

The stroke patient comes home

Physiotherapy skills in homebased care

Excerpt from the Resource book for rural village health workers



Help for all - Physiotherapy for all

ABC on stroke

What is a stroke?

A stroke is a bursting or blockage of a blood vessel in the brain. When this happens, blood doesn't travel to all parts of the brain, so these parts can be damaged or die.

Stroke occurs more likely if patients:

- Smoke,
- Are overweight,
- Have high blood pressure (hypertension),
- Drink too much alcohol,
- Have heart problems,
- Have diabetes,
- Have someone in the family who has had a stroke.
- Have kidney problems

But remember, **Stroke is not contagious!**

Will they get better after having a stroke?

Every stroke is different, most people get a lot better, some people take longer, some people may not recover

Most of the stroke patients are referred to the local hospital and come back to the village after a few weeks.

After a stroke

The leg and arm may be weak or not move at all, there might be no feeling in the leg or arm, Patients may ignore or bump into things.

Give the patients help with: getting in or out of bed, sitting in a chair, walking, getting dressed, eating and drinking, washing themselves, going to the toilet. Also show family members how they can help the patient.

Please note: do NOT pull on the weak arm as this can cause damage to the shoulder and can become very painful.

Starting exercises EARLY after a stroke is good

Patients are more likely to get strong in the first few months after a stroke, this is when they need to work hard, show them the right exercises to do. Lots of practice is the way to go. Teach patients how to move their arm and/or leg in a proper way without getting hurt. Encourage them to do as much

as possible by themselves, and then assist them where they are unable to do the movement.

Shoulders can get sore, they need to be supported. Patients should use their arm. Exercise may help to get the arm stronger. Give them a sling if they need it or support the arm on a pillow when they are sitting or lying down.

Exercises for patients with severe stroke

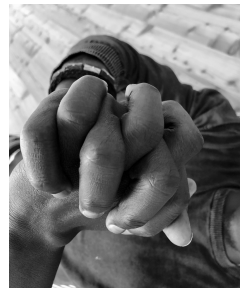
You will very often find these patients in the bed, they are not mobile, and maybe they are not capable of moving their arms or legs by themselves. Practice rolling exercise with the whole body, rolling from one side to the other.

Also do a lot of active exercises for the healthy arm and leg.

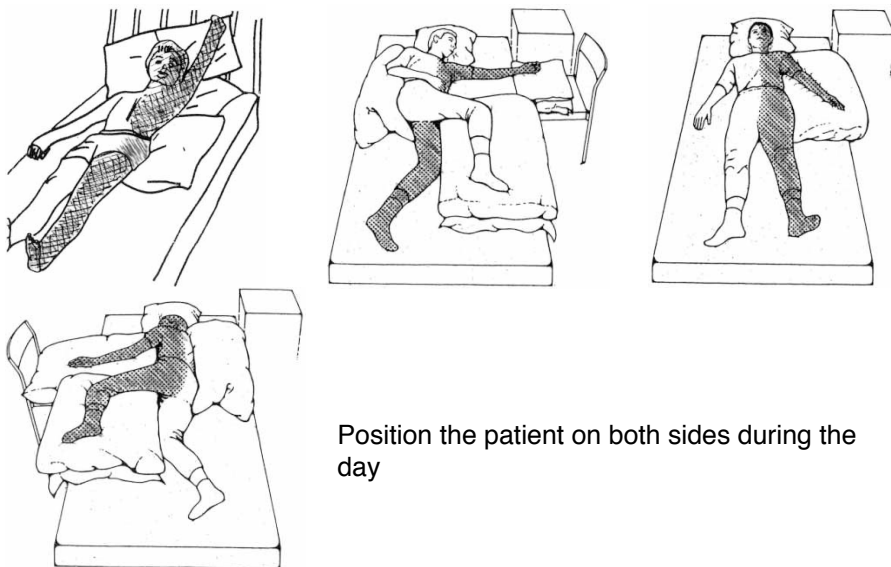


Help them to bring the paralysed arm above the head, to bend the elbow and extend the arm.

Close the fingers to a praying position, turn the fingers outwards and stretch the arm.



Help them to move the leg with assisted exercises. Bend both knees and help the patient to lift up the pelvis by pushing down on the feet.



