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Functional Outcomes Following Acute Neurological Rehabilitation: A Detailed Descriptive Study

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Functional rehabilitation is a cornerstone in improving the prognosis of patients recovering from neurological injuries. Initiating this rehabilitation as early as possible, even within intensive care settings, is highly recommended to optimize recovery.

This study aimed to thoroughly evaluate the functional outcomes at the time of discharge for patients admitted to a Physical Medicine and Rehabilitation (PMR) department for acute neurological conditions.

METHODS

A detailed descriptive study was conducted, including all patients admitted to our PMR department for acute neurological pathologies throughout 2024. Patient data were meticulously collected from their medical records. Functional assessments were performed using the Functional Independence Measure (FIM), a standardized tool for measuring functional independence.

RESULTS

A total of 45 patients were included, with a mean age of 35.58 years. Of these, 51.10% were male. The rehabilitation management strategies encompassed physical therapy sessions that included stretching exercises, postural training, and muscle strengthening for all patients. Occupational therapy was administered to 31.10% of the patients, and 11.10% received specialized care for pressure ulcers. Notably, none of the patients required respiratory physiotherapy interventions. The mean FIM score showed a significant improvement, increasing from 82.77 at admission to 94.89 at discharge.

CONCLUSION

The study underscores the importance of early assessment and comprehensive management by rehabilitation physicians for patients with neurological injuries, which is crucial for achieving optimal functional improvement within this patient population.

Statement of Disclosures

None

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