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An example of client-centered approach: The effect of activity training in chronic stroke

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Introduction. Chronic upper extremity hemiparesis following stroke is a significant impairment that can limit a person's independence in all aspects of ADL, IADL, and functional mobility. Occupational therapy is a client-centered profession that uses meaningful activities across the spectrum of physical and mental domains to reduce limitations after stroke.

Objectives. It is aimed to show the effect of activity training on limitations remained 6-18 years after stroke.

Methods. One male, two female clients following stroke (6, 10, 18 years) applied to our department with complaints in daily life despite full motor recovery. They all got physical therapy 1-2 years following stroke but did not get any occupational therapy. The reason they asked help was lack of ability in productive or self-care activities. One was unemployed and others became old and more inactive; therefore their relatives needed help to make them participate in activities. Male client had co-ordination and sensory problems. The others did not have any impairments but neglect hand in activities. Occupational therapy activities were specifically designed to promote re-education process and encourage the development of lost skills. Principles of motor, sensory, cognitive and affective rehabilitation was incorporated into effective task-specific activities for successful rehabilitation.

Results. Client with sensory loss learnt how to use senses left during activities; finger proprioception, kinesthesia, hand coordination is developed. He started playing keyboard slowly. Others started to use their hands in daily living and relatives learnt strategies how to cope with the situation. Traditional techniques often do not encourage integration of the hemiparetic arm and hand. In contrast, the task-oriented approach to motor recovery of poststroke hemiparesis emphasizes integration of the impaired limb into all functional tasks via skill-based training.

Contribute. Stroke is the largest single cause of severe physical disability and occupational therapy plays a central role in rehabilitation of a multidisciplinary team. This recovery after years showed that it is important to listen clients' problems even after everyone thinks not to observe any recovery.