

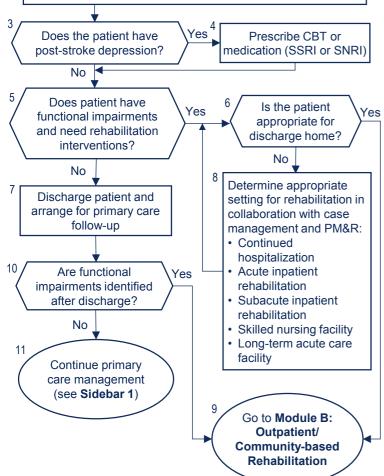
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Assess patient, consult appropriate rehabilitation services including PM&R if available, and educate patient and family on stroke (see **Sidebars 2, 3, and 5**)



	Sidebar 1: Essential Guidelines for the Medical Management of Stroke			
•	 AHA/ASA Guidelines for the Early Management of Patients with Acute Ischemic Stroke¹ AHA/ASA Guidelines for the Management of Spontaneous Intracerebral Hemorrhage² AHA/ASA Guidelines for the Prevention of Stroke in Patients with Stroke and Transient Ischemic Attack³ 	2	1. 2. 3.	W Et Ri •
	Sidebar 2: Assessment of Impairments and Disabilities			•
	 Assessment of impairments Auditory/hearing Devide and bladden function 			•
	Bowel and bladder functionCognition	4	I.	Nu
	Communication		5.	Pł
	Emotion and behavior	-	ò.	Сс
	Inattention/neglect		7 .	In
	Motor/mobility	-	3.	O
	Swallowing and nutrition). I O	Th Pr
	 Tactile/touch Vision function and formal visual field 		0.	FI
	2. Assessment of barriers to participation in therapy		Sic	deb
ľ	Cognitive impairment			
	Fatigue and sleep disorders	•		Cui
	Medical conditions	•		Far
	• Pain	•		Hoi
	Psychological and psychosocial factors	•		Mo
	3. Assessment of activity and function			Neo
	 ADLs (e.g., feeding, dressing, grooming), IADLs (e.g., finances, chapping) 			Re: Tra
	finances, shopping)Driving			
	 Meaningful roles (e.g., parent, spouse) 			ers W its w
	Return to work or school	An	nerio	can I
	Sexual function and intimacy			ohill . ontar
4	4. Assessment of support system	зK	erna	an W
	Family, caregivers, community	in	Pati	ents

Sidebar 3: Stroke Education Topics

- . When to seek emergency care
- 2. Etiology/warning signs and symptoms of stroke
- Risk factors/medical management (including education on new medications):
 - Blood pressure
 - Blood sugar
 - Blood thinners
 - Body weight
 - Cholesterol
- Other cardiac disease
- Smoking cessation
- I. Nutrition
- 5. Physical activity and falls prevention
- 6. Continuum of care options/follow-up after discharge
- 7. Inpatient rehabilitation
- 8. Outpatient rehabilitation
- 9. Therapy at home
- 10. Primary medicine

Sidebar 4: Considerations for Outpatient / Community-based Rehabilitation Services

- Current functional status and endurance level
- Family/caregiver support
- Home assessment for safety
- Motivation and preferences
- Necessary equipment
- Resources, availability, and eligibility
- Transportation

¹Powers WJ, Rabinstein AA, Ackerson T, et al. 2018 Guidelines for the Early Management of Patients with Acute Ischemic Stroke: A Guideline for Healthcare Professionals from the American Heart Association/American Stroke Association. Stroke. 2018;49(3):e46-e99. ²Hemphill JC, Greenberg Steven M, Anderson Craig S, et al. Guidelines for the Management of Spontaneous Intracerebral Hemorrhage. Stroke. 2015;46(7):2032-2060. ³Kernan Walter N, Ovbiagele B, Black Henry R, et al. Guidelines for the Prevention of Stroke in Patients with Stroke and Transient Ischemic Attack. Stroke. 2014;45(7):2160-2236.

VA/DoD CLINICAL PRACTICE GUIDELINES

Module B: Outpatient/Community-based Rehabilitation	Sidebar 5: Resources for Management of Post-Stroke Impairments/Needs		Sidebar 5, Continued: Resources for Management of Post- Stroke Impairments/Needs		
impairments after stroke	Impairment/Need	Consultants/Referrals	Impairment/Need	Consultants/Referrals	
13 Ves 14 Prescribe CBT or	• Pain		Return to work or school	Vocational rehabilitation	
Does the patient have post-stroke depression?	Prevention of post-stroke complications Papabilitation management	PM&R	Healthy eating and nutritional needs	Dietetics	
 15 Is an interdisciplinary stroke rehabilitation team available? 16 Refer to interdisciplinary stroke rehabilitation 	 Rehabilitation management, oversight, and direction Sexual function and intimacy Spasticity Balance disorders and dizziness 		 Adjustment and coping Cognition Emotion and behavior Family/Caregiver Support 	Mental and behavioral health	
 Assess the patient (see Sidebar 2) and identify patient's rehabilitation goals (see Appendix A in the full CPG) 	 Durable medical equipment recommendations Motor/mobility problems Pain 	Physical therapy Occupational therapy	 Sexual function and intimacy Adaptive sports Community re-entry Leisure/recreation participation 	Recreation therapy	
 Consider optimal environment for outpatient/community-based rehabilitation services (see Sidebar 4) 20 Educate patient/family on stroke (see Sidebar 3) 	 Sexual function and intimacy Spasticity Strength Cognition Driving Durable medical equipment recommendations Self-management skills, ADLs, IADLs Sexual function and intimacy Spasticity Vision/vision perception 		 Functional eye examination Non-operative strabismus management 	Optometry/visual rehabilitation	
 Reach shared decision regarding rehabilitation program and treatment plan Continue secondary prevention (see Sidebar 1) 21 Consult appropriate rehabilitation services (see Sidebar 5) 			 Visual field cut Eye health Eye surgeries Strabismus assessment and procedures 	Ophthalmology	
22 Has the patient met rehabilitation treatment goals? Yes			 Bowel and bladder function Medication Patient and family education 	Nursing	
23 Initiate/continue rehabilitation intervention 24 Did patient reach maximum	CognitionCommunicationSwallowing and nutrition	Speech-language pathology	Skin care <u>Abbreviations</u> : ADLs: activities of daily living; <i>A</i> American Stroke Association; CBT: cognitive b guideline; DoD: Department of Defense; IADL:	pehavioral therapy; CPG: clinical practice	
Did patient reach maximum functional capacity? No ↓ 25 Continue treatment and reassess periodically 26 Discharge patient from rehab and arrange for primary care follow-up	 Community resources Emotion and behavior Family/caregiver support Financial resources 	Case management (social work and/or nursing)	guideline; DoD: Department of Defense; IADL PM&R: physical medicine and rehabilitation; S inhibitor; SSRI: selective serotonin reuptake in Access to the full guideline and addit. following link: <u>https://www.healthqual</u>	NRI: serotonin–norepinephrine reuptake hibitor; VA: Department of Veteran Affairs onal resources are available at the	