

VA/DoD CPG for the Management of Stroke Rehabilitation

Appendix A: Identifying Patient Rehabilitation Goals

ACRONYM KEY			
CM	(Case Management, Social Work and/or Nursing)	PT	(Physical Therapy)
D	(Dietetics)	Op	(Ophthalmology)
MH/BH	(Mental and Behavioral Health)	Op/Vis	(Optometry/Visual Rehabilitation)
Nur	(Nursing)	Rec	(Recreation Therapy)
OT	(Occupational Therapy)	Spch/Lang	(Speech-language Pathology)
PM&R	(Physical Medicine & Rehabilitation)	VR	(Vocational Rehab)

Questions to Consider	Resources	Addressed	
		Yes	No
Who is your current support system and how available/able are they to help you with your needs?	CM, MH/BH, PM&R, Rec		
What do you need help with the most at home (e.g., bathing, dressing, toileting, eating)? Are you able to clean your house, maintain your yard, and manage groceries and meals?	CM, D, OT, PM&R		
Do your friends or family have any concerns about your staying at home alone? For short periods? Overnight? Days/weeks at a time?	CM, PM&R		
How are you managing your medications? Your medical appointments?	Nur, PM&R		
Are you concerned about your current and future ability to pay your living expenses and medical bills? Are you interested in additional information?	CM, PM&R		
Have you returned to work? If not, why? If so, are you having any problems? Do you need assistance to return to work, worksite modifications, or a different job?	CM, MH/BH, OT, VT		
Have you returned to driving? If not, why? If so, are you having problems? Do your friends or family have concerns about your driving?	OT		
Have you been able to return to your pre-stroke leisure activities? What's prevented you from doing so? What are your biggest worries?	CM, MH/BH, OT, PM&R, Rec		
Is this level of support okay with you or do you want to work on being more independent in a certain activity?	CM, OT, PT, Rec		
How's your vision? Are you reading okay? Are you having any difficulty navigating from one location to another?	Op, Op/Vis, OT, Rec		
Are you having any difficulties communicating or thinking clearly? Do others seem to have a hard time understanding what you are trying to tell or show them?	PM&R, Spch/Lang		
Do you have any concerns regarding your bowel or bladder? Are you experiencing bladder incontinence, leakage, or retention? Are you experiencing bowel incontinence, diarrhea, or constipation?	Nur, PM&R		
How are your relationships? How are things going with your spouse, significant other, kids, co-workers, and friends?	CM, MH/BH		
How do you spend your time during the day? What's a typical day like? How would you like to spend your free time?	CM, OT, PM&R, Rec		
What do you miss since having your stroke? What are the things that are most important for you in your life? Are you able to engage in those activities?	CM, MH/BH, OT, PM&R, Rec		
Do you have any concerns about sex or intimacy issues?	CM, MH/BH, PM&R, Rec		
Do you feel stuck thinking about the way things used to be in the past or do you feel a lack of self-confidence now?	MH/BH, OT, PM&R, PT		
How is your mood? Has your family communicated with you regarding changes that they have noticed with your mood? Is this a big change, how are you adjusting? How is your family adjusting?	MH/BH, PM&R		

WHO CAN HELP?

IMPAIRMENT/NEED		CONSULTANTS/REFERRALS
<ul style="list-style-type: none"> • Community resources • Emotion and behavior 	<ul style="list-style-type: none"> • Family/caregiver support • Financial resources 	CM (Case Management, Social Work and/or Nursing)
<ul style="list-style-type: none"> • Healthy eating and nutritional needs 		D (Dietetics)
<ul style="list-style-type: none"> • Adjustment and coping • Cognition • Emotion and behavior 	<ul style="list-style-type: none"> • Family/caregiver support • Sexual function and intimacy 	MH/BH (Mental and Behavioral Health)
<ul style="list-style-type: none"> • Bowel and bladder function • Medication 	<ul style="list-style-type: none"> • Patient and family education • Skin care 	Nur (Nursing)
<ul style="list-style-type: none"> • Eye health • Eye surgeries 	<ul style="list-style-type: none"> • Strabismus assessment and procedures 	OP (Ophthalmology)
<ul style="list-style-type: none"> • Functional eye exam • Non-operative strabismus management 	<ul style="list-style-type: none"> • Visual field cut 	Op/Vis (Optometry/Visual Rehabilitation)
<ul style="list-style-type: none"> • Cognition • Driving • Durable medical equipment recommendations • Self-management skills, DLs (activities of daily living), IADLs (instrumental activities of daily living) 	<ul style="list-style-type: none"> • Sexual function and intimacy • Spasticity • Vision/vision perception 	OT (Occupational Therapy)
<ul style="list-style-type: none"> • Pain • Prevention of post-stroke complications • Rehabilitation management, oversight, and direction 	<ul style="list-style-type: none"> • Sexual function and intimacy • Spasticity 	PM&R (Physical Medicine and Rehabilitation)
<ul style="list-style-type: none"> • Balance disorders and dizziness • Durable medical equipment recommendations • Motor/mobility problems • Pain 	<ul style="list-style-type: none"> • Sexual function and intimacy • Spasticity • Strength 	PT (Physical Therapy)
<ul style="list-style-type: none"> • Adaptive sports • Community re-entry 	<ul style="list-style-type: none"> • Leisure/recreation participation 	RT (Recreation Therapy)
<ul style="list-style-type: none"> • Cognition • Communication 	<ul style="list-style-type: none"> • Swallowing and diet 	Spch/Lang (Speech-Language Pathology)
<ul style="list-style-type: none"> • Return to work or school 		VR (Vocational Rehabilitation)