Position the patient on both sides during the day

Mobilise the patient to a sitting position, whenever possible, during the day, on a safe chair. If the patient is able to stand, practice standing and do body weight distribution exercise. Support them to shift their weight from side to side – when the weight is on the weak leg, encourage them to keep that knee strong and as straight as possible.

Exercise for patients with moderate stroke

Do the same as written above for patients with severe stroke.

Add lying on the tummy.

Let them do as much as possible by themselves.

They should practice many times a day, coming from lying to sitting going to standing.

Help them with what they need to be safe.

Do assisted walking training.

Exercise while sitting on a chair.

Remember to also exercise the healthy side, as it is important for the development of the paralysed side and for overall improvement in function.

When the patient starts to walk by himself, take all precautions to prevent a fall. They may need a stick to lean on, or someone by their side at first.

Stand on their weak side when you are walking with them.

Every daily activity becomes exercise: washing themselves, dressing, eating, going to the toilet, moving outside to get some sun and also social contact.

When it becomes possible, start exercise lying on the floor, going down to the floor and coming up is already exercise.

It is always wise to practice activities the patients needs at home such as getting out of bed, walking outside, feeding themselves etc.

Remember the three rules of engaging with patients:

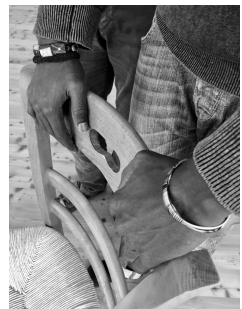
1. Let them move by themselves as much as is possible and safe
2. Assist the patient where they have difficulties
3. Do for the patient what they cannot do by themselves

Whenever you can, give positive and sincere feedback to the patient, it is motivating for him/her.

Equipment can help

- Over toilet frame: To get on and off the toilet
- Foot splint: To help with standing and walking, get advice from the physiotherapy department of your local hospital
- Wheelchair: To help when they can't walk far, to bring the patient outside to the sun and to social contact. When there is no wheelchair, use the two chair or bench to bench technique

- Assisted walking with the help of a chair in front of him, using it like a walking frame



- Spoon or fork with a thick handle to help them hold it in a weak hand, and feed themselves
- A heavy table next to the bed to lean on and to help them get out of bed
- A firm, higher chair to make it easier to stand up
- A sling for a paralysed arm, if the shoulder is painful

Give the patient, if possible, the right material to help him in his daily life

Why are patients having difficulty eating and drinking?

Sometimes food can go into the lungs instead of the tummy.

Show them how to eat food and drink safely.

Tell them to always sit up before they eat or drink.

Other things you can show them: take small mouthfuls, eat mushy food, some patients need a feeding tube.

Tell them to call for help if they cough when they eat.

Going to the toilet

- Some patients have problems going to the toilet.
- Tell them to go to the toilet regularly every few hours
- Infections in the urinary tract are common after stroke, drinking lots of water helps
- Tell patients to ask for help going to the toilet, if they have problems

Speak - Understand - Communicate

Family and friends can help too, ask them to:

- talk in short sentences,
- use body language,
- use writing or pictures,
- be clear,
- talk slowly.

Be calm, don't shout at the patients, don't lose your temper when you get impatient.

After a stroke patients may: forget some things or how to do things easily, have problems concentrating, get tired quickly. Some patients may get emotional and easily upset, or depressed.

Medicines

Medicines must be taken at the right time and the correct dose every time.

It is very important to check with the doctor before stopping a medicine, and have regular checkups in the health centre

What patients can do by themselves to reduce the risk of stroke:

Walk daily, play sport, do garden work exercise daily

Stop smoking,

Stay off alcohol

Eat more vegetables, less carbohydrates and reduce sugar

Family and friends can help

Family and friends are important and can help, and can learn a lot from you, show them.

Encourage the patient's relatives or friends to do as much as he or she can.

ABC tsa setorouku (stroke)

Setorouku keng?

Setorouku ke ho kibana kapa thibana hoa methapo ea mali ka hara boko, ha sena se etsahala mali ha ee hohle likarolong tsa 'mele, kahuna karolo tseo li ka utloa bohloko kapa ho shoa.

