



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 18

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**Outcome Evaluation of Physiotherapy Stroke Service from Acute to Rehabilitation**

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**Keywords:**

younger age group

older age group

**Introduction**

Stroke is a common condition encountered in Medical and Geriatrics Unit of Caritas Medical Centre (CMC). According to the stroke pathway, there are several outcome indicators being adopted in the physiotherapy assessment in Acute Stroke Unit (ASU) and rehabilitation wards. It is worthwhile to evaluate the effectiveness of inpatient physiotherapy rehabilitation on stroke patients by processing the available data. With the stroke incidence trending towards a younger age, the rehabilitation progress in different age groups may be varied. This project aimed to compare the rehabilitation progress in younger (age < 65 years) and older (age ≥ 65 years) age groups of stroke patients in CMC.

**Objectives**

To better monitor the progress of stroke patients during inpatient physiotherapy rehabilitation. To facilitate service planning in physiotherapy stroke rehabilitation.

**Methodology**

All Stroke patients admitted to CMC ASU and transferred to rehabilitation wards were included in this project during the period from 1st September 2016 to 30th November 2016. One PTI was designated to monitor and coordinate the in-patient physiotherapy stroke rehabilitation progress by measuring three stroke outcome indicators, including Modified Rivermead Mobility Index (MRMI), Modified Functional Ambulation Category (MFAC) and Berg Balance Scale (BBS), during the whole rehabilitation process.

**Result**

Total 80 stroke patient's data were analyzed in this project (age < 65 years: n=18, age ≥ 65 years: n=62). The results showed that all physiotherapy stroke outcome indicators improved significantly (p-values < 0.05) after inpatient rehabilitation, meaning inpatient physiotherapy rehabilitation was effective. The improvement was better in younger patient group than older patient group. Besides, the younger patient group had shorter length of stay (age < 65 years: 24.72 days, age ≥ 65 years: 35.09 days), implying better recovery in younger stroke patients. Tailor-made physiotherapy

treatment for different age groups of stroke patients is suggested to facilitate the stroke rehabilitation progress.