August 15, 2022

STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

In this newsletter...

Thank you Heather Hayes for this weeks article review.

Development of strategies to support home-based exercise adherence after stroke: a Delphi consensus

Article reference:

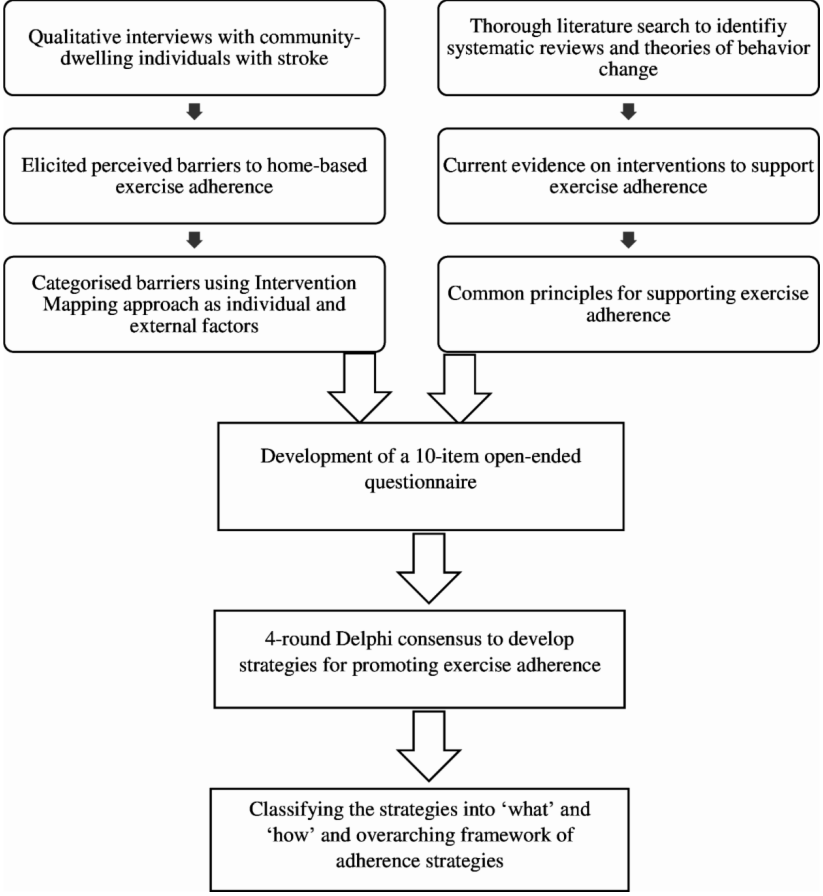
Mahmood A, Deshmukh A, Natarajan M, et al. Development of strategies to support home-based exercise adherence after stroke: a Delphi consensus. BMJ Open. 2022;12(1):e055946.

Link to full article if available:https://bmjopen.bmj.com/content/12/1/e055946.abstract

Definition(s):
Delphi consensus or technique. “The Delphi technique is a well-established approach to answering a research question through the identification of a consensus view across subject experts. It allows for reflection among participants, who are able to nuance and reconsider their opinion based on the anonymised opinions of others.” From Barrett D, Heale R. What are Delphi studies? Evidence-Based Nursing 2020;23:68-69.

Purpose of article: Develop strategies to enhance adherence to home-based exercises after stroke

Methods of interest.
Figure 1.



Results of interest

13 experts including 7 physiotherapists, 3 clinical psychologists, 1 occupational therapist, 1 behaviour scientist, and 1 epidemiologist. Participants were from Australia, UK, and India.

93% response rate (12 experts) agreed that exercise-related strategies should be designed and delivered by therapists having expert in stroke care. 9 domains were identified.

