The "lived experience" of long-term stroke survivors in Newcastle, Australia.

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2008

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Date: December 3, 2007
ACKNOWLEDGEMENTS

I would like to acknowledge the support of my supervisors, Dr Lynette Mackenzie and Dr Parker Magin throughout this project. I would like to thank Lynette for being the first person to encourage me to undertake post-graduate study and for believing in my project. I would like to thank Parker for stepping into the role of supervisor at a later stage and embracing the project – he joined the project during the data analysis phase when I was uncertain and overwhelmed. I am grateful for his immense support and encouragement, which have helped me to maintain my vision and confidence in the outcomes. The knowledge he has imparted to me regarding qualitative research has been invaluable.

I would like to thank the participants who took part in the interviews. Their honesty and willingness to share about their lives was an inspiration. I never dreamed I could learn as much from them as I did.

I wish to express my appreciation to my colleagues for their support. I would specifically like to acknowledge Dr Michael Pollack and Dr Chris Levi who have enthusiastically supported my career within the Hunter Stroke Service. Special thanks to Louise Jordan and Lorna Davin for the professional and personal support they have lavished on me over these last few years.

Finally, I acknowledge my family for their constant love, support and encouragement and belief in me through all my academic efforts.
PAPERS PUBLISHED FROM THIS PROJECT

The following papers from this project have been published in peer reviewed journals:


These manuscripts have been a collaborative effort with the researchers listed below.

The undersigned co-authors contest that Jennifer White contributed to the aforementioned publications which form part of this thesis:

Parker Magin                            Lynette Mackenzie

Michael Pollack                          John Attia

Jonathan Sturm                           Christopher Levi
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ABSTRACT

Aim: The aim of this thesis was to explore the long-term experience of community dwelling stroke survivors at 1, 3 and 5 years after stroke.

Design: A qualitative study using a modified grounded theory approach. The primary data collection method was semi-structured interviewing.

Setting: Community dwelling stroke survivors in metropolitan Newcastle, New South Wales, Australia.

Participants: Twelve community dwelling stroke survivors (4 participants from each cohort) discharged from a tertiary referral hospital. 6 men and 6 women aged between 42 and 92 years of age participated in this study.

Main Outcome Measure: Qualitative outcomes were participants’ perceptions using in-depth, semi-structured interviews with participants from 3 community based cohorts of stroke survivors at 1, 3 and 5 years post stroke.

Results: Four main themes emerged from the data that were experienced by participants within each cohort and between cohorts. These were feelings of altered participation in life, low mood, modulating factors and experience with the health system. A modified grounded theory approach was used for data analysis using a process of constant comparison.

Conclusions: Altered participation and mood changes continued well beyond discharge and in some cases commenced after discharge in this sample of stroke survivors. Lifestyle changes were further influenced by experiences with the health system and knowledge about stroke, as well as the presence or absence of insight, hope for the future, faith, and support. Use of qualitative methodology extends our understanding of the extent and nature of life-style changes after stroke. There is a need for enhanced services to monitor and address the ongoing needs of community dwelling stroke survivors’.