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★ Abstract title:

ASSESSMENT OF THE EFFECTIVENESS OF SELF-REHABILITATION AFTER STROKE IN YAOUNDE

P. Mbonda¹, D. Niama², T. Lejeune².

¹Yaounde General Hospital, Neurology/Physical and Rehabilitation Medecine, Yaounde, Cameroon.

²Catholic University of Louvain, Physical and Rehabilitation Medecine, Brussels, Belgium.

Introduction/Background

Stroke is common in sub-Saharan Africa, where it is the leading cause of motor disability in adults. Because of the high cost of care, many patients can not follow a suitable rehabilitation program giving them all the possibilities to have certain autonomy. In order to improve the rehabilitation of stroke patients, particularly the functional recovery of the upper limb, 50 patients were recruited for a self-rehabilitation program of the upper limb

Material and Method

The selected patients were recent stroke victims recruited during their hospitalization in neurology. During their stay in the hospital a program of exercises of self-reeducation of the upper member was given to them (started at the exit of the neurology department for the return home, in addition to the physiotherapy) and explained through a document containing several images it was to do 1 hour /day of exercises, 6 days / 7 for 8 weeks and monitoring was done by phone and through multiple appointments. The assessment made by different tests: BBT, FMA-EU, Abilhand. Before and after the program

Results

Of the 50 patients recruited, 8 (16%) were able to follow the program faithfully, and the results showed a real evolution. Many did not participate in the program, complaining about fatigue, discouragement, lack of motivation, time and interest. And some have disappeared

Conclusion

Self-reeducation is an interesting method to improve autonomy, it is convenient for practitioners to explain more to our patients and coach them for better results

Keywords:

self-rehabilitation
stroke