Setorouku se etsahala hangata ha:

- Mokuli ale motenya haholo
- Ana le bothata ba lefu la pelo
- A noa joala haholo
- Ana le phallo e holimo ea mali (high blood pressure)
- Ana le lefu la tsoekere
- Ho kila ba le emong kahara lelapa a nang le bothata ba setorouku
- Bothata ba liphieo

Hopola hore setorouku hase ts'oaetsane

Na baka ba betere kamora hoba le setorouku

Setorouku sea fapana empa hangata bakuli ba sona ba eba betere haholo, empa ba bang ba nka nako e telele ho fola, ha ba bang ba keke ba fola. Boholo ba bakuli ba setorouku ba isoa lipetlele ebe ba lula nakoana ba khutlele malapeng kamora libeke tse fokolang.

Kamora setorouku

Maoto le liphaka lika hloka matla, kapa tsa seke tsa tsamaea ho hang, kapa o kase utloe maoto kapa matsoho a hae. Bakuli baka thula lintho. Thusa mokuli kaho: mo nts'a ka likobong le ho mo kenya, mo lulise setulong, ho tsamaea, ho mo apesa, ho ja le ho noa, ho mohlapisela le ho mofelehetsa ha ea ntloaneng. Hape bonts'a ba lelapa hore nab aka mothusa joang.

Ela hloko: se ke oa hula letsoho le sa sebetseng ka ha seo seka baka bothata ho mahetla, me akaba le bohloko.

Ho qala boikoetliso hang kamora hoba le setorouku ho bohlokoa haholo

Bakuli ba lefu la setorouku ba ka ikutloa ba le hantle kapa ba le matla kamora ho ts'oaroa ke setorouku, ka hoo ke nako e ntle ea ho ba khothaletsa ho sebetsa ka thata, ba bonts'e mokhoa o motle oa ho ikoetlisa. Ba khothaletse ho ikoetlisa kamehla. Ba rute hore na ba ka tsamaisa letsoho kapa leoto la bona joang basa ikutloise bohloko. Ba

khothaletse ho tsamaisa leoto kapa letsoho hangata ka moo baka khonang.

Mahetla aka ba bohloko, ahloka ho thusoa, bakuli ba sebelise sephaka sa bona ho ikoetlisa ho ka thusa hore letsoho kapa sephaka se boele sebe le matla hape. Fa mokuli thuso eka mo thusang kapa ts'ehetsa letsoho kapa sephaka ka mosamo nako eo ba lutseng kapa ba robetseng.

Boikoetliso bakeng sa batho beo setorouku se ba hlaselang khafetsa

O tla fumana hangata bakuli ba setorouku ba robetse hase hangata ba tsamaeang, ekanna eaba haba khone ho tsamaisa matsoho kapa maoto a bona ka bo bona.



Barute ho ikoetlisa ka ho pitika ka 'mele kaofela a ntsa chenchamahlakore.

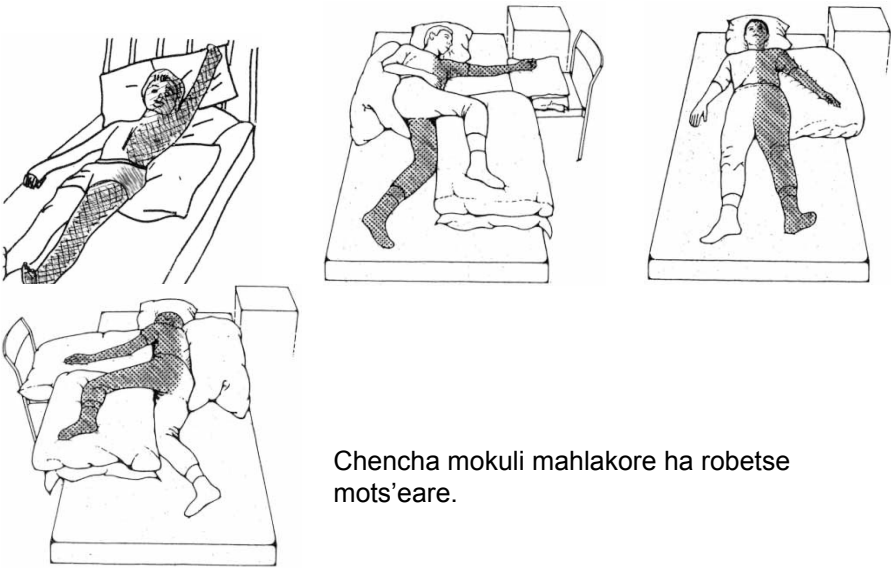
Hape mokuli a lule a ikoetlisa letsoho kapa leoto boholo ba nako.

