

FOUR-YEAR FOLLOW-UP ON POST-STROKE FATIGUE AND WORKFORCE REINTEGRATION

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Background and Aims

Although post-stroke fatigue can hinder returning to work, there is a lack of quantitative research on this topic. Therefore, we performed a long-term cohort study to determine if fatigue is independently linked to the likelihood of returning to paid employment.

Methods

Our study included 95 first-time stroke patients under 65 years old who were employed full-time at baseline. They were recruited from the neurology department of IBN ROCHD University Hospital between 2018 and 2020 and followed for four years. Fatigue levels were measured using the Multidimensional Fatigue Inventory, with pathological fatigue defined as a General Fatigue dimension score of ≥ 12 . Return to paid employment was characterized as working at least 10 hours per week. Data analysis was conducted using multivariable logistic regression.

Results

After four years, 60% of patients had resumed paid employment. The adjusted Odds Ratio (OR) for returning to work was 0.37 (95% confidence interval [CI] 0.15-1.05) for those who had a baseline General Fatigue score of ≥ 12 . Persistent pathological fatigue after four years of follow-up was linked to a reduced likelihood of returning to paid work [Adjusted OR 0.31, 95% CI 0.12-0.78]. Additionally, higher General Fatigue scores at follow-up showed a negative association with work resumption, with each point increase in fatigue corresponding to an adjusted OR of 0.86 (95% CI 0.79-0.93).

Conclusion

Post-stroke fatigue seems to be an independent factor contributing to the inability to return to paid employment after a stroke.

Keywords: Post stroke, fatigue, work-reintegration