ABSTRACT

Objective:

To study the prevalence of hypoalbuminemia in acute ischemic stroke and to determine the association between serum albumin and short term clinical outcome in acute ischemic stroke.

Methods:

60 patients with acute ischemic stroke were recruited from the medical wards of Government Kilpauk Medical College. Serum albumin was measured at admission. The severity of stroke at admission was assessed using the NIHSS scale. The short term clinical outcome was assessed at the end of one week using MRS scale. Hypoalbuminemia was defined as serum albumin less than 3.5g/dl for the purpose of study.

Results:

60 participants were included in the study. There were 29 females in the study group. The mean age of the study population was 62.37. 61.6% of the individuals had diabetes and 66.6% had hypertension. The prevalence of hypoalbuminemia in the studypopulation was estimated to be 40%. 78.6% of those with hypoalbuminemia recorded a severe stroke in the NIHSS scale and 76.7% of those with hypoalbuminemia had a poor short term clinical outcome in the MRS scale. Serum albumin was found to have a significant association with severity of stroke and short term clinical outcome. Those with hypoalbuminemia had a poorer outcome (MRS > 3).

Conclusion:

Prevalence of hypoalbuminemia in acute ischemic stroke was 40%. There was a significant association between serum albumin and short term clinical outcome in stroke. Those with hypoalbuminemia had a poorer outcome.

Keywords:

Ischemic stroke , serum albumin , prognostic factor, hypoalbuminemia

Abbreviations:

NIHSS-   National Institute of Health Stroke Scale, MRS- Modified Rankin Score

Word count:

260 words.