



Service Priorities and Programmes
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Depression reduction among stroke patients through multidisciplinary stroke rehab programme in Day Rehabilitation Centre

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Introduction

Depression is a common complication of post stroke patients. To minimize the psychological problem during recovery process and early initiation of rehabilitation interventions were essential.

Objectives

To evaluate the effectiveness of multidisciplinary stroke rehabilitation programme for reducing depression among stroke patients

Methodology

All stroke patients were recruited exact patients with severe cognitive or communication problems. A pre and post- test of the Geriatric Depression Score-15(GDS) were employed which was performed by nurse at first attendance and upon discharge.

Result

From Sept 2011 to Nov 2012, total 65 patients were recruited (47 were male and 18 were female, but 5 patients refused the assessment). Median age was 67 including 72.3% and 27.7% males and females respectively. The median duration of the therapy was 8 weeks. There was a significant decreased in the GDS Score from 5.4 to 1.5 at the first assessment and upon discharge. The stroke rehabilitation programme was effective in reducing post stroke depression in Day Rehabilitation Centre.