

Optimising rehabilitation potential after stroke: a 24-hour interdisciplinary approach

Alison Aries and Susan M Hunter

ABSTRACT

Approximately 150 000 people in the UK experience a stroke each year, often resulting in complex disability. Restoration of sensorimotor function after stroke involves processes of relearning and neuroplasticity. Diverse mechanisms by which neuroplasticity can occur post stroke include dendritic sprouting, unmasking of previously inactive synapses, synaptogenesis, long-term potentiation and cortical reorganisation. To optimise recovery potential, rehabilitation strategies which promote neuroplasticity and recovery post stroke through sensorimotor retraining should involve: an enriched environment; social interaction; opportunities for repetition and practice of movement and functional activities involving paretic limbs; sensory stimulation to paretic limbs; and early activity out of bed. A rehabilitation culture of 24-hour care should be fostered within an interdisciplinary team; nursing staff are ideally placed to coordinate this approach and motivate stroke survivors, to enhance recovery, in collaboration with specialist therapists in the team. This could be facilitated by flexibility of professional roles and traditional working patterns.

Key Words: Stroke, interdisciplinary team, neuroplasticity, motor learning, rehabilitation, cortical reorganisation

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Approximately 150 000 people in the UK experience a stroke every year (Townsend et al., 2012). The brain lesion that results from stroke can cause combinations of physical, psychological, cognitive, perceptual and/or behavioural changes for the stroke survivor. The potential for and resultant impact of complex disability is greater following a stroke than any other condition or disorder affecting adults (Adamson et al., 2004). Effective rehabilitation is essential to minimise the long-term consequences of stroke for the individual stroke survivor and to enhance potential for optimal recovery. Organised and specialist inpatient stroke care, such as that provided in most NHS trust hospitals in the UK, is known to reduce mortality and morbidity in stroke survivors, compared to non-specialist care on a general inpatient

ward (Stroke Unit Trialists' Collaboration, 2013). Such organised and specialist care involves active input from the whole interdisciplinary team, but since nursing staff maintain a presence on the ward for the full 24 hours, they are ideally placed to play a significant role in rehabilitation, in collaboration with therapy staff. The purpose of this article is to highlight the importance of a 24-hour interdisciplinary team approach to rehabilitation, in order to optimise rehabilitation potential and recovery following stroke.

Motor learning after stroke

Following an acquired brain lesion, such as stroke, the survivor frequently experiences a loss of motor control, or 'the ability to regulate or direct the mechanisms essential to movement' (Shumway-Cook and Woollacott, 2007: 4). The successful control of movement during a task involves interaction between the task, the individual and the environment, in which cognitive processes are an essential component (Shumway-Cook and Woollacott, 2007). A key aim of rehabilitation after stroke is therefore to retain appropriate control of movement to enable functional activities. In order for this to happen, motor learning or 'the acquisition and/or modification of movement' (Shumway-Cook and Woollacott, 2007: 22) is required, which involves the complex interaction of perception, cognition and action. Consequently, to produce effective functional activity, both motor (efferent) output and appropriate sensory (afferent) feedback are considered to be necessary. Sensory feedback informs the central nervous system (CNS) about the activity and the movement being performed, and this information is interpreted in the CNS through processes involving cognition and perception.

Restoration of brain function and recovery from stroke

Restoration of brain function and subsequent recovery of sensorimotor control involves a process known as neuroplasticity; this has been defined as 'the ability of neurones and neurone aggregates to adjust their activity and even their morphology to alterations in their environment or patterns of use' (Seiber et al., 2006: xviii).

Stroke Care An Interdisciplinary Approach

Victor M. Corman



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