

## Factors associated with occupational performance in older people with stroke

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### Abstract

**Background and Aim:** Occupational performance occurs in the dynamic interaction between the person, their occupations, and context. Stroke could affect the individual's occupational performance which is the basis of social life. The aim of this study was to investigate the factors which affect the occupational performance of stroke patients.

**Methods:** In This descriptive-analytic study, 55 people with stroke participated. Participants completed the Canadian Occupational Performance Measure, Barthel index, Brunnstrom stage, Montreal Cognitive Assessment, and a demographic questionnaire.

**Results:** The results showed a significant correlation between occupational satisfaction and performance with cognition, the activity of daily living, and severity of impairment in the upper extremities and lower extremities ( $P < 0.01$ ). The results of linear Regression showed that cognition level could significantly predict occupational performance ( $R = 0.83$ ,  $P < 0.01$ ) and satisfaction ( $R = 0.81$ ,  $P < 0.01$ ) after stroke.

**Conclusion:** Results showed that the cognitive level could predict occupational performance in patients with stroke. Performing ADL activities and lower limb impairment could predict satisfaction with occupational performance. Therefore, it was recommended that the therapists consider the cognition in stroke patients through a proper therapeutic plan to prevent participation restrictions.

**Keywords:** Stroke; Occupational performance; Cognition; Participation; Activity of daily living