

Client journey and Physiotherapy outcomes during 12-weeks of rehabilitation at QEF CRC.



Care and Rehabilitation Centre

Aims/ objectives:

To show the physiotherapy outcomes following a clients 12-Week stay at QEF care and rehabilitation centre.

Introduction:

Mrs X is 79-year-old female who suffered a right basal ganglia haemorrhage in September 2023.

Key Impairments following stroke included:

- Left sensorimotor deficits
- Reduced orientation to midline
- Reduced thoracic and knee extension
- Left inattention
- Impulsive with reduced awareness of impairments.
- Trunk weakness with reduced postural control



Client Goals

Multidisciplinary client goals

Client centred goals were discussed and agreed with an MDT approach. The goals agreed with the client were:

- To be able to complete step round transfers independently with 4 wheeled walker in 6/52
- To be able to mobilise indoors independently with a 4 wheeled walker in 12/52
- To be able to transfer on/off toilet with appropriate aid including completing personal care independently in 8-10/52
- To be able to complete 1 x flight of stairs with right rail with assistance of 1 in 12/52
- To be able to complete car transfers with 4 wheeled walker and assistance of 1 in 8/52

The above goals were achieved with Mrs X having further community goals including:

- To be able to mobilise indoors distances independently with quadstick in 3-4/52
- To be able to complete stairs with right rail independently in 6/52
- To be able to complete car transfers independently with 4 wheeled walker in 4-6/52
- To be able to access garden negotiating back doorstep with 4 wheeled walker independently in 6/52

Multi disciplinary goals

Mrs X aimed to return to volunteering, planting flowers at the community orchard

Treatment

Mrs X's rehabilitation focused initially around her orientation to midline and postural control in sitting, as well as her sensorimotor deficits. In sessions we completed both task specific practice and used Bobath techniques.

Considering a 24 hour approach, Mrs X had a seating and bed positioning regime, and completed the therabike, GRASP and lower limb strengthening exercises outside of sessions.

Results/ Outcomes

Impairment based outcome:

- Trunk Impairment scale (TIS) - Admission = 8/23, Discharge = 14/23
- Postural Assessment Scale (PASS) - Admission = 12/36, Discharge = 29/36

Activity based outcomes:

