Investigate the Correlation of Qi Deficiency or Blood Stasis in Post-stroke Patients Suffering from Fatigue Symptoms

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Abstract

Fatigue is a common symptom among post-stroke patients; however, it can be easily neglected due to its non-specific aspect. This study investigates the association between Qi Deficiency, Blood Stasis and fatigue severity, as well as the effect of personal and clinical factors. A total of 60 post-stroke fatigue patients were recruited from July 2012 to March 2013 from the Department of Neurosurgery and Neurology in China Medical University Hospital. Fatigue severity was evaluated by three questionnaires: Fatigue Severity Scale (FSS, 1989), Brief Fatigue Inventory-Taiwan (BFI-T, 2003) and Qi Deficiency, Blood Stasis Diagnostic Standard established by Katsutoshi Terasawa (1983). The scores shown in the questionnaires collected were analysed by SPSS to explore the association between severity level of fatigue, Qi deficiency and Blood stasis. The initial findings reveal that the mean score of FSS is higher in Qi Deficiency syndrome (39.11±9.50) than non-Qi Deficiency syndrome (24.43±10.59). This manifestation also exists in Blood Stasis Syndrome. FSS score is higher in Blood Stasis Syndrome (40.00±9.74) than non-Blood Stasis Syndrome (31.50±12.262); Fatigue scores vary significantly among Qi Deficiency, non- Qi Deficiency, Blood Stasis, and non- Blood Stasis syndrome. This tendency is also presented in BFI-T evaluation scale. Specifically, fatigue score has high correlation with Qi Deficiency score (r=0.72), and low correlation with Blood Stasis score (r=0.28). BFI-T fatigue score shows middle correlation (r=0.57) and low correlation (0.32) with Qi Deficiency and Blood Stasis respectively. Post-stroke fatigue has higher correlation with Qi Deficiency syndrome than Blood Stasis syndrome.

Key words: Stroke, Fatigue, Qi deficiency, Blood stasis