

Impact of Community-Based Rehabilitation on Activity of Daily Life for Stroke Patients

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Presenter Disclosures

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- 1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

“No relationships to disclose”

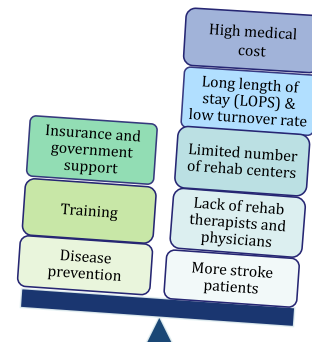


Background

- Stroke is highly prevalent in China and a leading cause of adult disability
- Each year **2 million** new cases of stroke occur in China
- Disability rate of stroke patients is **70-80%**
- Rehabilitation services help stroke patients recover physical function and return to employment



Background



Objective

To investigate the impact of Community-based Rehabilitation (CBR) on Activities of Daily Life (ADL) for post-stroke patients in Yangpu District, Shanghai



Ying Hang Community Health Center



Methods

- Enrolled 346 stroke patients from 10 communities in a Community-Based Rehabilitation program
- Patient ages ranged from 40 to 95 years, with a mean age of 72 years. They were 4 weeks to 12 months post-stroke.
- Patients received appropriate rehabilitation services for 6 months



Methods

Intervention Components

- Health education
- Rehabilitation assessment
- Physical therapy (PT)
- Occupational therapy (OT)
- Participation in Community Rehabilitation Club



Rehabilitation at Home



Methods

Patients received rehabilitation services 2~3 times weekly treatment at CHCs or at home



Rehabilitation at the Community Health Center



Methods

- In addition, patients did rehabilitation exercises at least 3x/weekly at home with assistance of family members



Improved independence, social skills and ability to work



Methods

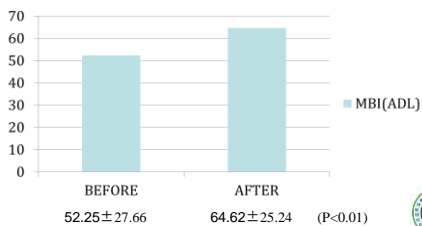
The activities of daily life (ADL) evaluation, using modified Barthel Index (MBI), was used to measure before and after treatment outcomes



Results

Activities of Daily Life (ADL) Scores increased significantly following treatment

Comparison of post-stroke patient MBI scores before and after 6-month rehab



Conclusion

- Community Based Rehabilitation improved ADL for stroke patients
- Rehabilitation services provided by community therapists can meet the basic needs of the increasing number of patients



Implications

As the Chinese government expands support to community health systems, CBR can be integrated as a practical approach for meeting the needs of stroke patients

