

Attend up to two to three hours per day of structured time with the physiotherapists, the occupational therapist and possibly the speech and language therapist.

Remember, once you go home – you and your family have to cope on your own without the entire rehabilitation team by your side like you were in the hospital.

Checklist of Items to bring to the Rehabilitation Ward:

- Comfortable clothing (easy to put on and take off)
- Comfortable lace-up walking shoes (if you do not have any please do not buy new shoes just yet; a therapist will recommend shoes after you arrive)
- Hearing aids with spare batteries (if required)
- Glasses
- Dentures (if worn).
- Wrist Watch
- Copy of any special diet which you have been following at home
- Any equipment that you were using at home prior to your admission (such as a cane, walker, wheelchair, or ankle/foot brace).
- All medications that you were taking at home prior to your hospital admission.
- Calendar
- Toiletries, shampoo, comb/brush, toothbrush, toothpaste, electric shaver, makeup, etc.
- The following items are optional: recent pictures or photo albums; a list of your interests, hobbies, names of family members; your own pillows or quilt.



Contact Us

Opening Hours

| | |
|------------|-------------------------|
| Mon to Thu | 8am - 5pm |
| Friday | 8am - 12pm 2pm - 5pm |

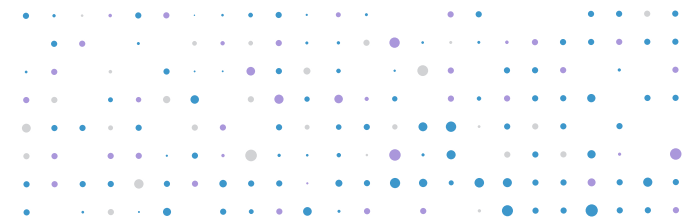
For inquiries, please contact:

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Guide To Stroke Rehabilitation



The purpose of the Stroke Rehabilitation is to help you, a stroke survivor to maximize your function in order to become independent as possible in your mobility and self-care tasks.

Who will benefit?

Those who are:

- Recovering from disabling effects of a recent stroke.
- Medically stable and or whom all acute investigations have been completed.
- Willing to actively participate in the stroke rehabilitation program.
- Able to learn, or have families willing to learn, the necessary skills to become independent as possible.

How long does stroke rehabilitation last?

The duration of your stroke rehabilitation depends on the severity of your stroke and related complications. Most stroke survivors needs ome form of long term stroke rehabilitation up to months or even years. Whereas, some stroke survivors recover quickly.

Your stroke rehabilitation plan and its intensity will change during your recovery as you relearn skills and your needs change.

Who will be part of my rehabilitation program?

- Doctors
- Rehabilitation nurse
- Physiotherapist
- Occupational therapist
- Speech therapist
- Dietitian
- Psychologist if needed
- Medical social worker if needed

What are some of the rehabilitation activities that I need to focus on?

- Therapy for swallowing and communication disorders can help you regain lost abilities in swallowing, speaking, listening, writing and comprehension.
- Strengthening motor skills involves using exercises to help improve your muscle strength and coordination.
- Activities of daily living retraining (e.g. dressing, grooming, showering, managing finances), which may include your affected arm or you may be shown to use other strategies to substitute for what you have lost such as (buttoning your shirt with one hand or with the use of an aid).
- Mobility skills such as transferring from bed to chair, walking, wheelchair transfer and mobilising with walking aids.
- Cognitive skills such as memory or problem solving.
- Social skills in interacting with other people.
- Psychological functioning to improve coping skills and treatment to overcome depression, if needed

You might be enrolled in other rehabilitation programmes which include but not limited to:

- Robotic technology uses robotic devices to assist impaired limbs with performing repetitive motions, helping them regain strength and function.
- Constraint-induced movement therapy (CIMT), also known as "forced-use" therapy. It involves restricting use of your healthy side while you practice moving the affected side. Forcing you to use the affected arm or leg can help improve its function.
- Electrical stimulation involves using electricity to stimulate weakened muscles, causing them to contract. This may help with muscle re-education in some individuals.

What are the factors affecting the outcome of rehabilitation?

- Physical factor including effect of stroke on both cognitive and physical effects
- Emotional factor such as motivation and mood
- Social factor such as family support and friends
- Therapeutic factor including an early start of rehabilitation.

What do you need to do to recovery well?

- Progress towards independent quality of life is achieved through ACTIVE daily participation in therapy. If you do not work hard and try your best, it is unlikely you will achieve your recovery goals.
- Family members are also encouraged to be ACTIVE participants in your recovery. They are expected to attend therapy with you at least once a week, to provide assistance and support in applying what you have learnt from your therapeutic sessions; and to prepare for any difficulties that you might encounter at home prior to your discharge.
- Continue to practice what you have learnt during therapy in the ward. The nurses will assist and encourage you to continue to work towards your goal of independence.