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Educational Therapy for patients With Post-Stroke Hemiplegia

Topic: Complications/Sequelae (ie Spasticity, Immobilization and Frailty)

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BACKGROUND

Hemiplegia is defined as partial or complete loss of voluntary motor function in one half of the body. Educational therapy has emerged as an important component in the management of patients with post-stroke hemiplegia to prevent potentially fatal complications and to help restore function to improve patients' quality of life. The purpose of this study was to highlight the importance of therapeutic education in hemiplegia rehabilitation.

METHODS

We performed a literature review of PubMed and ScienceDirect using keywords (hemiplegia or stroke and therapy education or self-care) including systematic research, meta-analysis as well as guidelines and recommendations from 2000 to 2023.

RESULTS

Therapeutic education for patients with hemiplegia focuses on preventing complications that may affect the patient's prognosis and functional status such as thromboembolic complications, respiratory gastrointestinal problems, and tendon retractions. Interventions include proper posture, early and gentle mobilization, memory foam mattress, changing position, high-fiber diet.

CONCLUSION

These findings highlight the value of therapeutic education as part of hemiplegia management. The functional prognosis of patients with hemiplegia depends on the complications that may or are likely to occur during the course of the disease. Treatment is based on preventing complications related to loss or reduction of mobility.

Statement of Disclosures

None

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