

Target Area: Anxiety, Depression, Stress & Adjustment/ Interpersonal & Social Skills
/ Quality of Life

<p>Smith, Forster and Young (2004). <i>A Randomised Trial to Evaluate an Education Programme for Patients and Carers After Stroke</i>. <i>Clinical Rehabilitation</i> 18(7): 726-736</p>	<p>PEDro score – 5/10</p>
<p>Method/Results</p> <p>Design Y StudyType: RCT. Y Population: 170 patients with stroke. Patients excluded if had aphasia, no English or cognitive impairment and no carer. Y Groups: 1. Intervention (n=84, 54% male, M=75 years). 2. Control (n=86, 52% male, M=74 years). 3. And 97 carers. Y Setting: Inpatient stroke rehabilitation unit.</p> <p>Primary Outcome Measure: Y Knowledge of stroke.</p> <p>Secondary outcome measure/s: Y Hospital Anxiety and Depression Scale (HADS). Y London Handicap Scale. Y Barthel Index (for physical functioning). Y Frenchay Activities Index (for social functioning). Y Pond Scale (for satisfaction).</p> <p>Results: No change in knowledge, but significant change in HADS.</p>	<p>Rehabilitation Program</p> <p>Aim: To educate patients and their families regarding stroke and adjustment.</p> <p>Materials: “Stroke recovery manual” including information on causes, consequences, recovery, financial benefit, services and information for carers.</p> <p>Treatment Plan: Y Duration: Not specified (effects evaluated after 3 and 6 months). Y Procedure: While in-patients, patients given manual and had meetings with members of multidisciplinary team every two weeks (20 minutes). Y Content: Discuss progress and develop rehabilitation goals. (Exact period not specified but effects evaluated at 3 and 6 months).</p>