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Educational needs of post-stroke patients and their caregivers

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Keyword: Patient therapeutic education stroke

Objective.—Show the importance of educational needs of the post-stroke patients and their caregivers.

Methods.—Retrospective study on 62 patients supported by our multidisciplinary mobile team of post stroke outpatient (HEMIPASS) in 2012. We classified the different actions in eight domains: taken back by occupation, research of adapted transport, developments of the domicile, self-government in AVQ, administrative files, coordination of care, support of the patient and of their caregivers and actions of education they the same divided into four groups.

Different domains could concern the same patient.

Results.—Different undertaken actions were: help to return to work (6%), research of adapted transport (24%), home adaptations (13%), rehabilitation in activities of daily living (35%), local authorities/support services (38%), coordination of care (43%), psychological support in patient (40%) and in caregivers (45%) and actions of education (100%). This actions of education concerned four main topics: cognitive and communication problems (50%), prevention of another stroke and treatments (31%), physical care/moving (18%) and exercise and staying active (16%).

Discussion.—This work confirms the importance of educational needs of post stroke patients and their caregivers [1–3]. In our study, needs and concerns of the patients and their caregivers are those habitually brought back [2,3]. Situations taken care by the mobile teams for post stroke patients are advantageous for the creation of programs of Therapeutic Education of Patient (ETP) according to recommendations of HAS [1–3].

References

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Organization of a multi centered therapeutic education programme (TEP) for patients after a stroke

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Keywords: Therapeutic Education Programme; Stroke; Programme; Chain

Objective.—Legislation being favourable (loi HPST, Plan AVC 2010-2014) and following the publication of guidelines by the SOFMER and the SFN Val post-stroke Therapeutic Patient Education (TEP), three structures of aftercare and rehabilitation (SSR) and a health network formed a steering committee (COPI). Its main mission is to develop and structure the educative practice for patients after a stroke following two ways:

– prevention of cardio-neuro-vascular risks;
– physical and cognitive consequences after a stroke.

Materials and methods.—The COPI, created on December 5th, 2011, gathers competent professionals for stroke reeducation (PRM doctors, health care managers and physiotherapist) or for PTE (master or university degree). The COPI develops a general methodology following the evaluation of professional practice:

– description of the current situation (questionnaire for SSR professionals);
– choice of improvement axis and an action plan;
– evaluation.

Among the actions of the plan, the COPI develops an interview guideline for educative diagnosis, constitutes eight multidisciplinary work groups in SSR wards, distributes the different themes, coordinates and synthesizes works, anticipates evaluation tools and prepares the authorization file for the programme for the Regional Health Agency.

Results / Discussion.—Results show that professionals have a poor knowledge on TPE. The improvement axis emerging wes to form professionals, to develop a TPE programme on eight themes dealing with secondary prevention and frequent consequences after a stroke, following learned societies’ recommendations. The COPI meets once a month. The drawing up of the programme on the eight themes is actually in its final stage. Each working group is directed by two experts, one on the theme and the other on TPE. Patients and their caregivers were involved. The authorization request for the programme is planned for September 2013.

The methodology’s main interests consist in its overall vision of sequelae of stroke and its regional use by the coordination team of the stroke chain.

Further reading
www.sofmer.com/ Élèments pour l’élaboration d’un programme d’Éducation Thérapeutique spécifique au patient après AVC.

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Education and chronic back pain

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Objective.—To study the needs and concerns of patients suffering from chronic back pain following the recommendations of HAS [1–3].

References

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