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Patient and family education in stroke rehabilitation

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Stroke is the third leading cause of mortality and the second major cause of long term disability in the world. The clinical signs and symptoms as a result of stroke may have a major impact on the Quality of Life of the stroke survivor and the wider community. Their ability to participate in community activities are hampered not only as a direct result of the stroke but also due to the amount and quality of support available in the community. One of the major roles for rehabilitation services is to provide education and information to family members and caregivers so that they can cope and deal with the long term consequences of stroke. Research has indicated that participation, particularly active participation, improves knowledge about stroke and reduces depression and anxiety in the stroke survivor and family members. How patient and family education is conducted is very much dependant on the service provided. It remains a challenge for multi-disciplinary teams to get it right particularly considering the cultural environment one works in.

Biography

Robert Dorsett achieved his Master's Degree in Neurological Rehabilitation from the University of Cardiff, South Wales in 2014. He has over 15 years of experience as a Physiotherapist in stroke rehabilitation in South Africa and UK. He currently works for Amana Healthcare Abu Dhabi treating a wide variety conditions in a post-acute and long term setting.

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