Unique
• Stroke is the leading cause of long term disability in the U.S.
• Nearly 800,000 Americans have a stroke each year.  
• Subarachnoid hemorrhagic stroke occurs when one of the blood vessels in the brain bursts causing a release of blood which increases intracranial pressure.  
• 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 decompressive hemi-craniectomy 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.
• 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.

Observations
• At 13 weeks the patient improved all functional mobility.
• Her right lower extremity strength improved to a 5/5
• Her trunk strength increased from a 2+/5 to a 4-/5.
• Her CARE assessment score increased to a 41/84.

Conclusions
Subarachnoid hemorrhagic stroke can cause severe functional deficits, however, a task-oriented treatment 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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References
4. UpToDate. Subarachnoid hemorrhagic stroke can cause severe functional deficits, however, a task-oriented treatment 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.
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Purpose
To describe the PT management, using a task-oriented approach, of a patient with a subarachnoid hemorrhagic stroke being treated in a skilled nursing setting.

Foundation
• Research has been done on ambulatory patients with chronic stroke in an outpatient setting using body weight supported and robotic systems for gait training.
• While both of these interventions have been shown to be effective, neither of these systems were available in the skilled nursing facility.
• Even without these systems, it has been found that patients who receive inpatient stroke rehabilitation demonstrate improved motor recovery, functional status, and quality of life at discharge.
• This report details using a task-oriented approach to promote functional mobility and independence in a patient with a hemorrhagic stroke.

Functional Mobility
<table>
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<tr>
<th>Admission</th>
<th>Re-evaluation</th>
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<tr>
<td>Suture to Sit</td>
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<tr>
<td>Sit to Supine</td>
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<tr>
<td>Sitting EOB</td>
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<tr>
<td>Stand Pivot</td>
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<tr>
<td>Sit to Stand</td>
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<tr>
<td>Stand to Sit</td>
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<td>Not Tested</td>
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<td>Gait</td>
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CARE items Mobility Assessment Score
- Admission: 15/84
- Re-evaluation: 41/84