



Service Priorities and Programmes
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Long Term Efficacy of Occupational Lifestyle Redesign Program for Strokes

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Introduction

We devised Occupational Lifestyle Redesign Program (OLSR) in a local rehabilitation hospital to provide the stroke out-patients, in addition to conventional therapy program, to improve self-efficacy and commitment in self management after stroke utilizing goal oriented, challenging, and wellbeing building activities. The long term effect on the after-stroke quality of life and community integration has to be explored.

Objectives

This is a retrospective study to compare the 2 groups of matched samples of participants (25 each) who have or have not joined OLSR program.

Methodology

Telephone interview was performed. Self-reported outcome measures including sickness impact (SASIP30), motivation for general activity (GAMM), community integration (CIQ) and subjective wellbeing (WHO5) were assessed.

Result

Subjective wellbeing were scored significantly higher in the OLSR group (F 5.52;p=0.023).The OLSR group reported a significant better score in social integration (F4.302;p=0.043). The SASIP mean score of the OLSR group (M 6.64;SD 4.35) was much lower, with significant difference in Mobility (F=4.47;p=0.04) and Household Management (F=6.;p=0.015). The mean score of GAMM with the OLSR group demonstrated a higher score (M 41.32; SD 11.98; p=0.06). 'Productive activity', 'Social interaction', 'Home management' and 'Emotion' extracted from factor analysis are the important goals for a stroke rehabilitation programme in order to extend from the scope of physical restoration towards building a better post stroke life. The positive effect of OLSR programme has evidenced to be effective in filling the gap in psychosocial adaptation in conventional stroke rehabilitation. Clients were enhanced in their Motivation and predicted better Quality of Life in long term.