

Making every moment count: increasing patient and visitor-led purposeful activity on a stroke rehabilitation ward.

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Introduction

The National Clinical Guidelines for Stroke state that patients and families should be supported to complete up to three hours self-directed activity daily. Based on research on enriched environments¹ a new initiative was planned aimed at facilitating this guideline.

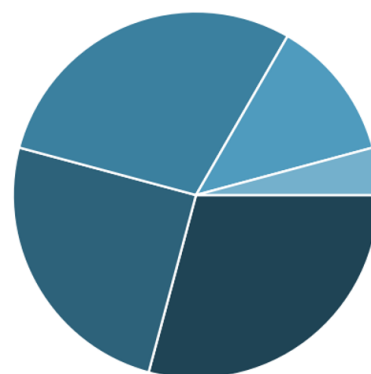
Method: Patient/visitor questionnaires explored current time-use and determined information they would need to enable more self-directed activity. Activity boxes were placed in the bays and an education folder, including goals and suggested self-directed activities was produced. After a 4-week trial with 10 patients, questionnaires were repeated.

Results

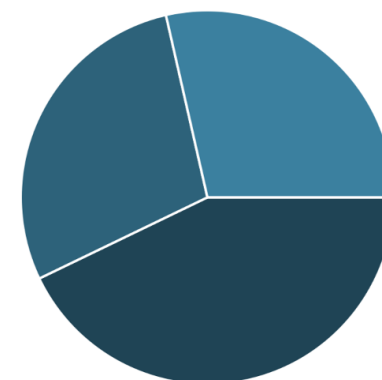
On average, how much of your day is spent doing purposeful activity outside of time with rehab staff? (Patient questionnaire)



Pre-improvement

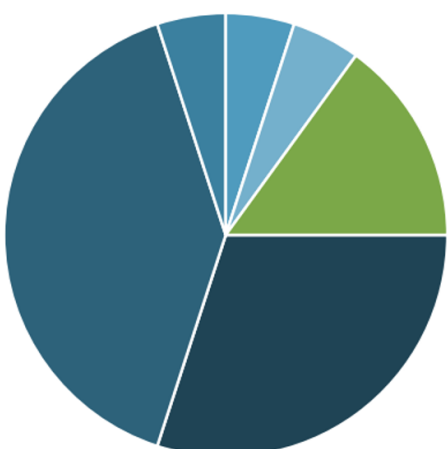


Post-improvement

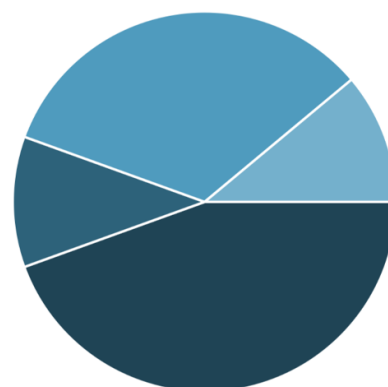


On average, how much of your visiting time is spent in purposeful activity? (Visitor questionnaire)

Pre-improvement



Post-improvement



Conclusion: A motivational and educational rehab handbook and easy access to activities shows positive initial results in increasing purposeful activity outside of therapy sessions, but needs to be expanded to obtain more reliable data.

References

¹Janssen, H., Ada, L., Bernhardt, J., McElduff, P., Pollack, M., Nilsson, M., and Spratt, N.J., 'An enriched environment increases activity in stroke patients undergoing rehabilitation in a mixed rehabilitation unit: a pilot non-randomized controlled trial.' Disability and Rehabilitation. 2014; Vol. 36(3), pp255-262.