- Modified 30-second sit to stand test (M30STS) -

Admission = unable to complete, Discharge = 6 STS

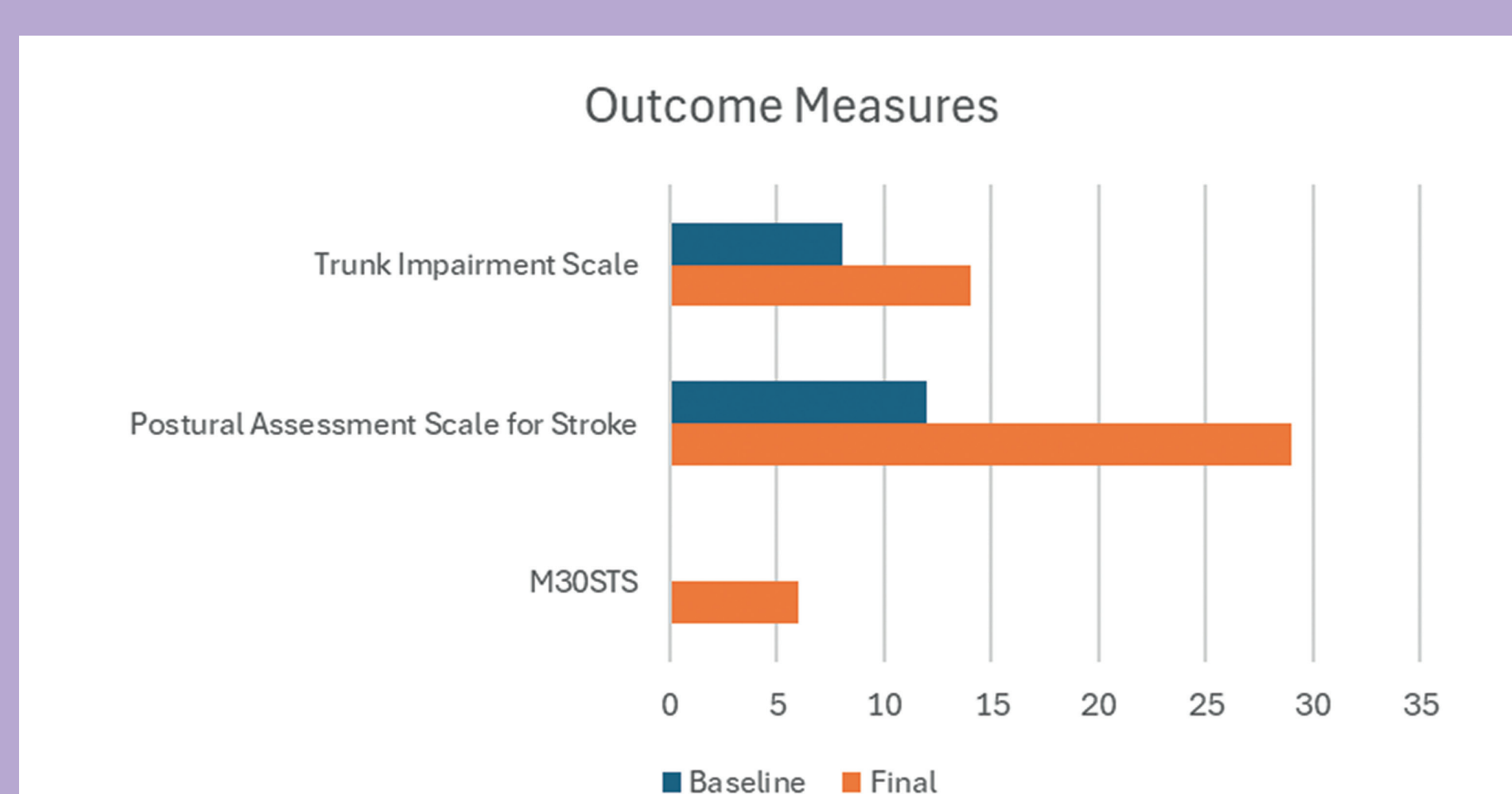
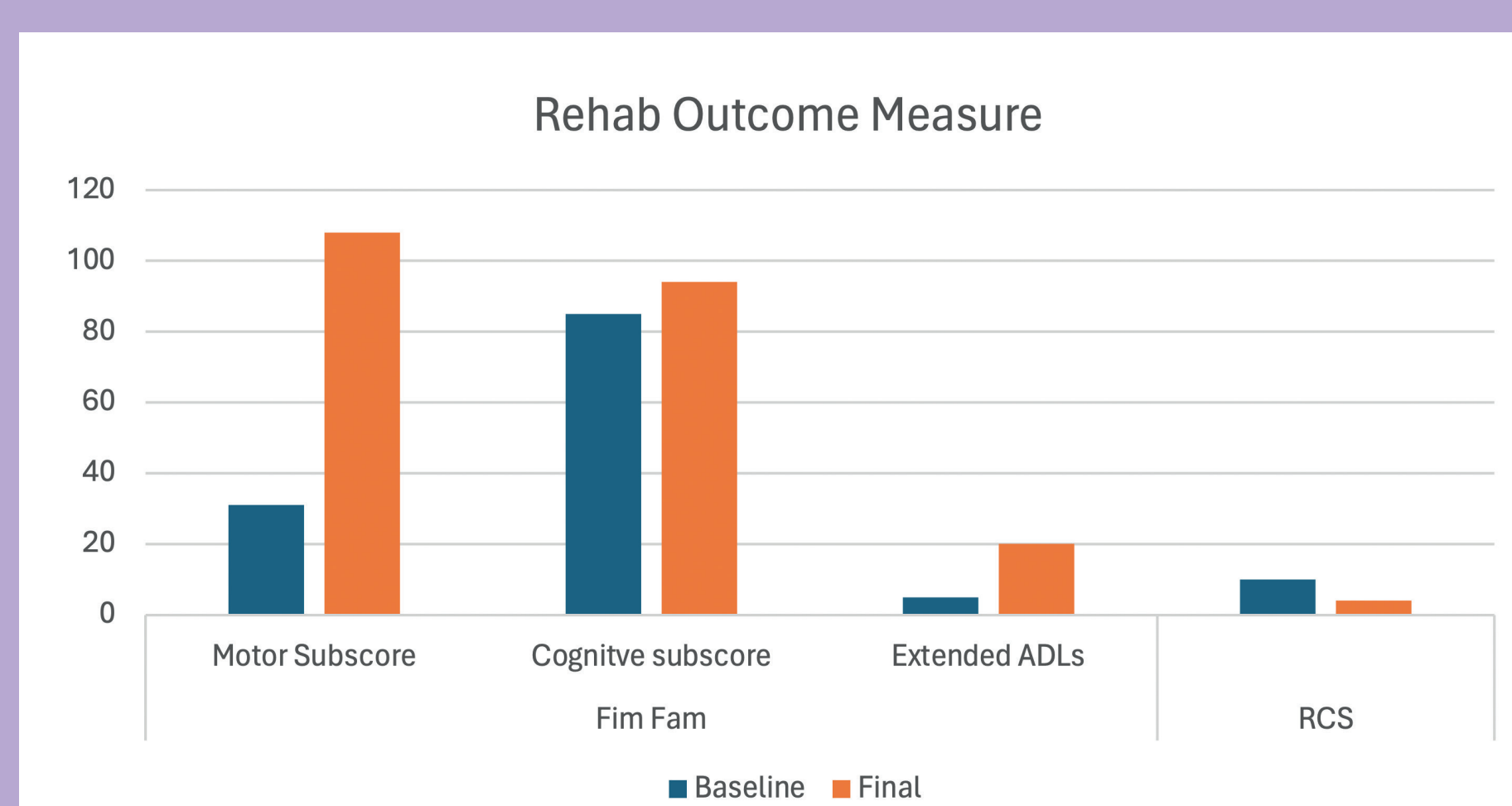
Rehab outcomes

FimFam:

Admission = Total motor sub score - 31, Total Cog sub score - 85, Total EADL - 5

Discharge = Total motor score - 108, Total Cog sub score - 94, Total EADL - 20

Rehab Complexity Scale:



Conclusion

Overall, Mrs X made significant improvements in all outcomes, which was shown in function from initially being a full hoist transfer to returning home independently mobilising with a 4 wheeled walker.