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## OP3 Factors affecting non-adherence with home exercises prescribed by rehabilitation therapists for stroke patients discharged from the National Hospital of Sri Lanka

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### Back ground and justification

Exercise adherence is defined as "the degree to which patient behaviours coincide with the clinical recommendations of health care providers". Promoting exercise adherence is important to maximize the therapeutic outcomes of stroke rehabilitation programmes. The aim of the study was to identify the factors which affect non-adherence with home exercise programmes prescribed by rehabilitation therapists for stroke patients discharged from National Hospital of Sri Lanka.

### Methodology

The study was cross-sectional in its design using 100 stroke diagnosed patients who attended the monthly clinic of stroke unit of National Hospital of Sri Lanka (NHSL), Colombo and Physiotherapy Department of Neurology Unit, NHSL. The study population consisted of two groups 'non compliant' (n =50) and 'compliant' (n = 50) who met the inclusion criteria. The responses given for the specific questions "In a typical week how often do you do the exercises" and "how long do you exercises in a one session" were compared with the recommended exercise regime to assess the degree of adherence to home exercises. Based on that compliant and non-compliant groups were selected. The data was collected using an interviewer administered questionnaire designed to assess the level of adherence with home exercises, socioeconomic level, patients' perception on following exercises, participants' ability in performing activities of daily living and the encountered barriers which affect non compliance to home exercises in the population. The results were analyzed using appropriate descriptive statistics and chi square test using SPSS statistical software to identify the relationship between tested variables and non-compliance. The

level of significance for this study was chosen at  $p < 0.05$ .

## Results

Non-compliant group demonstrated a significantly higher education level ( $p = 0.029$ ), negative perceptions scores ( $p = 0.006$ ) and higher fatigue ( $p = 0.029$ ) compared to the compliant group. Significant difference was not observed regarding ability to perform ADL (Activities of Daily Living). There was no correlation between duration since stroke and home exercise noncompliance.

## Conclusion

Identified factors for noncompliance with home exercises in the tested population are the level of education, perception on following exercises and perceived fatigue in performing daily tasks. Addressing the factors would provide guidance for the rehabilitation therapists to plan and alter the rehabilitation interventions in an effective manner to promote adherence.

## OP4 A comparative study of metalloestrogens in blood and ectopic endometrial tissue in women with endometriosis and matched controls

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## Introduction

Environmental pollution has been cited as a potential cause for an increase in the prevalence of endometriosis. Heavy metals are known to have oestrogenic properties. Several studies have reported high serum concentrations of heavy metals in patients with endometriosis. A study has demonstrated increased amount of iron in ectopic endometrial tissue. The presence of other metals in ectopic endometrial tissue, either qualitatively or quantitatively is yet to be described in literature.