

***Risk Factor Analysis of Ischemic Stroke (I63.0–I63.9) Based on Inpatient
Medical Records at RSUD dr. Abdoer Rahem Situbondo***
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ABSTRACT

Ischemic stroke is a neurological disorder that occurs suddenly due to the obstruction of blood vessels in the brain. The number of deaths caused by ischemic stroke at RSUD dr. Abdoer Rahem Situbondo ranked first among the top 10 causes of mortality in 2025. This study aimed to analyze the risk factors associated with the incidence of ischemic stroke. The study employed a quantitative approach using an analytical observational method with a case-control design. The sample consisted of 145 medical records in the case group and 145 medical records in the control group, selected through a simple random sampling technique. Data were analyzed using univariate and bivariate analyses with the chi-square test. The results showed a significant association between the incidence of ischemic stroke and age (p-value = 0.000; OR = 2.839), history of hypertension (p-value = 0.000; OR = 4.347), and history of diabetes mellitus (p-value = 0.040; OR = 2.047). Meanwhile, variables that did not show a significant association were sex (p-value = 0.078; OR = 1.559) and history of heart disease (p-value = 0.154; OR = 2.282). The conclusion of this study indicates that the risk factors for ischemic stroke include age ≥ 55 years, a history of hypertension, and a history of diabetes mellitus. Therefore, individuals at risk are advised to undergo regular health check-ups and adopt a healthy lifestyle, such as limiting sugar and salt intake, in order to prevent complications and reduce the risk of ischemic stroke.

Keywords: Case-control study, ischemic stroke, risk factors