

## *The Effectiveness of Physical Activity Through Prolanis (A Chronic Disease Management Program) in Preventing Stroke Recurrence in Mutiara Sehat Primary Health Care, East Java, Indonesia*



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### *Abstract*

**Aim:** Patients with history of stroke have higher risk of recurrence within early weeks and months, making the first year relatively risky. We wished to determine the effectiveness of physical activity through Prolanis [chronic disease management program launched by Indonesia's Universal Health Coverage aiming to prevent ongoing complications, especially hypertension and type 2 diabetes mellitus, which are known to be the risk factor for stroke] in preventing stroke recurrence in Mutiara Sehat PHC, East Java, Indonesia.

**Methods:** This is a descriptive study conducted in Mutiara Sehat PHC using 10 participants with history of stroke who involved in Prolanis activities. Moderate intensity aerobic is held routinely every Friday for 30 minutes throughout 12 months (September 2018 - 2019).

**Results:** No participant was found to develop stroke recurrence during the period September 2018 - 2019.

**Conclusion:** Physical activity with moderate intensity aerobic turns out to play a major role in preventing stroke recurrence at Mutiara Sehat PHC. However, participants are encouraged to carry out physical activity at least three days a week for about 30 minutes, in accordance with AHA recommendation. But, due to the limited sample size and the numerous factors that can affect stroke recurrence, further research is needed in this area.



### *Biography:*

Rachmawati has completed her MD at the age of 24 years from Universitas Brawijaya. She had actively participated in local and national medical students' organizations focusing on medical education, public health, reproductive health, human rights and peace as well as research and professional exchange, including facilitated training on global health and intercultural learning and took a part in Asian Para Games 2018 as a Medical & Doping Control Team. She is having an interest in the Neurology department and willing to learn new things from this conference.

[11th International Conference on Stroke, Neurology and Cerebrovascular Diseases; Webinar- October 19-20, 2020.](#)

### Abstract Citation:

Rachmawati Wardani, The Effectiveness of Physical Activity Through Prolanis (A Chronic Disease Management Program) in Preventing Stroke Recurrence in Mutiara Sehat Primary Health Care, East Java, Indonesia, Stroke Meeting 2020 2020, 11th International Conference on Stroke, Neurology and Cerebrovascular Diseases; Webinar- October 19-20, 2020,

<https://strokemeeting.neurologyconference.com/abstract/2020/the-effectiveness-of-physical-activity-through-prolanis-a-chronic-disease-management-program-in-preventing-stroke-recurrence-in-mutiara-sehat-primary-health-care-east-java-indonesia>