



## Service Priorities and Programmes Electronic Presentations

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### **Nurse Led Rehabilitation Training Program : Conductive Education for Stroke Patients**

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#### **Keywords:**

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#### **Introduction**

Conductive Education (CE) is widely reported as having a range of benefits for stroke patients in motor disabilities and cognitive deficits. In 2014, there are 222 patients suffered from intracerebral hemorrhage in our department for rehabilitation. Most of them have one side weakness and cognitive deficit.

#### **Objectives**

Conductive Education can improve patient's motivation, social interaction and learning attitude for improve their quality of life. Also the program can facilitate the patient discharge to community.

#### **Methodology**

The patients suffered from intracerebral hemorrhage with capable follow commands are selected for the program. Bedside exercise includes limbs stretching and lifting. Body balance and standing skill also introduce for improve limbs functioning. Thus, group task gathering comprise of handcraft and games for increase cognitive function. Besides, board design and pamphlet has different themes according to exercise skill and daily activities training for education. Furthermore, pre and post program assessment form were conducted in April 2015 to October 2015 for program evaluation by patient. Pre-program assessment form has five questions to assess patient's expectation and their own ability for participate in the training.

#### **Result**

There are total twenty one patients participated in the program and completed the program assessment form in April 2015 to October 2015. There are nine female patients and twelve male patients. Overall, pre assessment results showed the patient interest in the program and have motivation in the training. On the whole, the post assessment results reflected the patients have satisfaction and good participation in the program. Also, the results have positive feedback of improve quality of life. In conclusion, positive feedback is provided by patients and relatives.

They appreciated the program can improve their quality of life and facilitate discharge to the community.