



Rehabilitation post stroke, Early Supported Discharge



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Rehabilitation post stroke

A stroke team

FIMFAM

Goal setting



Managing expectations

Meet you where you're at, build on this.

Understand the person



Setting the scene



- Retired ships engineer
- Bee Keeper and **Lecturer** in bee keeping
- Member of local history council.
- A **father**, a **grandfather**, a **husband**



- Left posterior cerebral artery territory infarction on the 26.09.2018



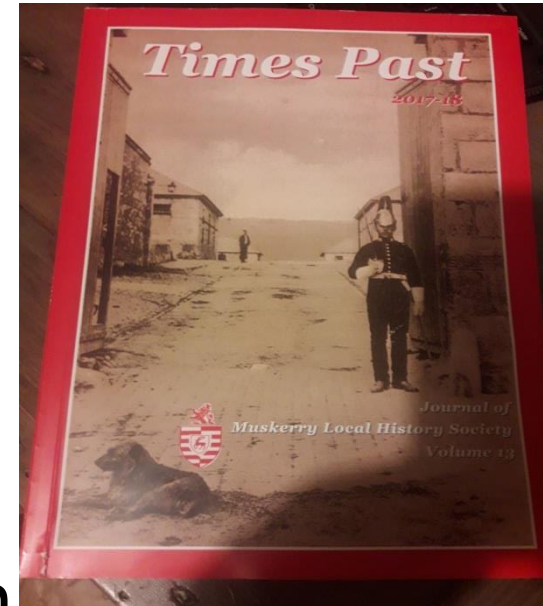
“Meet you where you are at”

- Word blindness – alexia
- Sustained & selective attention
- Visual agnosia
- Anosognosia (awareness and insight)
- Homonymous right hemianopia
- Memory difficulties
- Mild orientation (time) impairment



Understanding the person

- Anything that involves reading
e.g. Labels for Bee keeping
Emails, menus, telephone, money
- Driving
- Going for a walk...
- Making a cup of tea or a sandwich
- Mowing the lawn
- Chopping blocks



