

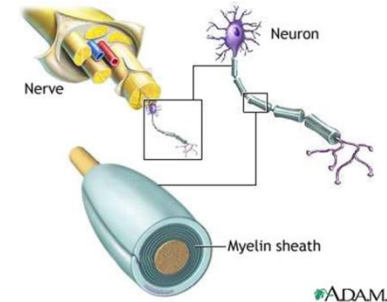
It's not what you do it's the way that you do it.....

Making every interaction meaningful
in stroke rehabilitation

Observational research of inpatient stroke rehabilitation:

- 50% alone
- 70% at bedside
- 20% engaged in therapeutic activity (West and Bernhardt, 2012)
- Time interacting with a health professional ranges from 10-49%
 - (McKillop et al., 2014; Janssen et al., 2014, Vermeulen et al., 2013)





Neuroplasticity

- The brain's ability to reorganize itself by forming new neural connections.
- Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.
- Brain reorganisation takes place by mechanisms such as "axonal sprouting" in which undamaged axons grow new nerve endings to reconnect neurons whose links were injured or severed. Undamaged axons can also sprout nerve endings and connect with other undamaged nerve cells, forming new neural pathways to accomplish a needed function.
- In order to reconnect, the neurons need to be stimulated through activity

Impact of rehabilitation on neuroplasticity

- remodelling of surviving tissues through structural and functional plasticity
- conditions driving neuroplastic changes and recovery need to actively engage the person in their rehabilitation
- Rehabilitation therapies interact with and shape the brain's recovery, by providing opportunities for use-dependent plasticity
- Recovery is most rapid during the first 6 weeks after stroke



What is rehabilitation?

- Specific rehabilitative activities
- Ongoing repetitive activities
- Specific therapeutic activities....
- Group activities



Barriers to Rehabilitation

- TIME
- Paperwork
- Conflicting priorities
- Ward routines
- Investigations
- Meetings



Role of nursing in stroke rehabilitation

- Support
- Communication
- 24/7
- Carry over/ongoing rehab
- Education/information
- Ongoing care



Holistic approach

- Environmental
- Spiritual
- Vocational
- Educational needs
- Unique medical expertise (bowel, bladder and skin)

- Miller et al., 2010

Therapeutic care and activity

- Activities of daily living
- Group work
- Access to passive activities
- Assistance with active activities
- Enriched environments



Eating



Bathing



Dressing



Transferring



Toileting



Walking or
moving around



What can we do differently?

- Daily planning
- Goal setting
- Therapeutic care
- Alternative activities
- Include family/whanau
- Stroke support group
- Mood screening

What are you going to do differently tomorrow?

