

July 2020

Racial Disparities in Stroke in Young People



Racial disparities in post-stroke functional outcomes in youth patients with ischemic stroke

[Jones, EM et al. Racial disparities in post-stroke functional outcomes in youth patients with ischemic stroke. Journal of Stroke and Cerebrovascular Diseases. Vol 29, 2020.](#)

Background Info:

- Over the past few years, the incidence of ischemic stroke in individuals <50 yrs has increased disproportionately to the overall incidence of ischemic stroke. Non-hispanic black individuals make up a higher proportion of those < 50.
- Smoking, dyslipidemia, and hypertension remain the most prevalent modifiable risk factors for those <50.
- 45% of individuals <50 years old with ischemic strokes are considered mild-moderately disabled with a Modified Rankin Scale >2.

Article Purpose:

- Analyze risk factors for ischemic stroke in individuals 18-50 yrs old.
- Examine racial differences in outcomes post ischemic stroke.
 - “Good” functional outcome = Modified Rankin score 0-1.
 - “Worse” functional outcome = Modified Rankin score 2-6.

Results:

- Non-hispanic black individuals had increased rate of the following risk factors:
 - Hypertension (twice as likely as non-hispanic whites).
 - Elevated A1Cs
 - Congestive heart failure
 - Higher NIHSS scores
- No racial differences in administration of tPA and thrombectomy as medical interventions for ischemic stroke were detected.
- Non-hispanic black and Hispanic Americans were less likely to have “good” functional outcomes at DC from acute care.

- Non-hispanic black Americans were more likely to require inpatient rehabilitation, subacute hospital care, or hospice care following acute hospitalization for ischemic stroke.

Clinical Implications:

- Additional education regarding modifiable risk factors for stroke, including hypertension and diabetes, should be emphasized to Non-hispanic black and Hispanic patients. Specifically, PTs should educate on the role of exercise as prevention for these conditions as well as signs of TIA or stroke.
- PTs should educate patients and caregivers on the importance of modifying these risk factors, even after stroke, as a way to improve functional status and decrease risk of subsequent strokes.

The Stroke SIG also recognizes the impact of systematic racism and marginalization faced by BIPOC that may increase risk of the modifiable risk factors mentioned in the article.

We encourage PTs to educate themselves on racism as a Public Health Crisis. Below are a few articles:

- [Racism and Public Health: American Public Health Association](#)
- [Perceived Racism & Hypertension](#)
- [Internalized Racism and Glucose Intolerance](#)
- [Violence Exposure and Hypertension](#)

PRAXIS Podcast: Exploring Racism and Medicine

As we explore health disparities, we must recognize the impact that racism and other forms of marginalization have on health outcomes and access to healthcare for our patients.

The **PRAXIS Podcast**, hosted by Edwin Lindo, JD at the University of Washington, is a valuable resource for all healthcare workers wanting to learn more about theory and history of racism in healthcare and working towards health justice.

[**PRAXIS PODCAST LINK**](#)

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