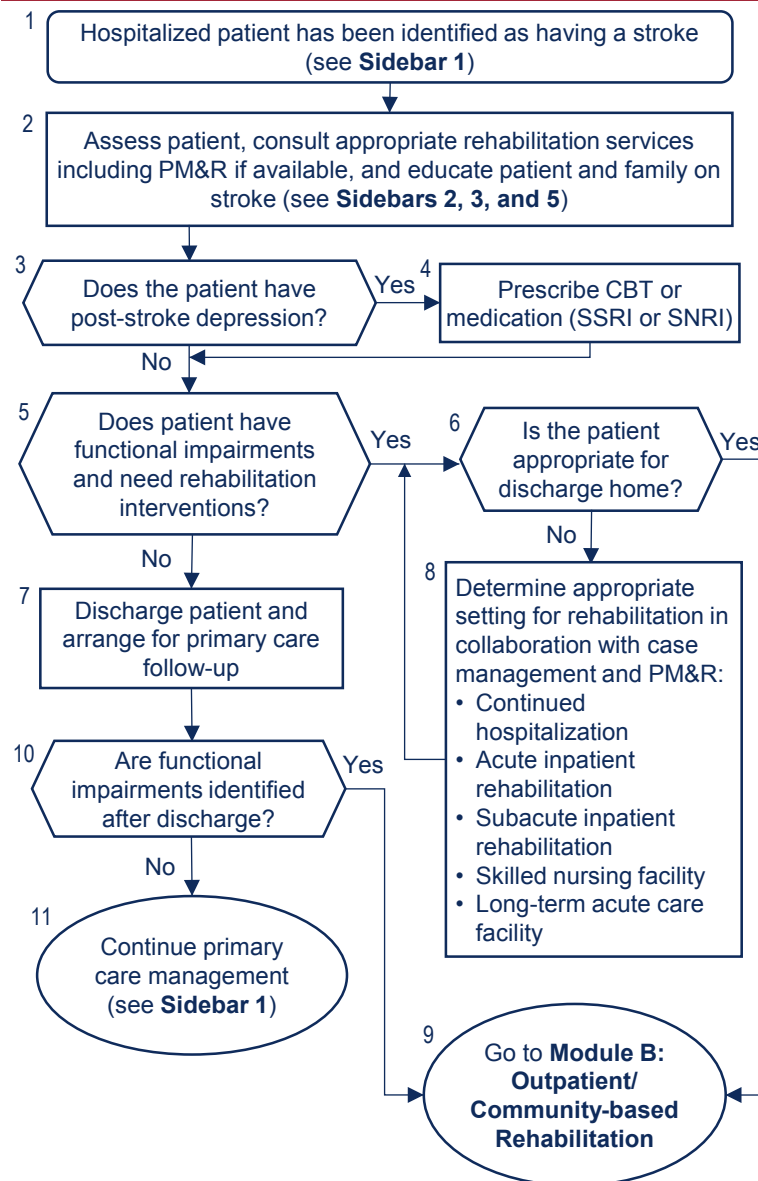




Module A: Rehabilitation Disposition of the Inpatient with Stroke



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

Sidebar 2: Assessment of Impairments and Disabilities

1. Assessment of impairments
 - Auditory/hearing
 - Bowel and bladder function
 - Cognition
 - Communication
 - Emotion and behavior
 - Inattention/neglect
 - Motor/mobility
 - Swallowing and nutrition
 - Tactile/touch
 - Vision function and formal visual field
2. Assessment of barriers to participation in therapy
 - Cognitive impairment
 - Fatigue and sleep disorders
 - Medical conditions
 - Pain
 - Psychological and psychosocial factors
3. Assessment of activity and function
 - ADLs (e.g., feeding, dressing, grooming), IADLs (e.g., finances, shopping)
 - Driving
 - Meaningful roles (e.g., parent, spouse)
 - Return to work or school
 - Sexual function and intimacy
4. Assessment of support system
 - Family, caregivers, community

