“Life in Paradox”: Experiences of Young Adult Stroke Survivors

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Characterized as an interruption of blood supply to the brain, caused by either a blockage of clot in the circulation or rupture of the blood vessel.
World Heart Federation indicates that CVA is the second leading cause of mortality in the world.

Out of 15 million cases of stroke approximately six million of the clients die (WHF, 2017).

5 million are left permanently disabled.
LOCAL REALITIES OF STROKE

The second leading cause of mortality (WHO, 2012)

Contributing to 12.14% of death in 2014

The usual age for CVA is 50 years old and above (Mojica & Cortez, 2010)

There is now an emerging trend in the increasing incidence of stroke among the young (Mojica & Cortez, 2010).

REVIEW OF LITERATURE

**Quantitative Studies**

Incidence of stroke: Morocco (Chraa, Louhab, & Kissani, 2014), Taiwan (Lee, Hsu, Chen, & Chen, 2002), Western Countries (Marini, Russo, & Felzani, 2011)

Epidemiology and prevention of Stroke: Smajlovic (2015)


Different risk factors:
- Metabolic syndrome (Wang et al. 2016)
- Genetics as a risk (Kumar et al. 2016)
- Different kinds of diseases as a risk (Tan et al. 2014)
- Family history of stroke as a risk factor in young stroke (Øygarden et al. 2016)

Impact of stroke in Asia: Suwanela and Pounvarin (2016)


Possible therapy for post-ischemic or post-transient ischemic attack: Kernan et al. (2016)

Rehabilitation process young post-stroke patients in the Philippines: Mojica and Cortez (2010)

Needs of Stroke patients based on the point of view of allied health provider: Cook (2004)
No study was found exploring the life of a young post-stroke patient in the Philippines.
GAP IDENTIFICATION

There is an increase incidence of stroke in the young in the Philippines

There is no study that explores the phenomenon of stroke in the young in the Philippines

Gap that Research Intends to Fill
ETHICAL CONSIDERATIONS

Ethics Review Boards Clearance

✓ Consent Forms
✓ Anonymity
✓ Beneficence
✓ Confidentiality
✓ Possibility of Counseling
✓ Accuracy
Interpretive Phenomenology

Hermeneutic Circle

GADAMERIAN

Fusion of Horizon

Primacy of Language


SELECTION OF PARTICIPANTS

Criterion Sampling

1) Filipino who had stroke at the age of 15-35 year-old.

2) Willing to articulate, participate, and share their life experiences and willing to undergo in-depth interview

7 (Seven) Participants
GATHERING OF NARRATIVES

PARTICIPANTS → IN-DEPTH INTERVIEW STORYTELLING → RESEARCHERS
Reflective Journaling

1. Before the interview
2. After the interview
3. Before thematic interlace

# PARTICIPANTS

<table>
<thead>
<tr>
<th>Participants</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>Mild Stroke 3 times, first attack at 28 y/o. Currently 42 y/o. Residing at Marilao, Bulacan</td>
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<tr>
<td>Burger</td>
<td>OFW in Riyadh, Saudi Arabia. 38 y/o when she had stroke.</td>
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<tr>
<td>Soya</td>
<td>30 y/o when he had Hemorrhagic stroke. Currently 32 y/o and residing at Pasig city.</td>
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<tr>
<td>Hipon</td>
<td>Diagnosed with hypertension at 16 y/o. Currently 30 y/o and living at Navotas city.</td>
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<tr>
<td>Cupcake</td>
<td>Hemorrhagic stroke at the age of 17 y/o. Currently residing in Bacoor, Cavite</td>
</tr>
<tr>
<td>Lechon</td>
<td>Cousin of Participant Soya. Struck by stroke at the age of 27. Currently 31 y/o and resides in Pasig city</td>
</tr>
<tr>
<td>Marshmallow</td>
<td>The youngest of the co-researchers. Only 15 y/o when he had hemorrhagic stroke. Currently 18 y/o residing in New Caloocan.</td>
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THEMES

Dilemma of Needs and Wants

Centrality and Ambiguity of the Family

Resilience in Vulnerability
THEMES

Dilemma of Needs and Wants

• The influence of satisfaction over the need to change
• Reverting to old habits leading to ineffective change
• Difficulty of developing from the old habits
• Unwanted habits die hard

“Minsan masarap talaga ang bawal”

(“Sometimes, what is forbidden is pleasurable”) [C4]

- Soya
Alaszewsi et al., 2003

- Coping and adjusting
- Routines, Lifestyles, or Habits
THEMES

Centrality and Ambiguity of the Family

- Importance of the loved ones
- Motivation towards wellness for the burden
- Fear for the families future struggle
- Immeasurable support from the family

“Yung family ko, unang-una yung family ko”

(“I accepted it...my family is still accepting it”) [B52]

- Burger
Agosta & Melda, 1996

- Family support
THEMES

Resilience in Vulnerability

• Improvement even defeated
• Overcame obstacle through resiliency
• Resiliency after downfall
• Achieved victory after loss

“Pag nadapa, bangon ulit”
(“I become feeble but stronger”) [E37]

- Lechon
RESONANCE

Ch’ng, French, & McLean, 2008

- Adjustment process
- Acceptance of changes and adaptations

Kaufman, 1988

- Knowledge of oneself
EIDETIC INSIGHT

“Life in Paradox”

Dilemma of Needs and Wants

…the desire to change their old ways and habits but acting otherwise...

Centrality and Ambiguity of the Family

…their family as both a burden that reminds them that they have a disease yet the reason they continue to fight...

Resilience in Vulnerability

…they view stroke as something that defeated them but in the process taught them resilience in life...
SYMBOLIC REPRESENTATION

Life - In- Paradox

“Shadow”

- Tried to hide or Deny
- Don’t want other people to think and discover
- Intrinsic part of their “Self”
IMPLICATIONS

• **Reframe Health Teaching**
• **Family Involvement**
• **Support Groups**
References


LaRossa, R. (1998). In-depth interviewing. Family medicine research, 227-240


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A systematic review. *Stroke: Journal of the american heart association*, 35(1), 1499-1505. doi: 10.1161/01.STR0000127532.64840.36


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THANK YOU!