

The Brunei Neuroscience Stroke & Rehabilitation Centre (BNSRC)

Established in 2010 as a highly specialised stroke facility, the BNSRC offers a comprehensive array of infrastructure and expertise for stroke patients requiring medical and surgical care, specialised investigations and therapies. Since then, BNSRC has evolved to being a one-stop centre that provides a broad range of acute and long-term Neurology and Neurosurgery services with a full complement of Neuroradiology and Rehabilitation Medicine services.

Contact Us

Opening Hours

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

For inquiries, please contact:

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Stroke Rehabilitation And Family Education

After a stroke, you may have to change or relearn how you live day to day. Stroke rehabilitation should begin once patient is medically stable.

The goals of rehab are to :

- Increase independence
- Improve physical functioning
- Help you gain a satisfying quality of life after stroke.
- Help you make lifestyle changes to prevent another stroke.

Who will be part of my rehabilitation program?

- Rehabilitation nurse
- Physiotherapist
- Occupational therapist
- Speech therapist
- Neuropsychologist if needed
- Primary doctor and rehabilitation doctor
- Dietitian
- Medical social worker if needed

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

- Activities of daily living such as eating, bathing and dressing.
- Mobility skills such as transferring from bed to chair, walking, wheelchair transfer and mobilising with walking aids.
- Communication skills in speech and language.
- 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

How long does rehabilitation last?

The duration depends on the severity of your stroke and related complication. Most patients need long term rehab that last for months or years.

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.
- The rehab therapists and nurses will start the Stroke awareness program for family and caregiver of stroke patient to educate them on patient's routine care and discuss expectation throughout rehabilitation phase.
- Carer and family's involvement and support are important throughout the post-stroke recovery process.

Examples of trainings that family needs to learn and participate are:

- Toilet or Bed bathing and oral care and diaper changing
- Tube Feeding (NGT or PEG)
- PEG Dressing, wound dressing and trache dressing
- Safe and Correct Suctioning (from oral and trache)

- Proper positioning, transferring and techniques on fall prevention
- Proper diet and exercise
- Importance of compliance to medications such as oral anticoagulation therapy and attending rehabilitation appointments
- Administering subcutaneous injections

Stroke Prevention

- Maintain a healthy diet
- Do exercise
 - Being overweight or obese increases your risk for stroke
- Quit smoking
- Lower alcohol intake
- Control blood pressure
- Control blood sugar level
- Check cholesterol level
- Compliance to treatment for previous stroke patient to prevent another stroke