

Stroke survivors' experiences and perceptions of Post Stroke Fatigue education in the subacute phase of Stroke: The FASE qualitative study

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Introduction: Post Stroke Fatigue (PSF) is a disproportionate and subjective mental or physical exhaustion, significantly impacting on stroke survivors' rehabilitation, morbidity and quality of life. Education is recommended to reduce the impact of PSF. The evidence-base of PSF education is scarce and inconsistently translated to practice. Research is necessary to understand the current provision, impact and perceptions of PSF education from the stroke survivor's perspective. The aim of the FASE study is to develop an understanding of stroke survivors' current experiences and perceptions of fatigue and the role of PSF education in the subacute phase of stroke.

Methods: A UK qualitative inquiry using semi structured interviews involving ten participants in subacute stroke was conducted using thematic data analysis.

Findings: The overarching theme of acceptance and adaptation reflected possible mechanisms in how stroke survivors manage PSF. Theme one highlighted the individual and diverse nature of PSF, including predictability, triggers, impacts and causes. Theme two, the variability of stroke survivor's current experience, reflected variability in content and context of PSF education, impact on recovery, perceived barriers and facilitators. Theme three, the role of stroke services described perceived responsibility

and ability of stroke services to provide PSF education. Perceptions of core education across the stroke diversity and tailoring of specific topics, strategies, timing, mode and format according to individual assessment was suggested

Conclusions: PSF education is complex with inconsistencies in practice. The findings have implications for professional training and improved stroke service collaboration. The results suggest further investigation of a stroke pathway approach for PSF education, involving core aspects suitable for a spectrum of stroke survivors with additional components tailored to individual needs.

Biography

Tremayne JE is the clinical lead occupational therapist in acute stroke and neurology at the Royal Cornwall Hospital. She has completed her MSc in clinical research with a specific focus on post stroke fatigue. She has a keen interest in research, promoting and being a principle investigator for therapy stroke research studies and supporting the research development of other professionals. She facilitates the county occupational research interest group (ROTTERS), promoting the active engagement of AHPs in research. She also peer review for MSc colleagues and have collaborated with PhD research studies. Following her MSc she was also appointed an honorary clinical fellow for the Peninsular Clinical School and sit on the leadership management committee.

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Novelties comparison of regional vs. local arterial parameters using a new US Technology

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Environment: It has been described that muscular arteries behaviour is different from aorta and regional parameters like IMT, atherosclerotic plaques burden, PWV-c and endothelial function are related with age and risk factors and are powerful prognostic markers but it is not the case of local parameters like wall shear stress (WSS), local PWV or beta index in muscular arteries like common carotid artery, only just recently available in the clinical practice.

Objective: To analyze the relationship of regional and local arterial parameters with age and its potential use in the clinical practice.

Methods: We evaluated 100 consecutive patients from april 2019 to february 2020 with a Resona 7 (Mindray) US device with tools to measure IMT, atherosclerotic load, PWV and endothelial function and by means of VFlow Doppler, an innovative multivectorial Doppler technology, we evaluated WSS and with radiofrequency edge detectors, stiffness parameters like PWV and beta index.

Results: IMT remodelling, plaques burden, PWV correlated tightly with age and endothelial function did but inverserly

(regression $p > 0.05$). Local carotid parameters like wall shear stress, PWV and beta index were grouped within a range, independently of age. (regression p NS).

Conclusion: The evaluation of local parameters has been proposed as markers of arterial disease and they are independent of age which makes it easier to detect abnormal values out of range, early markers of vascular disease, even before atherosclerosis is present. WSS is used for the first time in the current clinical practice.

Biography

Pedro Jose Forcada is MD (1982) PhD (2016), cardiologist, specialist in Hypertension and Cardiovascular Mechanics. Associate Professor of Buenos Aires University and four other Universities. Member of the Argentinean Cardiology and Hypertension Societies. Member of Artery Research and the Panamerican College of Endothelium. Past President of Artery LATAM. Published more than 250 papers and communications, international speaker in 140 Meetings and wrote several chapters in Cardiovascular Prevention and Vascular Mechanics books. Currently is Head of the Vascular Laboratory in CardioArenales and DIM both institutions in Buenos Aires ARGENTINA.

