

November 14, 2022



In this newsletter...

- ****NEW**** Article Review
- ****NEW**** content produced by the AFO CPG team
- Time to consider being involved in the ANPT, Nominations are OPEN.
- SAVE the DATE, September 28-30, 2023 for the 3rd ANPT Annual Conference



Stroke SIG weekly article review summary.

Thank you Heather Hayes, DPT, PhD for her review of the article "Optimising rehabilitation and recovery after a stroke."

Article reference: Bonifacio GB, Ward NS, Emsley HCA, Cooper J, Bernhardt J. Optimising rehabilitation and recovery after a stroke. Pract Neurol. 2022.

Link to full article if available: <https://pn.bmj.com/content/early/2022/07/27/practneurol-2021-003004>

Note. This article is written from the UK healthcare perspective; however, there are many overlaps that could fit the US healthcare system.

Purpose of article: The purpose of this article is to describe the phases of stroke rehabilitation of care and discuss the gaps and opportunities to improve each.

Summary.

Acute stroke rehabilitation to inpatient rehabilitation to rehabilitation in the community to long-term recovery.

Acute stroke rehabilitation.

Organized stroke units reduce mortality and is a gold-standard in acute stroke care; however, only 77% of patients are taken into an organized stroke unit.

Inpatient rehabilitation

Optimal care recommends that individuals receive 45 minutes daily (minimum) of PT. OT. SLP at least 5 days / week in in patient rehabilitation ; however, 19% of SLP and 37% of OT sessions did not meet these minutes.

The greatest recovery potential is during the early phases and we need to develop systems that support higher intensity in its training to capitalize on this window!

Community rehabilitatoin

In the community, patients should receive reviews at 6 and 12 months. However, 45% of survivors feel abandoned after leaving the hospital.

Rehabilitation is often limited because of resources, rather than patient potential.

Long term recovery

Long term recovery is a challenge, the potential for recovery continues, but there are often limited opportunities. New Zealand has created a “Take Charge” intervention aims to create self-directed rehabilitation plans (not therapist-led rehab).

The UK has a “Bridges” program for promoting group based peer support interventions to promote resiliency and self-management.

Queen square has program providing 90 hours of treatment over 6 weeks, demonstrating improvement in upper limb recovery.

Virtual and augmented reality is gaining favor.

Discussion, take home message. “If all clinical practice guidelines were adopted into routine care, patients’ outcomes would significantly improve...”. This is referring to all clinical practice guidelines in stroke healthcare.

- Post-stroke rehab is complex. Large multidisciplinary teams are needed. Optimisation of stroke rehabilitation pathways should be a top priority.

AFO/FES CLINICAL PRACTICE GUIDELINES

New resource alert!

Action Statement Evidence Summaries

These eight action statement evidence summary documents were designed for clinicians to briefly synthesize and summarize the evidence from the clinical practice guideline related to each action statement. They guide dosing for using AFO and FES, along with clinical pearls, to understand the patient-centered impact on their use.

Sign up NOW to run for ANPT Office!!

Serving in an ANPT or SIG leadership position is a great way to engage with the neuro community. Your involvement and leadership ensures ANPT will continue to grow and be innovative. Consider serving in one of the open positions and make note of the upcoming deadlines. As a member-driven Academy, we need you to help define our future!

2023 Open Positions and Descriptions

The ANPT and SIG Nominating Committees have created a [web page](#) to answer your questions about each of the open positions.

- Secretary
- Director of Communications
- Director of Practice
- ANPT Nominating Committee

For Special Interest Group open positions, visit the SIG pages for information on their activities [here](#).

Nominations are **due March 27, 2023**. Elections will be held April 10 - May 8, 2023. Three-year terms begin July 1, 2023. If you are interested in getting involved in a leadership position, please contact one of the members of the ANPT Nominating Committee:

- Leslie Wolf
- KateENZler
- Lauren Bilski

You can also reach out to each SIG nominating committee as listed on the specific SIG Leadership pages.

2023 ANPT Annual
Conference September 28-30 in
Minneapolis, Minnesota.
The call for education and poster
submissions will open March 8, 2023.

VISIT THE STROKE SIG ONLINE!



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