Taking care of myself after a stroke: outcomes of rehabilitation

Kathy Davis, Lorna Wales, UK

Introduction
- In the UK, approx. 400 children/young people (CYP) suffer a stroke each year and it is a rare but important cause of ABI.
- Half of survivors will have some long term impairment and face physical, communication, cognitive & emotional challenges.
- As a result, self care independence is affected and is reported to be a common rehabilitation goal.
- 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.
- 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.

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≤ 0.05 z=3.48,4.4,4.46 respectively) and NPNDs (p=0.0001 z=4.46) (Fig. 2 & 3).
- >60% had ongoing self care needs on discharge with requiring 2:1 assistance with bladder, washing, dressing and bathing care needs taking >1/hr per activity.

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.

References
1. Royal College of Paediatrics and Child Health (May 2017) Stroke in Childhood Clinical guideline for diagnosis, management and rehabilitation: http://www.rcpch.ac.uk/strokeguideline

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"

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kathy.davis@thechildrenstrust.org.uk

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