ABSTRACT

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Thesis title: Summary of Principles and Recommendations for Stroke Patients and their Families after Discharge from Acute Stroke Units

Background: Stroke is a very serious and common disease with a high mortality. It is important for patients to start rehabilitation as soon as possible. Early discharge allows stroke patients return home to continue rehabilitation in familiar surroundings. The responsibility for continued rehabilitation is in the hands of patients and their families and the main aim is to adjust to everyday life.

Objective: The aim of this work is to create an educational material “Summary of Principles and Recommendations for Stroke Patients and their Families after Discharge from Acute Stroke Units”, to help patients in the stroke problematics. This Summary includes information about stroke issues, stroke epidemiology, consequences and risks, practical advices, compensatory aids, possibilities of rehabilitation and information on social counseling, speech therapy and outpatient rehabilitation with relevant contacts. A case report in the practical part of this work tries to summarize possibilities of home occupational therapy and get a feedback on the educational material.

Methods: This research work summarizes the available literature in the Czech Republic and abroad to elaborate the summary of recommendations for stroke patients. The case study describes the usability of a new overview in 10 cases of stroke patients. The semi-structured interview is used to obtain the data and it tries to find the data of improvements in Activities of Daily Living (ADL).

Results: The vast majority of stroke patients evaluated the new educational material positively and 7 of 10 patients recommend the use of this educational material.

Conclusion: “Summary of Principles and Recommendations for Stroke Patients and their Families after Discharge from Acute Stroke Units” brings a benefit to stroke patients in the home environment to find a possibility of rehabilitation.

Key words: Stroke, Rehabilitation, Occupational Therapy, Recommendations, Home Environment, Activities of Daily Living, ADL