

Abstract

Cerebrovascular accident (CVA) is an acutely spreading insult of brain structures of vascular origin, which is caused by multifactorial causes. It is the third most common cause of death globally and 40 % of survivors become disabled and dependent on other people. In the Czech Republic, the mortality rate caused by this condition is twice the rate in western or northern countries. Based on the available sources, this unfavorable state can be transformed by implementing a fundamental change in the care organization and access to the acute treatment. This bachelor thesis presents an overview of this topic. It has been elaborated using the casuistic method and consists of two main parts. The theoretical part defines the condition, it describes various anatomical and physiological circumstances; it also elaborates on the causes of creation, classification, signs of the condition, diagnostics, modern treatment and the patient care-taking process of this condition. It includes the multidisciplinary approach in the newly established stroke centers and recognizes different parts of the patient care. The special part of the thesis contains the two casuistic cases of randomly selected patients, who experienced an ischemic-type CVA and were able to be treated with systemic thrombolysis in the therapeutic windows. Especially all the necessary care-taking interventions leading to prevent common complications and helping the physical and mental recovery of the patient are thoroughly described. The main purpose of this thesis was to confirm in practice, how the patient care is performed at the specialized station for CVA in the stroke center.

Within the thesis, the following research questions are answered:

- In which phase of the condition does the rehabilitation process with the patients start?
- In which phase of the conditions are the patients verticalized?

The thesis is elaborated in a form of a case study and its main benefit is projected to be an overview of the current situation, focusing on providing the patient care at the specialized station for CVA. It also brings the theoretical insights into the topic and it emphasizes the important interventions and monitoring requirements of a nurse during the care-taking process that must not be missed. By thorough examination of both casuistries, the patient care in the stroke center was found to be focused on addressing all the needs of patients. By this holistic approach, it was managed to fulfill the biological and psychosocial needs of the presented cases. The emphasis was put on passive positioning and various types of exercise, early rehabilitation and waking up with the patients, and also on the prevention of aspiration, infections and depression. An interesting outcome of the examination is the fact, that even though the first radial treatment had been unsuccessful with the first patient, the restoration of movability of the infected limbs and independence in the area of self-care was achieved by the care-taking, rehabilitation and ergo-therapeutic procedures. It was also found that the interest and the psychical motivation of the staff had a fundamental impact on the active cooperation of the patients and their successful recovery. The outcome of the bachelor thesis is a proposal for an educational material, which targets the care-taking professionals and presents the requirements for the bio-

psycho-social aspects of the care-taking process for the clients that experienced an ischemic-type cerebrovascular accident.

Key words: mobilization of the patient, cerebrovascular accident, cerebral vessels, thrombus, cerebral haemorrhage, physiotherapy, rehabilitation