Sidebar 3: Stroke Education Topics

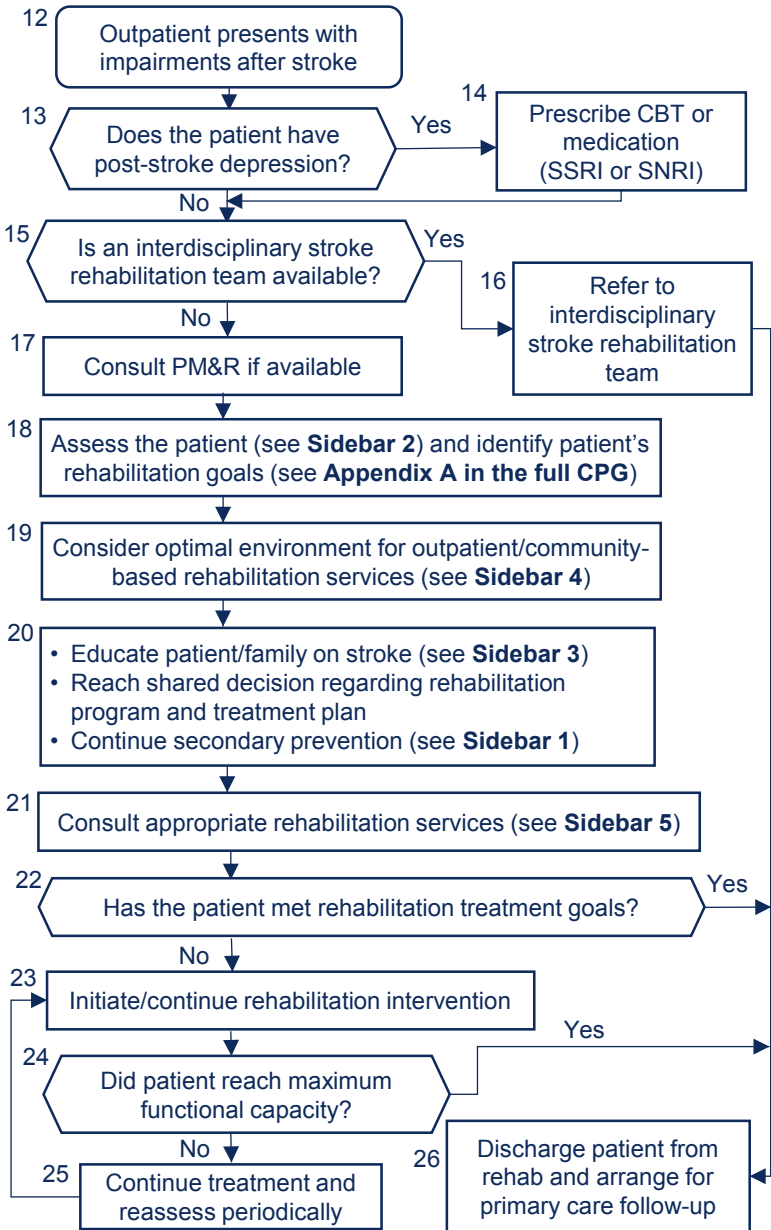
1. When to seek emergency care
2. Etiology/warning signs and symptoms of stroke
3. Risk factors/medical management (including education on new medications):
 - Blood pressure
 - Blood sugar
 - Blood thinners
 - Body weight
 - Cholesterol
 - Other cardiac disease
 - Smoking cessation
4. Nutrition
5. Physical 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.

Module B: Outpatient/Community-based Rehabilitation



Sidebar 5: Resources for Management of Post-Stroke Impairments/Needs

Impairment/Need	Consultants/Referrals
<ul style="list-style-type: none"> Pain Prevention of post-stroke complications Rehabilitation management, oversight, and direction Sexual function and intimacy Spasticity 	PM&R
<ul style="list-style-type: none"> Balance disorders and dizziness Durable medical equipment recommendations Motor/mobility problems Pain Sexual function and intimacy Spasticity Strength 	Physical therapy
<ul style="list-style-type: none"> Cognition Driving Durable medical equipment recommendations Self-management skills, ADLs, IADLs Sexual function and intimacy Spasticity Vision/vision perception 	Occupational therapy
<ul style="list-style-type: none"> Cognition Communication Swallowing and nutrition 	Speech-language pathology
<ul style="list-style-type: none"> Community resources Emotion and behavior Family/caregiver support Financial resources 	Case management (social work and/or nursing)

Sidebar 5, Continued: Resources for Management of Post-Stroke Impairments/Needs

Impairment/Need	Consultants/Referrals
<ul style="list-style-type: none"> Return to work or school 	Vocational rehabilitation
<ul style="list-style-type: none"> Healthy eating and nutritional needs 	Dietetics
<ul style="list-style-type: none"> Adjustment and coping Cognition Emotion and behavior Family/Caregiver Support Sexual function and intimacy 	Mental and behavioral health
<ul style="list-style-type: none"> Adaptive sports Community re-entry Leisure/recreation participation 	Recreation therapy
<ul style="list-style-type: none"> Functional eye examination Non-operative strabismus management Visual field cut 	Optometry/visual rehabilitation
<ul style="list-style-type: none"> Eye health Eye surgeries Strabismus assessment and procedures 	Ophthalmology
<ul style="list-style-type: none"> Bowel and bladder function Medication Patient and family education Skin care 	Nursing

Abbreviations: ADLs: activities of daily living; AHA: American Heart Association; ASA: American Stroke Association; CBT: cognitive behavioral therapy; CPG: clinical practice guideline; DoD: Department of Defense; IADLs: instrumental activities of daily living; PM&R: physical medicine and rehabilitation; SNRI: serotonin–norepinephrine reuptake inhibitor; SSRI: selective serotonin reuptake inhibitor; VA: Department of Veteran Affairs

Access to the full guideline and additional resources are available at the following link: <https://www.healthquality.va.gov/guidelines/Rehab/stroke/>