Ba thusa ho tlisa letsoho le sa sebetseng holima hlooho, koba setsu ebe o otlolla letsoho.

Mokuli a kopanye matsoho joalo ka ha eka oa rapela, tsamaisa menaana ebe otlolla letsoho.



Thusa mokuli ho tsamaisa maoto. Koba mangole ka bobeli ebe o thusa mokuli hore a phahame ka lirao hanyane.



Chencha mokuli mahlakore ha robetse mots'eare.

Thusa mokuli ho lula ha ho khoneha haholo ebe mots'eare, a lule setulong se bolokohileng. Haeba mokuli a khona ho ema, etsa hore a leke ho ema ebe le etsa boikoetliso antse a eme. Leka hore a eme me haeba a utloa bohloko ka leotong le nang le ho lemala mokhothaletse hore a eme a otlolohile.

Boikoetliso bakeng sa bakuli ba setorouku

Mokuli a leke ho ikoetlisa a robetse ka mpa, haeba a khona ho ema a eme me ba etse boikoetliso bo bobebe.

Lamella mokuli ho ikoetlisa hangata kamoo aka khonang ka boeena. Ba lule ba ikoetlisa hangata ka letsatsi ekaba ha ba robetse, paqame kapa ba lutse, le ha ba eme. Ba thuse ka seo b aka se hlokanang molemong oa hore ba bolokehe. Ba thuse ho tsamaea ele mokhoa boikoetliso. Ba ikoetlise leha ba lutse setulong. Ka mehla hopola hore ho bohlokoa ho ikoetlisa le lehlakore le phetseng hantle, ka ha ho ka ba molemo hore le lehlakore le kulang le fole le tiee, le ho thusa hore 'mele ka kakaretso o o phele kapa o sebetse hantle.

Ha mokuli a se a qalile ho itsamaisa ka boeena ela hloko hore ho sebe le letho le ka mo lielang moo a tsamaeang, ba ka hloka thuso ea thupa kapa motho eaka mo ts'ehetsang kapa ho mothusa ho ema a be lehlakoreng la hae. Ema ka lehlakoreng le kulang la bona hau tsamaea le mokuli.

Seo mokuli a se etsang kamehla ekaba mokhoa o mong oa boikoetliso: ho itlhapisa, ho ikapesa, ho itjesa le ho ikisa ntloaneng, ho ea kantle ele ho fumana letsatsi le ho kopana le batho.

Ha ho khoneha mokuli a etse boikoetliso a robetse fats'e, a ee fats'e hape a khutle a nyofohe kapa a eme ese ntse le mokhoa o mong o a ho ikoetlisa.

Ho bohlokoa ho etsa ntho tseo mokuli a ka hlokanang ho lietsa hae joalo ka ho tsoa ka likobong, ho ikisa kantle le ho itjesa, joalo joalo.

Hopola melao e meraro ea ho thusana le mokuli

1. Mokuli a itsamaisa ka boena hangata ka moo a ka khonang'me a bolokehe.
2. Thusa mokuli moo a thatafalloang.
3. Etsetsa mokuli seo a hloloang ho iketsetsa sona

Haho khoneha, fa mokuli litaba tse monate tse khothatsang, ho etsa hore a be morolo.

Lintho tse ka thusang

- Ts'epe holima ntloana eka thusang mokuli ho ema le ho lula holima ntloana.
- Ts'epe e thusang leoto le lemetseng: ho thusa mokuli ho ema le ho tsamea, batla keletso setsing sa kotlollo ea masapo le mesifa haufi le uena.
- Setulo se thusang ho tsamaea se mabili (wheelchair): eka thusa mokuli a sa khoneng hoea hole ha tsamaea, le ho tlisa mokuli kantle letsatsing. Haeba ho sena setulo seo se thusang ho tsamaea mokuli a ka sebelisa litulo tse peli tse tloaelehileng ho tsamaea ka tsonae

- Setulo se thusang ho tsamaea se eme ka pela mokuli se thusang eka tsepe e mona e thusang ho tsamaea.



