic, functional, psychosocial and work-related factors, and RTW at five-year follow-up. Time to RTW at five-year follow-up were analysed using cox regression and predictors of RTW were analysed using forward logistic regression.

Results: 60% of the participants (n=49) with a mean age of 50±7.4 years participated in the research study. A lack of social support is a negative predictor for RTW (OR: 0.02; 95% CI: 0.00-0.22) while being the breadwinner is a positive predictor for RTW (OR: 13.79; 95% CI: 2.46-77.52). The same factors were also significant in the time to RTW at five-year follow-up with hazard ratio of 0.09 and 4.07 respectively.

Conclusion: Being the breadwinner and having positive social support increase the likelihood of RTW at five years post-stroke. Early identification of the characteristics of patients with the potential to RTW is important to facilitate successful RTW.