Conductive Education Program For Improve Quality Of Life in Stroke Patients

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Introduction
Conductive Education (CE) is widely reported as having a range of benefits and to improve quality of life for stroke patients. Besides, Conductive Education facilitates learning processes in motor disabilities and cognitive deficits.

Objectives
However, there are 222 patients suffered from intracerebral haemorrhage in Surgical Department of Shatin Hospital in 2014. Most of them have one side weakness and cognitive deficit. Therefore, the program is designed for motor and cognitive training.

Methodology
The existing program has been revised since October 2013. Patients suffered from intracerebral haemorrhage with the capability of following commands are selected for training. Thus, the training includes weekly bedside exercise and monthly group gathering. Bedside, exercise includes limbs stretching and lifting. Also, body balance and activity training are introduced to patients for facilitate functioning. Moreover, group gathering comprises handcraft and games to improve the cognitive function and motivation. Furthermore, festival celebration acts as the theme of group gathering such as Chinese New Year, Easter, Dragon Boat Festival, Mid-Autumn Festival and Christmas. Thus, rewards are offered during gathering to encourage their participation. Also, board design plays an important role for teaching patients daily activities and acts as information resources. In addition, team members are increased for correspondence with the training. Quarterly tutorials are provided to advance nurses’ knowledge in order to facilitate the training.

Result
Total 35 patients recruited for the program from Jan 2014 to Dec 2014. There are 13 female patients and 22 male patients. Their mean age is 49.9. We have conducted 19
times of bedside training and 12 times of group gathering. 101 person-times attended CE round and 58 person-times attended CE gathering. 80% of patients and relatives feedback satisfaction of the program with satisfaction assessment form. In conclusion, patients and relatives show satisfaction and appreciation to the program. Additionally, the program can enhance their motivation, social interaction and learning attitude. Moreover, the positive feedback can improve their quality of life and facilitate discharge to the community.