

June 21, 2021



STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

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- Nominate Someone for an ANPT Award

Stroke Corner Article Review: Changes in AMPAC Scores 1 Year After Stroke

Reviewed by Rachel Prusynski, DPT, NCS, PhD(c)- Stroke SIG Vice Chair



Changes in the Activity Measure for Post-Acute Care Domains in Persons With Stroke During the First Year After Discharge From Inpatient Rehabilitation

by O'Dell et al. Full Text: [Click Here](#)

Introduction/Methods:

The Activity Measure for Post-Acute Care (AM-PAC) is a commonly used measure in acute and inpatient settings with scales for three domains: Basic Mobility (BM), Daily Activity (DA), and applied cognitive. The AMPAC was used to measure changes in function and cognition for patients after stroke at discharge from inpatient rehabilitation and via phone at 6 and 12-month follow ups.

Results:

The AMPAC was completed for 269 patients after CVA and complete follow-up data for 89 patients was analyzed for 6 and 12-month follow up scores. Higher scores on the AMPAC domains indicate higher levels of function.

Overall AMPAC scores for all domains increased significantly from discharge to 6-months and between discharge and 12-month follow up. There was no significant differences in AMPAC scores between 6 and 12 months for mobility and activity domains, but applied cognition significantly declined between 6 and 12 months.

When AMPAC scores were classified as "Improved", "Unchanged," or "Declined" based on the Minimal Clinically Important difference and minimal detectable change for the AMPAC, between 16-24% of patients improved in BM while 12-20% declined between 6 and 12-month follow ups. For DA, 16-20% demonstrated improvement between 6 and 12-month follow up while 28-32% had late declines.

Discussion/Conclusions

As the average scores improved early and were stable between 6 and 12-month follow up, it may be tempting to conclude that most patients improve in the first 6 months after stroke and tend to be fairly stable after 6 months.

However, trajectories of improvement differed on an individual level. For example, 50-70% of patients with early improvement were unchanged or declined during the later follow-up period. Additionally, 15-24% of patients did improve between 6 and 12-month follow up while 20-30% declined. These results underscore the importance of individualized post-stroke rehabilitation.

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 Opens June 28!

ANPT Annual Conference 2021



94 SPEAKERS	Q&A SESSIONS	1 KEYNOTE SPEAKER
VIRTUAL POSTER HALL	21 LIVE SESSIONS OCT 1-3	ATTENDEE NETWORKING
25 ON-DEMAND PRESENTATIONS	VIRTUAL EXHIBIT HALL	JUNE 28 REGISTRATION OPENS

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Plans for the Academy of Neurologic Physical Therapy Annual Conference are coming together with **21 sessions** the “live” weekend of **October 1-3, 2021** and **25 on-demand sessions** available **September 8-November 22**. A poster hall, exhibit hall, video chats, Q&A sessions and a great platform for networking will make this a neuro education weekend you don’t want to miss!

Registration opens June 28th
with the first 100 registrants receiving a special “bonus”!

Updates will be announced in future Action Potential issues and on the [conference web page](#).

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!](#)

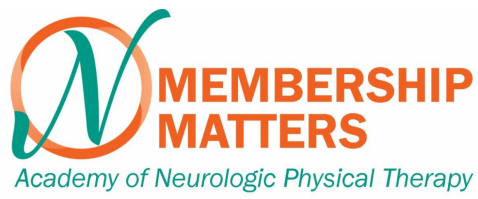
The individual awards are:

- 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!





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