Physical Therapy Management Of A Patient After Hemorrhagic Stroke Using A Task-Oriented Approach In A Skilled Nursing Facility: A Case Report

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Unique

- Stroke is the leading cause of long term disability in the U.S.
- Nearly 800,000 Americans have a stroke each year.¹
- Subarachnoid hemorrhagic stroke occurs when one of the blood vessels in the brain bursts causing a release of blood which increases intracranial pressure.²
- There is a lack of rehabilitation research in the skilled nursing setting for hemorrhagic stroke.

Case Description

- 55-year-old female with a diagnosis of subarachnoid hemorrhage.
- In the hospital the patient underwent a decompensated hemimictanectomy of the right side of the skull with a skin flap.
- This surgical procedure involves removing a portion of the skull and cutting through the dura mater underneath to allow the swollen brain tissue to expand without damage to other brain structures.⁶
- After 25 days in the hospital, she was transferred to a skilled nursing facility.
- Initial PT examination found left hemiparesis and pusher syndrome.
- The patient wore a helmet during all out of bed activities.
- She had PT 6 days/week for ~50 minute sessions, over 13 weeks.
- The patient’s goals were to walk again and to return home without full time home health services.

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<th>Functional Activity</th>
<th>Admission</th>
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<td>Bed Mobility</td>
<td>Maximum Assistance and Verbal Cues</td>
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<tr>
<td>Rolling</td>
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<tr>
<td>S Miss to Sit</td>
<td>Dependent</td>
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<tr>
<td>Sit to Supine</td>
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<td>Sitting EOB</td>
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<td>Gait</td>
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CARE items Mobility Assessment Score 15/84 41/84

Wheelchair Mobility:
- decrease distance
- decrease therapist assistance

Gait Training:
- progressed to hemiwalk
- utilized ankle brace

Neuro-muscular Re-education:
- balance
- weight shifting
- hip/knee control

References


Conclusions

Subarachnoid hemorrhagic stroke can cause severe functional deficits, however, a task-oriented approach in a skilled nursing facility appears to have helped a 55-year-old female regain functional mobility skills to improve her quality of life. Research on the PT management of a patient with a subarachnoid hemorrhagic stroke in this setting should occur to determine if similar gains could be made in patients of other ages and gender.

Acknowledgments

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