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## *Assessment of risk factors of stroke among clients attending medicine OPD, BSMC&H, Bankura, West Bengal*

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## **Abstract:**

A descriptive study was adopted on assessment of risk factors of stroke among clients attending medicine OPD, BSMC&H, Bankura, and West Bengal with the objectives to assess the risk factors of stroke among clients attending medicine OPD, BSMC&H and to find out the association between the risk factors of stroke with the selected demographic variables. By non-probability convenience sampling 180 clients were selected using semi-structured interview schedule, structured interview schedule, bio physiological measurement and a perceived stress scale. The findings revealed that that 41.11% of clients with 40-50 years of age and 55% of clients male, 41.78% of clients had history of hypertension and 32.11% of clients taking antihypertensive medicine, 40.50% of clients had family history of hypertension, 72.22% of clients had moderate risk of stroke, 51.11% of clients had normal BMI and 42.22% clients with normal blood pressure without medicine and 72.78% clients with normal blood sugar level without medicine with 93.89% of clients had moderate stress. Statistically significant associations were found between risk factors of stroke with socio economic class, hypertension with age, history of taking medicine, family history, between blood glucose with age, socioeconomical class, history of taking medicine, family history, level of stress with occupation, treatment of medical illness at 0.05 level of significance. The scope of generalization of findings were limited to present study population and study has implicated on nursing practice, education and research.

## **Keywords:**

Risk factors, Stroke, Clients attending Medicine OPD.