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The use of mental imagery in stroke rehabilitation: A Delphi survey

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Background: Mental Imagery (MI) is the experience of generating images of movements in the mind. Recent findings from randomised clinical trials have suggested its use in rehabilitation programmes to improve stroke patients' functional recovery; however, there are no guidelines to support its use in Saudi Arabian clinical practice.

Purpose: This Delphi survey aims to develop best practice recommendations for the use of MI by investigating the necessary factors and equipment required to facilitate the use of MI within stroke rehabilitation. Additionally, attributes of stroke survivors needed to engage with MI within the context of stroke rehabilitation will be identified.

Methods: A web-based Delphi survey will be conducted in Bristol Online Survey. Local, national and international experts in the use of MI in stroke rehabilitation clinical practice or research will be identified from recent published research, and local and national networks, clinical interest groups, and snowball sampling. The study will take three to four months, with approximately two to five rounds. Data will be analysed with a consensus cut-off score value of $\geq 70\%$. Statements that do not reach value will be re-sent to the participants for reappraisal on further rounds. The quantitative data obtained from the questionnaires will reported after being analysed using descriptive statistics, and percentage consensus, using the Statistical Package for the Social Sciences (Version 24).

Results and discussion: Ethical approval was sought for this study. Completion of the study will occur when the target consensus level is reached.

Conclusion: Recommendations for best practice for MI use in stroke rehabilitation will be reported based on the findings

Biography

Najla Alhashil is dealing with the Division of Rehabilitation and Ageing in the School of Medicine, University of Nottingham, UK. Her research interest is in the field of Neurological Rehabilitation.