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Impacto de Terapia Recreativa en el Agua Accidente Cerebro Vascular (ACV).

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Impact on Water Recreational Therapy in Stroke.

Chronic users of stroke requires a program to increase their participation in the community to generate new, exciting and challenging experiences in real contexts. Moreover, the physical space in hospital services in Chile, not to develop mastery of the various occupational roles needed in the adaptation process and participation of the subjects.

Because of that it has begun to implement the Unit of Occupational Therapy, Service, Physical Medicine and Rehabilitation Hospital of the University of Chile for a project in Water Recreational Therapy, which consists of a group activity 1 once a week for 10 sessions, these are oriented towards the participants to develop socio-emotional skills and sensory motor skills, to strengthen the activities of daily living and instrumental core, increase family involvement in treatment.

To know the real impact of this intervention makes a series of evaluations at the beginning and end of the intervention, as FIM (Functional Independence Measure), ACIS (basic communicative skills partner), SF-36, GDS, Zung Depression Scale, Lawton & Brody.

For the study include post-stroke for people 6 months of evolution, there are no exclusion criteria. The population is expected n = 16. For the analysis of the results will be used t-student.

Preliminary Results. 8 patients have been evaluated to date, where it was found that there are significant differences in the variables: physical domain (gestures, imitation, eye contact), information exchange, cooperative relationships, respect) in the scale ACIS, mastering functional motor scale in the FIM (self-care and transfers) and the GDS scale suggestive of depression

CONCLUSIONS The work group has promoted the perception of own abilities and interest in social, recreational therapy produced clinical benefits in patients with the functionality of ACV, has been a protective factor of vulnerability (depression), stress, disability and functional impairment