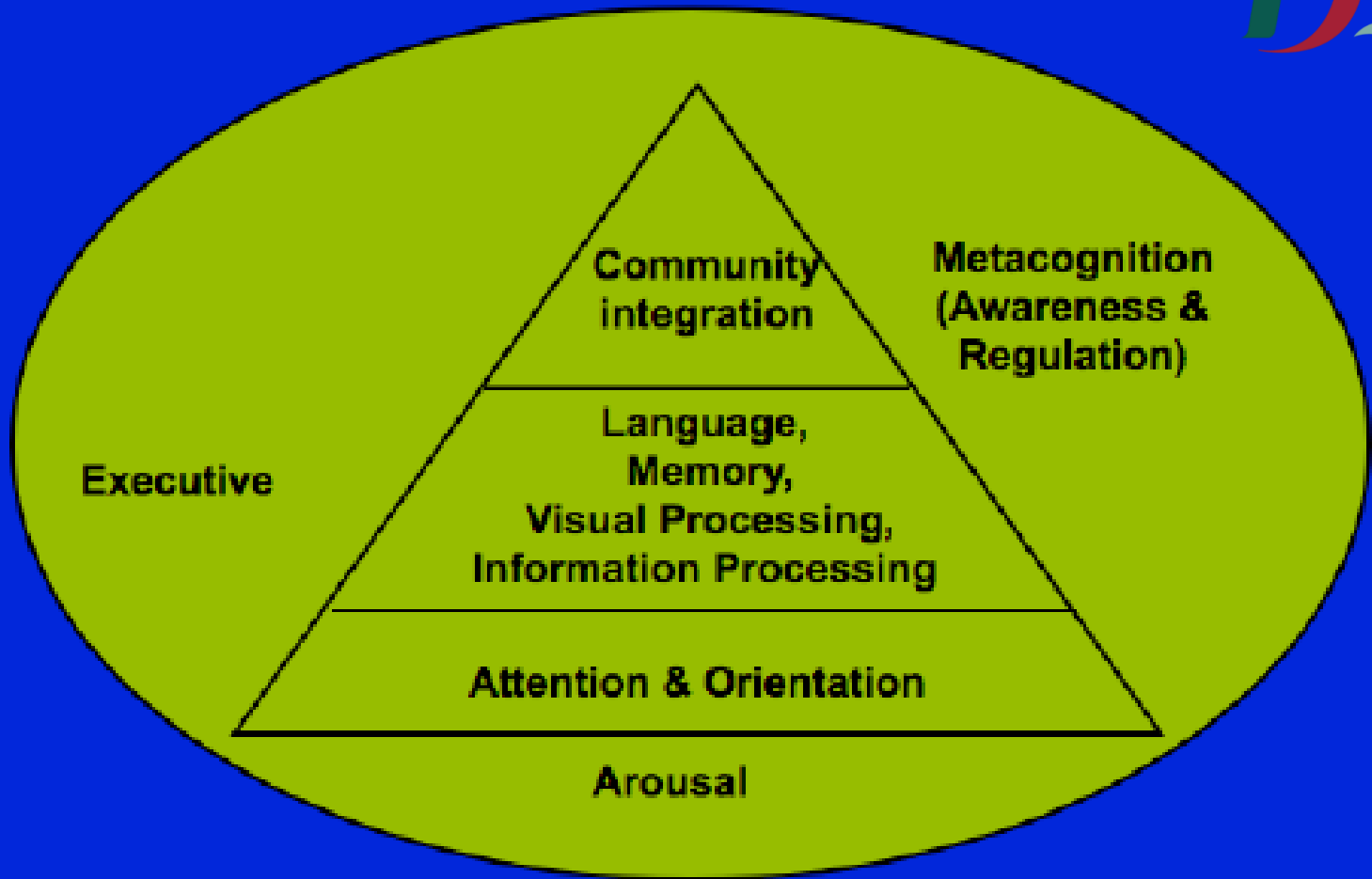


Reading

“It’s a stick up, how cops fell foul of camogie girls as they tried to arrest ref.”



Cognitive Framework



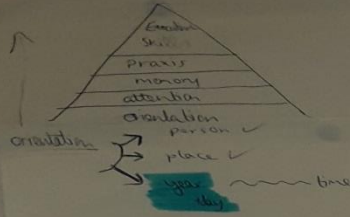
Psychosocial Functions



Cognition

Communication

Visual



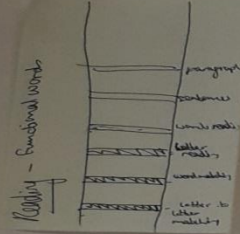
attention → ++ limited
 sustained focus - saturation (15mins)
 divided attention difficult.

Memory - working memory impaired

Praxis → vision.

Execution skills →

- Planning
- Sequencing
- self awareness / insight
- problem solving
- memory



Expressive
 ↳ semantic impairment
 ↳ can't find the language
 conversational

Hemianopia
 + central visual field difficulties



SL - send referral to SLT

1. Time
2. Know to take a break
3. Building awareness of difficulties with divided attention (day, phone, client)
4. set specific tasks + repitition...
 ↳ medication (spas)
 ↳ daily tasks (handwriting) involving Sally + Noel

Fatigue

1. Orientate to:
 + set up calendar.
 take a break.

3. Build awareness
 ↳ needs a quiet environment
 ↳ discuss with Sally + Noel
 ↳ ? discuss with Francis.

include Prati's more
 ↳ to talk to NP
 ↳ ? talk to Noel + Noel
 ↳ Ready (5mins)

- Phone
 Email
 Beer
 outings
 reading
- Actions:
 - Talk to Noel - consent
 - Talk to Francis - talk, look (gather material)
 - build family awareness of Noel's communication + cognition - write guidelines
 - email - software
 - Use books

Awareness

Family

Equipment needed for compensatory



Goal setting, Noel's priorities

- “I want to **drive**”



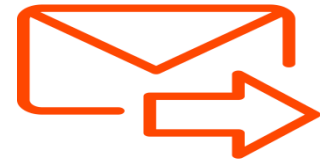
- “I'd like to get back to the **bees**”



- Use the **phone**



- “**email** my friend in Nepal”



- Get out in the community





Compensatory

- Family training
- Tracing
- Tactile feedback
- Repetitive practise
- Environmental setup
- Safe care – read and write, UCC, Pen, Dragon
- Alexa
- NCBI





Reflections

