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Introduction

- In the UK, approx. 400 children/young people (CYP) suffer a stroke each year and it is a rare but important cause of ABI¹
- Half of survivors will have some long term impairment and face physical, communication, cognitive & emotional challenges²
- As a result, self care independence is affected and is reported to be a common rehabilitation goal³
- Nurses & therapists work collaboratively to support self care goal setting, resource equipment, develop appropriate 24 hour programmes and provide practice opportunities

Patients & Methods

- Review of routinely collected UK Rehabilitation Outcome Collaborative data as part of NHS England Specialist Commissioning
- UK Functional Independence Measure and Functional Assessment measure (UK FIM+FAM) & Northwick Park, Nursing Dependency Scale (NPNDs) from 2014-2017
- Measures completed on admission & discharge for all CYP aged >8 years
- Descriptive and statistical analyses (Wilcoxon)

Implications for CYP & families

- Striving towards greater independence through ongoing community programmes of interventional support should remain a high priority for families and carers
- The importance of self-care independence must be recognised in relation to all activities of daily living

Taking care of myself after a stroke: outcomes of rehabilitation



Results

- 26 CYP mean age 12.5 yrs (range 8-17)
- 12 F (46 %) 14 M (54 %)(Fig.1)
- Median length of stay 23.3 wks (range 8-40)
- Majority of CYP had self care difficulties on admission (Fig. 2). Total NPNDs mean 34.8 (range 5-63). NPNDs >25 = higher nursing dependency
- Significant change admission to discharge for UK FIM+ FAM (total, motor, cognition score $p \leq 0.05$ $z=3.48, 4.37, 4.46$ respectively) and NPNDs ($p, 0.0001$ $z=4.46$)(Fig. 2 & 3)
- >60% had ongoing self care needs on discharge with 6 requiring 2:1 assistance with bladder, washing, dressing and bathing care needs taking >1/2hr per activity

Aim

To understand the effect on self care outcomes for CYP with severe stroke following residential rehabilitation