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How to improve the management of Acute Ischemic Stroke by modern technologies, Artificial Intelligence and new treatment methods

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Stroke remains one of the leading causes of death and disability in Europe. The European Stroke Action Plan (ESAP) defines four main targets for the years 2018 to 2030. Innovative technologies can be implemented for acute stroke patient management. Artificial intelligence (AI) and robotics are used increasingly often without the exception of medicine. Their implementation can be achieved in every level of stroke care. All steps of stroke health care processes are discussed in terms of how to improve them (including prehospital diagnosis, consultation, transfer of the patient, diagnosis, techniques of the treatment as well as rehabilitation and usage of AI). New ethical problems have also been discovered. Everything must be aligned to the concept of "time is brain".

Biography

Zeleňák Kamil is the Head of the Department of Radiology at the Jessenius Faculty of Medicine in Martin of Comenius University in Bratislava..He specialises in interventional neuroradiology and interventional radiology. He enthusiastically promotes the practical use of artificial intelligence in radiology and modern medicine. He graduated in his PhD in brain ischemic stroke prevention by carotid artery stenting from Comenius University, Bratislava - Slovakia, in 2009. He is a pioneer of interventional radiology in Slovakia. He was the first person to perform first carotid artery stenting in that country (2001) and the first endovascular treatment of the intracranial aneurysm (2003) in Slovakia. He was promoted to associate professor at the Palacky University Olomouc, Czech Republic, - January 2016, on the topic "Endovascular treatment of carotid artery aneurysms after subarachnoid bleeding." He has authored and co-authored over 227 publications and conference papers, including 4 books and 8 book chapters.

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Endovascular Treatment in Acute Ischemic Stroke adoption and practice: A Single-Center Indonesian Experience

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Indonesia is facing increasing stroke prevalence in the past 5 years. Ischemic stroke imposes economic and productivity burden if it is not addressed properly. Endovascular treatment studies are conducted in developed countries where facilities and cost do not count in therapy consideration if it is indicated. Developing countries like Indonesia should work hard to provide the best hyperacute stroke care with protocol deviation and limitation. This is the first review on endovascular treatment practice in a top single-center hospital in

Indonesia. Further improvement is needed to catch up with state-of-the-art hyperacute ischemic stroke treatment.

Biography

Taufik Mesiano is a lecturer from Faculty of Medicine, Universitas Indonesia and clinical medical staff at Neurology Department Dr.CiptoMangunkusumo Hospital. He is finished neurology specialty in 2010 at Faculty of Medicine Universitas Indonesia. And have finished Fellowship in Neuroendovascular Therapy, Neurosurgery Dept. Juntendo University – Tokyo in 2016.

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Exploring integrated caring model with yoga in physical recovery of Stroke patients in acute phase

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Background: Currently, caring science integrating cultural practices has become an important health resource to get positive health outcomes for hospitalized acutely ill patients. Yoga, a cultural practice, has the power to bring multiple physical improvements among chronic stroke patients. The purpose of the study is to explore the experiences of participants focusing on their roles and perceptions regarding using caring incorporating yoga program to promote physical recovery among stroke patients during the acute phase.

Methods: The present study formed as a part of action research that was designed to develop a caring model incorporating yoga program for promoting physical recovery of people living with stroke. This paper is based on qualitative phenomenological approach to explore the experiences of the participants using caring incorporating yoga program among stroke. Purposeful sample was used to select the participants of 16 nurses, 16 stroke patients and their family caregivers. Data was collected by focus group discussions and in-depth interviews using open ended interview guideline and continues until data saturation in a neurology ward of a university hospital, Nepal. An inductive content analysis approach was used for data analysis.

Results: Three main themes and 9 sub-themes were emerged from the qualitative data in terms of experiences of the participants on the program. The three main themes included "caring as a tool to develop trusting relationship: an embarking step for recovery of stroke patients in the acute phase"; "yoga as a practical and powerful tool for physical recovery of stroke patients during the acute phase"; and "perceived physical recovery as a result of the caring incorporating yoga program".

Conclusions. The findings of the study show that nurses could successfully facilitate early physical recovery of stroke patients using caring incorporating yoga program during their acute phase. As yoga is well accepted by Hindu stroke patients due to its being culturally congruent with their socio-cultural background, it may be effective for physical recovery and healing of the whole person.

Biography

Kalpana Paudel has completed her PhD in Nursing Science from Prince of Songkhla University, Thailand. She is the Assistant professor of Tribhuvan University, Nepal. She has a number of scientific paper publication and presentation. She has 26 years of working experiences in nursing both in education and clinical site.

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