- Khaba kapa fereko e tenya ho mothusa hore ho be bobebe ho e ts'oara ka letsoho le lemetseng kapa le senang matla aho itjesa.
- Tafote e tiileng kapa e thata pela bethe ho thusa ho tsoa le ho kena ka likobong.
- Setulo se tiileng se ka thusang hore ho be bobebe ho ema.
- Tsepe e thusang mokuli ea nang le bothata ba sephaka se sa sebetseng, haeba lehetla le le bohloko. Fa mokuli lintho tse ka mothusang letsatsi le tsatsi.

Keng se ka etsang hore bakuli ba be le bothata ba ho ja le ho noa

Ka nako engoe lijo li ka see ka mpeng

Bonts'a mokuli hore na a je le ho noa joang ka mokhoa o bolokehileng.

Leka hore kamehla pele ho lijo kapa linomokuli a lule hantle,

Tse ling tsa lintho o ka ba bonts'a: nka lijo tse nyane o je butle butle ele hore mokuli a tle a bone.

Ba bang ba bakuli ba hloka lethompo le thusang ho ja.

Joetsa mokuli a kope thuso haeba a ka khohlela kapa a qhoeloa antse a eja.

Haea ntloaneng

Ba bang ba bakuli ba ba le bothata ba hoea ntloaneng. Ba joetse hore ba ee ntloaneng hangata ka mora hora. Ka nako engoe baka ba le bothata ba ho sesa ka mora hoba le setorouku, ho noa metsi haholo ho kaba thusa bothateng boo.

Joetsa mokuli a kope thuso ha batla hoea ntloaneng.

Bua, utloisisa buisanang

Ba lelapa le bakhotsi ba ka thusa

- Bua mantsoe a makhuts'oane.
- Sebelisa matsoho kapa 'mele ho bua le bona haba sa utloisise.
- Ngola kapa sebelisa lits'oants'o.
- Hlakisa litaba tsa hao.
- Leka ho bua butle.

Leka ho bua hantle le mokuli oa setorouku seka mo tenehela kapa oa mo omanya bua le eena ka boikokobetso.

Kamora hoba le setorouku mokuli a ka ba le ho lebala kapa na lintho li etsuo joang ha bobebe, baka se khone ho mamela kapa ho tsitlallisa kapa tsepamisa maikutlo, ho khathala kapele, ba bang baka koata le feela kapa b alula ba sena khotso.

Meriana

Mokuli o lokela ho noa meriana ka nako tse behiloeng ke ngaka 'me a seke a li fosa. Hape a noe tekanyetso e nepahetseng. Ho bohlokoa ho fumana keletso ho ngaka pele mokuli a tlohella meriana, 'me mokuli a lule a ea ngakeng hangata bakeng sa lithahlobo tsa hae.

Seo bakuli baka se etsang ho khutsufatsa monyetla oa setorouku:

Tsamaea kamehla, bapala bolo, e ea jareteng ho thusa, ikoetlise kamehla.

Seka tsuba

Seka noa

Ja meroho haholo me o fokotse papa le tsoekere

Lelapa le metsoalle b aka thusa

Ba lelapa le bakhotsi ba bohlokoa haholo ka ha ba ka thusa kapa ho ithusa ho uena hore na mokuli a ka hlokomeloa joang, ba bonts'e.

Khonthaletsa ba lelapa ho lula ba mokhathaletsa ho lula a koetla.

Where can i get help for my daily work

- The nurse or doctor of your health centre
- Your local hospital physiotherapy teacher:

For Lesotho:

- Seboche, St. Charles hospital
- Thaba Tseka, Paray hospital
- Roma, St. Joseph hospital
- Tebellong hospital

- Your local primary health care, PHC coordinator or The TB coordinator

For further information and tutorials go to the reference database:

www.physioinlesotho.ch