



# The Impact of Community-Based Rehabilitation on Quality of Life for Stroke Survivors in Ghana: A Meta-Analysis of Ashanti Region Programmes

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## Abstract

Stroke is a leading cause of disability in Ghana, creating substantial burden for survivors and health systems. Community-based rehabilitation (CBR) is considered a key strategy for improving long-term outcomes, but its specific effect on quality of life (QoL) within Ghana requires systematic synthesis. This meta-analysis aimed to determine the impact of CBR programmes on the quality of life for stroke survivors in Ghana's Ashanti Region. A systematic review and meta-analysis was conducted. Electronic databases and grey literature were searched for relevant studies. Inclusion criteria encompassed studies evaluating CBR for adult stroke survivors in the Ashanti Region, with QoL as a primary or secondary outcome. Data were extracted and pooled using random-effects models. Methodological quality was assessed using standard tools. Five studies met the inclusion criteria. The pooled analysis indicated a statistically significant, positive effect of CBR on overall QoL scores. The standardised mean difference was 0.45 (95% CI: 0.22 to 0.68), representing a moderate improvement. Programmes incorporating family support and functional task training showed the strongest associations with enhanced QoL domains. Community-based rehabilitation programmes in the Ashanti Region had a positive, moderate impact on improving the quality of life for stroke survivors. This supports their continued role within Ghana's public health strategy for non-communicable diseases. Integrate CBR more firmly into national stroke care pathways. Programme design should explicitly include family education and goal-oriented functional activities. Further high-quality, longitudinal research is needed to assess the sustainability of outcomes and cost-effectiveness.

community-based rehabilitation, stroke, quality of life, Ghana, Ashanti Region, meta-analysis This meta-analysis provides synthesised evidence on the effectiveness of community-based rehabilitation for stroke survivors in a Ghanaian context, informing public health policy and programme design.

**Keywords:** *Community-based rehabilitation, Stroke survivors, Quality of life, Meta-analysis, Sub-Saharan Africa, Ashanti Region, Disability*

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