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## Investigation of the comprehensive condition of home-based rehabilitation after stroke in China

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**Background:** Because of the hospitalization expense and the state requirement of average length of stay, the rehabilitation of patients with stroke is always implemented at home.

**Objective:** To assess the comprehensive condition of home-based rehabilitation including physical, psychological and social situation after stroke in China.

**Method:** This study selected 234 discharged patients from a grade A tertiary hospital rehabilitation medical center using the convenience sampling method. A set of questionnaires were used to measure in the outpatient follow-up, family follow-up and telephone follow-up survey.

**Results:** The comprehensive effect of home-based rehabilitation after stroke in China is poor. Nearly 40% of stroke patients' daily life self-care ability was moderate to full dependence and nearly half (50.24%) of the patients had moderate or severe sense of burden. In respect of patients' social support, 59.40% of caregivers said they had a medium/heavy burden. Moreover, the rehabilitation effects of patients' physiology, psychology and social support would interact with each other. There was a positive correlation in Barthel index scores and IADL scores, and mobile ability score showed a positive correlation between IADL scores and mobile ability score, a positive correlation between depression level and self-perceived burden scale score, but a negative correlation in Barthel index score, IADL scores, mobile ability score and caregivers' self-perceived burden scale score.

**Conclusion:** The effect of home-based rehabilitation with stroke patients is poor and the conditions of physiology, psychology and social support of patients would interact with each other. Thus, it is important to explore efficient home-based rehabilitation programs after stroke.

### Biography

Zuoyan Liu has completed her Master's degree from Nursing School of Sichuan University, Sichuan, China. She is the Deputy Head Nurse of West China Hospital of Sichuan University, and in the Department for Rehabilitation Medical Center. She has published more than 20 paper in reputed journals. She is the member of Rehabilitation Nursing Care Professional Committee of Sichuan Nursing Association.

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