

July 19, 2021



# STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

## In this newsletter...

- **Stroke Corner Article Review: Systematic Review of Activity & Work Restrictions with Disabilities Including Stroke**
- Advocacy Opportunity: Support PTs being added to the National Health Service Core
- Registration for the ANPT Conference is open
- Nominate Someone for an ANPT Award- *Deadline August 1st*

## Stroke Corner: A Review of Activity and Work Limitations in Chronic Disabilities Including Stroke

*Thanks to Shaelyn Bouchard, PT, DPT, NCS for reviewing this week's  
article*



**Summary topic title:** A Systematic Review of the Incidence, Prevalence, Costs, and Activity and Work Limitations of Amputation, Osteoarthritis, Rheumatoid Arthritis, Back Pain, Multiple Sclerosis, Spinal Cord Injury, Stroke, and Traumatic Brain Injury in the United States: A 2019 Update

**Article reference:** Lo, J., Leighton, C., Flynn, S. A Systematic Review of the Incidence, Prevalence, Costs, and Activity and Work Limitations of Amputation, Osteoarthritis, Rheumatoid Arthritis, Back Pain, Multiple Sclerosis, Spinal Cord Injury, Stroke, and Traumatic Brain Injury in the United States: A 2019 Update. Archives of Physical Medicine and Rehabilitation. 2021;102:115-31. DOI: <https://doi.org/10.1016/j.apmr.2020.04.001>

**Definition(s):**

- Prevalence: proportion of persons who *have* a condition at or during a particular time period
- Incidence: proportion or rate of persons who *develop* a condition during a particular time period

**Purpose of article:** To present recent evidence on the prevalence, incidence, costs, activity limitations, and work limitations of common conditions requiring rehabilitation

**Results of interest?**

- The CDC estimates that 1 in 3 adults in the US have some type of disability, accounting for one-quarter of all health care expenditure in 2006, totaling approximately \$378 billion.
- The Social Security Administration estimated in 2018 that approximately 10 million individuals received disability payments, the majority of whom were disabled workers (86%).
- The prevalence of back pain in the past 3 months was 33.9% among community-dwelling adults, and patients with back pain contribute \$365 billion in all-cause medical costs. Osteoarthritis is the next most prevalent condition (approximately 10.4%), and patients with this condition contribute \$460 billion in all-cause medical costs. These 2 conditions are the most prevalent and costly (medically) of the illnesses explored in this study. **Stroke follows these conditions in both prevalence (2.5%-3.7%) and medical costs (\$28 billion).**
- Stroke prevalence: 2.5-3.7% of adults, peak prevalence is 17.3% among adults aged 90-94
- Stroke Incidence: 192 per 100k men, 198 per 10k women, 639 per 100k first stroke in patients > age 65
- Stroke Annual Direct Costs: \$28 billion in stroke-related medical costs per the AHA
- Stroke Annual Indirect Costs: \$30-33.65 billion lost productivity, \$8211 per patient annual cost due to informal caregiving
- Stroke Annual Total Costs: \$45.5 billion stroke-related per the AHA
- Stroke Activity Limitations: 3% of males and 2% of females attribute disability to stroke, 60% reported at least some difficulty (with or without assistive device) in completing ADLs (>= age 65), 22% were discharged with disability, 65-121% more likely to require help in self-care, mobility, and household activities than matched controls (>= age 65)
- Stroke Work Limitations: Because stroke primarily occurs among elderly patients, there is limited data on work limitations because many of the individuals with this condition have already retired

**Discussion:** While back pain and OA are the most prevalent conditions with the greatest direct costs, stroke is often perceived as one of the most debilitating conditions. Other conditions in this paper, while less prevalent, are associated with higher per capita costs (RA, for example).

**Limitations:** Conditions in this article are discussed in isolation, but we know that in reality patients often have multiple conditions that overlap affect costs and functional limitations. This article does not fully address this, and they point out that much of the data in this area of research is older than 5 years and vary widely in terms of methodology, definitions, and data availability.

# Fight Student Debt and Help Add Physical Therapists to the National Health Service Corp



## Take Action TODAY on H.R. 3759!

APTA has supported a bill that increases patient access in rural & underserved areas, and aims to alleviate student debt. Big thanks go out to bill sponsors Rep. DeGette and Rep. Armstrong for sponsoring H.R.3759. Adding physical therapists to the National Health Service Corp (NHSC) will ensure that individuals with neurologic conditions in rural and underserved areas have access to PT services at a time when many of these communities are being impacted by the opioid epidemic and the COVID19 public health emergency.

Take action today on H.R. 3759 by going to the APTA Legislative Action Center to send a message to your member of Congress, asking them to co-sponsor this bill. Also, ask your patients, family, and friends to do the same by going to the [APTA Patient Action Center](#)!

We need all #NeuroNerds to Mind Your Synaptic Gap with #PTAdvocacy!

## ANPT Conference Registration Is Open

# ANPT Annual Conference 2021



<b>94</b> SPEAKERS	<b>Q&amp;A</b> SESSIONS	<b>1</b> KEYNOTE SPEAKER
<b>VIRTUAL</b> POSTER HALL	<b>21</b> LIVE SESSIONS OCT 1-3	<b>ATTENDEE</b> NETWORKING
<b>25</b> ON-DEMAND PRESENTATIONS	<b>VIRTUAL</b> EXHIBIT HALL	<b>JUNE</b> <b>28</b> REGISTRATION OPENS
<b>PLATINIUM</b>  VestibularFirst	<b>SPONSORS</b>	<b>BRONZE</b>  F.A. DAVIS

## Registration for the first ANPT Annual Conference is Open!

Registration link [here](#).

The **first 100 registrants** will receive a coupon for 50% off a course on the ANPT Synapse Online Education Center.

### FOR YOUR CALENDAR

- September 8: Asynchronous/on-demand content and Exhibit Hall available
- September 24: Poster Hall available
- October 1-3: Synchronous/live conference

The [schedule for all sessions](#) is also now available.

Recordings of synchronous/live sessions, will be available starting October 5th along with the on-demand sessions, posters and exhibit hall through November 22.

CONFERENCE REGISTRATION

# ANPT Award Nominations are Open! Nominate a Great Stroke Clinician or Researcher

## NOMINATIONS NOW OPEN



Do you have a colleague who deserves to be recognized by their peers for their great work? Now is the time to submit a nomination for the ANPT 2022 Awards [here!](#)

The individual awards are:

- Service to the Academy Award
- Excellence in Neurologic Research Award
- Excellence in Neurologic Education Award
- PT Clinical Excellence in Neurologic Physical Therapy Award
- PTA Clinical Excellence in Neurologic Physical Therapy Award
- Outstanding Clinical Innovator in Neurologic Physical Therapy Award
- Outstanding Advocacy in Neurologic Physical Therapy Award
- Early Career Professional Award
- SIG Service Award
- SIG Research Award
- CSM Abstract: Early Career Scientist Awards

Award nominations are **due by August 1st** and winners will be recognized at the CSM 2022 in San Antonio!

### VISIT THE STROKE SIG ONLINE!



**Academy of Neurologic Physical Therapy**

info@neuropt.org | www.neuropt.org

### ANPT Social Media



Academy of Neurologic Physical Therapy | 5841 Cedar Lake Rd S. Ste 204, American Physical Therapy Association, Minneapolis, MN 55416

[Unsubscribe {recipient's email}](#).

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@neuropt.org powered by



Try email marketing for free today!