

HEALTH NEEDS OF PATIENTS WITH STROKE AT GAZA GOVERNORATES, PALESTINE: A MIXED DESIGN APPROACH

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ABSTRACT

There is a lack of knowledge about how health care services should be organized to meet patient's needs after stroke. This study aimed to assess the health needs of people with stroke residing in Gaza Strip. The design for this study was a descriptive, analytical, cross-sectional using a qualitative and quantitative approach for data analysis. The study population consisted of 221 health care providers (nurses physicians, and physiotherapists) who work at medical wards and dealing with patients with stroke. For quantitative data collection, the researchers used a self-administered questionnaire. In total, 192 respondents completed the questionnaire with a response rate of 86.8%. For qualitative data collection, a focus group consisted of 10 patients was used to explore their health needs. SPSS version 20 was used for data analysis. The results from quantitative data analysis revealed that the most important physical need for client with stroke is to demonstrate safe transfer techniques (83.2%), followed by understanding the importance of adhering to low fat diet (83.0%).

Regarding social needs, the results showed that the most important social needs were managing changes in roles and relationships and dealing with behavioral changes (78.8%) followed by dealing with changes in body image (78.4%). Regarding the mental needs, the first priority was understanding disease process of stroke (79.8%) followed by comprehending and use of assistive or adaptive devices (79.2%). Results from qualitative data analysis revealed that the main concerns related to physical needs were the need for learning how to prevent pressure ulcers, how to monitor blood pressure and preventing aspiration. While social needs focused on the loss of autonomy and control in managing their personal finances and the need to know how to deal with changes in body image. The need for assistive devices to cope with stroke ranked as the first priority among mental needs. The findings of this study expand our knowledge toward the willingness of the interdisciplinary health care team to coordinate the care and education of persons with stroke and their caregivers to provide a comprehensive teaching program in health care setting.

KEYWORDS: Mental Needs, Stroke, Social Needs, Patients, Physical Needs