Table 2 Grouping of strategies into specific domains

Items	Domains	Strategies
1	Patient education on stroke and recovery	▶ Patient education about stroke and its treatment ▶ Patient education on adherence ▶ Caregiver education and involvement ▶ Written instructions and pictures ▶ Testimonials from recovered patients ▶ Information on support agencies ▶ Benefits of exercise ▶ Psycho-education
2	Exercise prescription	▶ Written instructions and pictures ▶ Videos of exercises ▶ Task-oriented training ▶ Prioritising on a few tasks at a time ▶ Meaningful and relevant exercises ▶ Breaking down exercises into smaller steps ▶ Individualised programme ▶ Fun and engaging exercises ▶ mHealth applications ▶ Demonstrate and practice exercises
3	Feedback and supervision	▶ mHealth applications ▶ Activity log ▶ Feedback from patients ▶ Feedback on their progress ▶ Exercise charts with video/audiorecording ▶ Asking to tell approach ▶ Clearing doubts by the medical team ▶ Regular contact with therapists ▶ Recording exercises for feedback ▶ Regular monitoring ▶ Understand previous exposure with exercises
4	Cognitive remediation	▶ Educating on the benefits of exercise ▶ Motivational interviewing ▶ Cognitive–behavioural therapy techniques ▶ Behavioural activation ▶ Contingency charts ▶ Involving group sessions ▶ Meaningful tasks ▶ Psycho-education
5	Involvement of family members	▶ Exercise buddies ▶ Emotional support ▶ Assessing knowledge and understanding of the family on the importance of exercise ▶ Rotate family members in care giving ▶ Activity scheduling
6	Involvement of society	▶ Involvement of friends ▶ Involving group sessions ▶ Modelling behaviour ▶ Support and exercise groups ▶ Social comparison
7	Promoting self-efficacy	▶ Personal graph charts ▶ Reduce the no of alternatives presented to the patient ▶ Provide activities that can be done independently ▶ Standardised assessment ▶ Goal setting ▶ Self-efficacy enhancement: using substitution and optimisation principles ▶ Ongoing support ▶ Methods of tracking exercises ▶ Coaching methodology ▶ Psycho-education

Table 2 Continued

Items	Domains	Strategies
8	Motivational strategies	▶ Patient's videos to show improvement ▶ mHealth (any form of monitoring, consultation, assessment, or therapy delivered using mobile devices) ▶ Interim assessments ▶ Feedback on progress—importance to micro gains ▶ Positive log diary ▶ Wall of fame/display board ▶ Provide tokens and badges for improvement ▶ Methods of education and counselling ▶ Devise colour bands (coded for level of recovery) ▶ Intra-group competition ▶ Avoid direct comparison
9	Reminder strategies	▶ Reminder phone calls ▶ Use of media ▶ Sticky notes ▶ Alarms/music clips ▶ Auditory—use voice recording during therapy sessions ▶ Logbook ▶ Posters in the waiting area for hospital settings ▶ WhatsApp (or similar) for reminder

some home-based exercises that you can refer patients to.
Different Strokes, offers online exercise classes for individuals after stroke and provides 5 levels of difficult based on the patient's ability.
https://differentstrokes.co.uk/exercise-for-stroke/

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Cerebellar Stroke Course

This course will provide a review of the anatomical structures of the cerebellum and its vasculature, information on the pathophysiology and etiology of cerebellar stroke, as well as the prevalence and prognosis. Differential diagnosis of acute manifestations of cerebellar stroke will be included. The speakers will cover distinctive impairments of cerebellar stroke in addition to the development of appropriate treatment strategies.
Learning Objectives:
1. List specific roles and functions of the cerebellum.
2. Compare characteristics of various cerebellar stroke syndromes.
3. Describe typical impairments associated with cerebellum damage.
4. Choose assessments and outcome measures appropriate for cerebellar pathology.
5. Select treatment strategies for cerebellar stroke rehabilitation.
Course Launched June 2022

https://anpteducationcenter.org/products/cerebellar-stroke

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Great Breadth of Content

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Do you have challenging patients post-stroke and want some help? You can ask us questions on the Student Corner Webpage. Space on the bottom (is anonymous if you want). It is not just for students!

https://www.neuropt.org/special-interest-groups/stroke/student-corner

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