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A descriptive study of patients with Transient Ischaemic Attacks who are registered in the Sri Lanka Stroke Clinical Registry – Data from Teaching Hospital Jaffna from 2018 to 2021 (44 months).

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Introduction The Sri Lanka Stroke Clinical Registry (SLSCR) is a national registry of stroke patients maintained by the Ministry of Health, Sri Lanka. Transient ischaemic attacks (TIA) are a strong predictor of ischemic stroke. Appropriate recognition of TIAs and controlling the cardiovascular risk factors help reduce stroke and its associated burden.

Objectives To study the demographic pattern, prevalence of TIAs, the cardiovascular risk factors and the percentage of patients with TIAs who went on to develop a stroke amongst the stroke patients presenting to Teaching Hospital Jaffna and registered in the SLSCR for a period of 44 months from 2018 to 2021.

Methodology We carried out a descriptive study from data extracted from the patients registered in Teaching Hospital Jaffna registered in the SLSCR. Variables analysed include age, gender, cardiovascular risk factors and comorbidities, and the percentage of TIA patients who developed stroke.

Results Out of the 1605 stroke patients 90(5.6%) had TIAs. Sub analysis of the patients with TIAs is as follows. Mean age 63.68 +/- 13.28 years (range 19 to 88) years. 43(47.8%) were males while 47(52.2%) were females. Cardiovascular risk factors were as follows – 50(55.6%) had hypertension, 35(38.9%) had diabetes mellitus, 12(13.3%) had ischaemic heart disease, 1(1.1%) had atrial fibrillation, 2(2.2%) had congestive heart failure, 8(8.9%) were current smokers, and 5(5.6%) had unsafe alcohol intake. All had undergone CT and 25(27.8%) had infarction and 2(2.2%) had a haemorrhage.

Conclusion The prevalence of TIAs is 5.6% and it heralds a stroke as shown by the data with 27.8%. developing an infarct. 2 patients with haemorrhage have presented with a TIA and this had been previously reported. Controlling the cardiovascular risk factors is of paramount importance specially hypertension and diabetes mellitus as these are the commonest risk factors for stroke as well as TIAs.

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