ABSTRACT

TITLE OF THE STUDY

A study on micro albuminuria in acute ischemic stroke patients.

BACKGROUND AND OBJECTIVES

Stroke is a medical emergency and can cause permanent neurological damage, complication and death if not promptly diagnosed and treated.

Micro albuminuria denote an abnormal increase in albumin excretion in urine. Albumin excretion range between 20-200 mcg/min or 30-299 mg/day. Role of micro albumin becomes apparent in acute diseases such as myocardial infarction and stroke.

Present study evaluate the incidence of micro albuminuria in ischemic stroke and its correlation to other risk factors.

METHODS

This study was started after approval of institutional ethical committee. This is a nonrandomized cross sectional study was done in medical wards and IMCU of the SREE MOOKAMBIKA INSTITUTE OF MEDICAL SCIENCES, Kulasekharam. The study period was 18 months. During this period 50 patients were included. After meeting the eligibility criteria, a complete physical and systemic examination of the patients were done. Then investigations mentioned in the protocol was sent and results were analysed.
STATISTICAL ANALYSIS

The data was analysed by SPSS 16.0 with independent t-test.

RESULTS

In our study titled ‘A study on micro albuminuria in acute ischemic stroke patients’ a total number of 50 patients were studied. In this 25 were males and 25 where females. The average age group of the patients were 51 to 70 years. We found that the prevalence of micro albuminuria in patient with acute ischemic stroke was 74%. There was a strong possible relation of micro albuminuria as a risk factor for stroke.

MCA was the most common territory, measures 64%. Facial nerve was the most common cranial nerve involved with 64% of total case. 62% had ECG showing LVH pattern and there was strong correlation with micro albuminuria.

Positive correlation between lipid profile and micro albuminuria in stroke patient.

Significant correlation between blood sugar and blood pressure with microalbuminuria in acute ischemic stroke patients.

CONCLUSION

In our study we have found out that there is a statistically significant association between microalbuminuria and incidence of acute ischemic stroke.
SUMMARY

We conducted a study titled “A STUDY ON MICROALBUMINURIA IN ACUTE ISCHEMIC STROKE PATIENTS” which was done as a non-randomized cross sectional study in the medicine wards and IMCU of Sree Mookambika Institute of Medical Sciences, Kulasekharam for 18 months study period on 50 ischemic stroke patients admitted and met pre-defined criteria gave informed consent after obtaining ethical clearance from the institutions ethical clearance committee.

In our study of 50 patients with ischaemic stroke, 74% had significant microalbuminuria. MCA was the most common territory involved with 64% cases followed by PCA in 10 % and ACA IN 8 %. But no significant correlation of microalbuminuria with particular vascular territory has found out. In our study 62 % cases had ECG showing LVH pattern. cranial nerve involvement most commonly facial nerve was seen in 74% of all cases. There was a positive co-relation between lipid profile and LVH with microalbuminuria . There is statistically significant co-relation between elevated blood sugar and elevated blood pressure in patients admitted with ischemic stroke less than 24hours. There was strong positive relationship of microalbuminuria in acute ischemic stroke patients and microalbuminuria is an important independent risk factor for stroke.