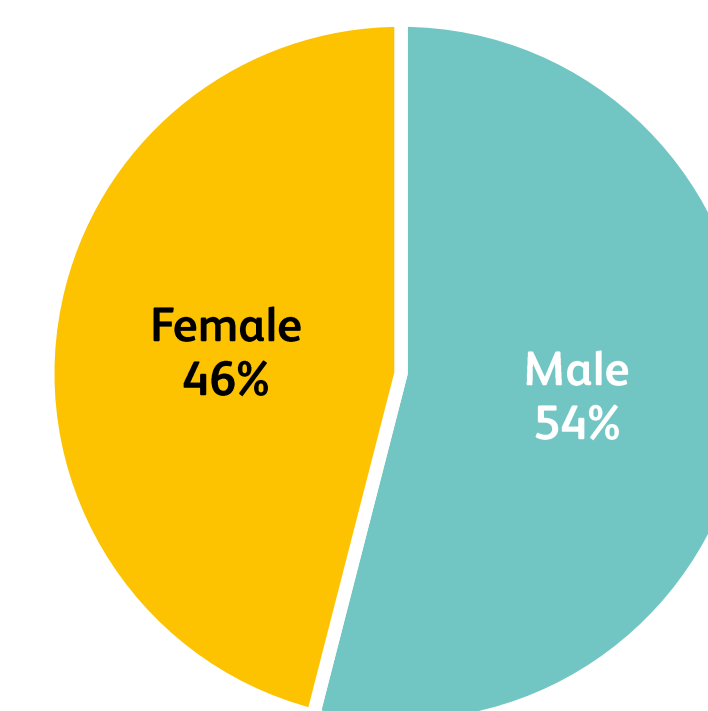


Fig 1: Gender distribution n=26

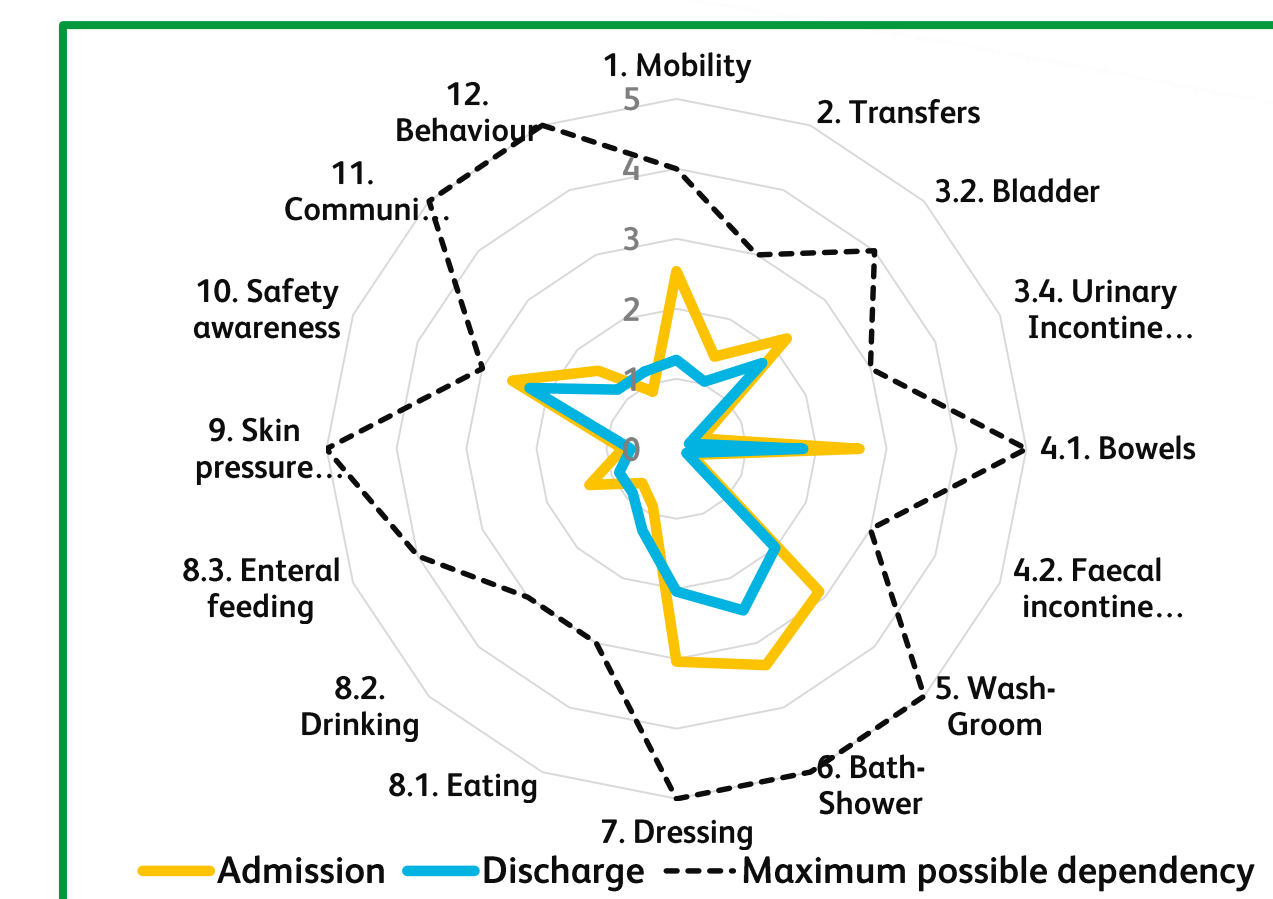


Fig 2: Dependency on Admission & Discharge – NPNDs average score n=26: “smaller the better”

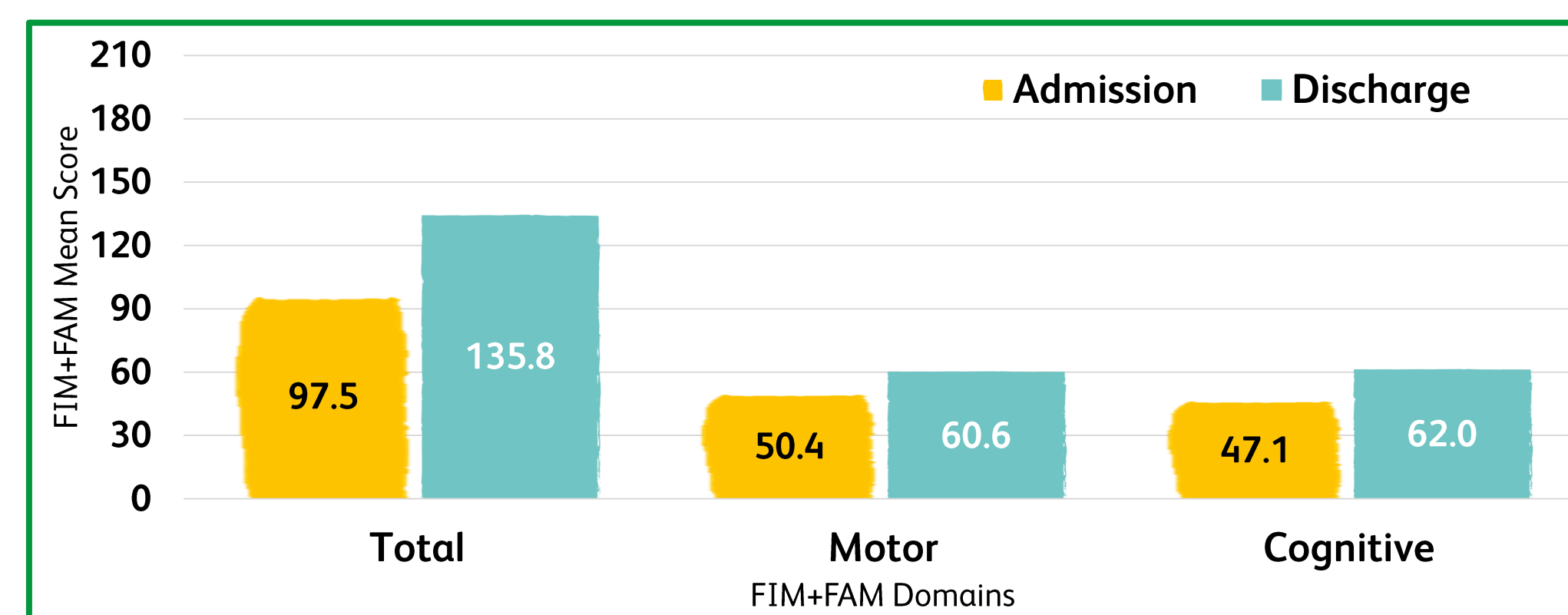


Fig 3. Changes in dependency: “bigger the better”

Conclusion

- CYP do make progress with self care goals during rehabilitation
- A number return home with ongoing care dependency needs that are greater than age matched peers

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References

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