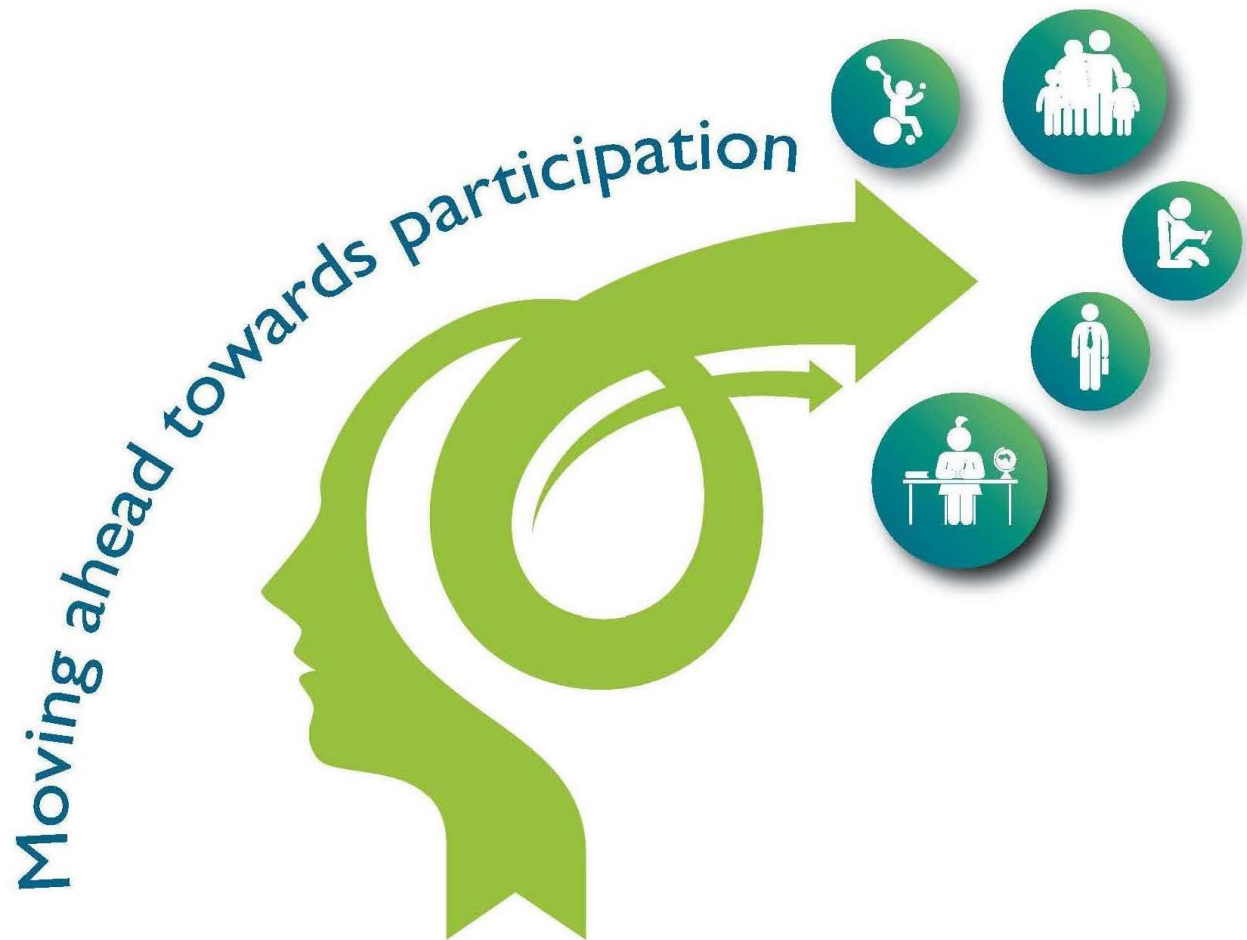


Abstract book

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Free Paper Session 1G

Chair: Hans Bussmann

25. A randomized controlled trial assessing the efficacy of an upper limb self-rehabilitation programme among chronic Beninese stroke patients

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After stroke, approximately 80% of patients have upper limb impairment. Upper limb is then a key issue in neurorehabilitation. The objective of this study was to evaluate the efficacy of self-rehabilitation program of upper limb after stroke, in Benin. It was a randomised controlled trial concerning 59 patients presenting hemiplegia more than 6 months after stroke. The 28 patients of experimental group have executed a self-rehabilitation program during 8 week at home. The control group had 31 patients who received no treatment related to the study. Patients have been evaluated before the treatment (T0), at the end of the treatment (T1) and 8 weeks after later (T2). The primary outcome was the manual ability assessed by ABILHAND Stroke for Benin. The secondary outcomes were: neurological impairments (Fugl-Meyer), manual dexterity (Box and Block Test, Wolf Motor Function Test) and quality of life (Whoqol-Brief). Two way repeated measure ANOVA in intention to treat was did for analysis. The experimental group improved significantly their manual ability in comparison to the control group ($p < 0.001$). Within the experimental group, means difference were 10% between T1 and T0 (IC95%: 1.61 to 18.56), maintained at T2 (IC95%: 1.48 to 18.44). Quality of life also improved in the intervention group. The self-rehabilitation program for upper limb after stroke is feasible and efficient in Benin to enhances the manual ability for chronic stroke patients. The self-rehabilitation program is an intensive program including unimanual and bimanual functional exercises, repeating movements of the daily life of patients.

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26. Which factors influence the implementation of e-rehabilitation for stroke patients? A focus group study

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Introduction: Despite growing number of e-health services in stroke rehabilitation, their implementation is insufficient.

Objective: Explore factors influencing the implementation of e-rehabilitation in stroke care. **Patients:** Adult stroke patients/informal caregivers and professionals (physiatrists, physical therapists, occupational therapists, psychologists, managers) involved in stroke rehabilitation. **Methods:** Qualitative design; six focus groups conducted with patients/caregivers and two with professionals were audiotaped, transcribed in full and analyzed by direct content analysis. **Results:** Fifty-three patients (mean age 57 years, 59% male), 15 caregivers (mean age 61 years, 27% male), 13