

Target Area: Anxiety, Depression, Stress & Adjustment / Independence & Self Care ADL

<p>Clark, Rubenach & Winsor (2003). <i>A Randomised Controlled Trial of an Education and Counselling Intervention for Families After Stroke</i>. <i>Clinical Rehabilitation</i> 17(7): 703-712</p>	<p>PEDro score – 7/10</p>
<p>Method/Results</p> <p>Design:</p> <p>Y Study Design: RCT.</p> <p>Y Population: 62 stroke patients (61% male and their spouses). Patients excluded if had severe aphasia, poor English, low MMSE score, no partner or discharged to residential care.</p> <p>Y Groups:</p> <ol style="list-style-type: none"> 1. M=71.2 years, SD=8.8 2. M=73.3 years, SD=8.5 <p>Y Setting: Inpatient rehabilitation for stroke.</p> <p>Primary outcome measure/s:</p> <p>Y Barthel Index.</p> <p>Y Adelaide Activities Profile (measures performance of 21 lifestyle activities in prior 3 months).</p> <p>Y Short Form Health Survey (SF-36).</p> <p>Y McMaster Family Assessment device (FAD) to measure family function.</p> <p>Y Geriatric Depression Scale (GDS).</p> <p>Y Hospital Anxiety and Depression Scale (HADS).</p> <p>Y Mastery Scale 7-35 (high score =high mastery).</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Results: Significant improvements for treatment group specifically in FAD, Barthel, and some aspects of AAP.</p>	<p>Rehabilitation Program</p> <p>Aim: To use education and counselling to improve family functioning and psychosocial outcomes for stroke patients and families and improve functional and social outcomes for patients.</p> <p>Materials: Information package (available from authors).</p> <p>Treatment Plan:</p> <p>Y Duration: 5 months.</p> <p>Y Procedure: Patients given Information package and had 3 visits (each one hour) from social worker 3 weeks; 3 months and 5 months post discharge.</p> <p>Y Content: Information pack has information about stroke and consequences, measures for reducing risk of further stroke, practical coping suggestions and information about community services and supports. Social worker reinforced information in pack on first visits and offered counselling on next two.</p>