

# Low-intensity strategies significantly improved adherence to the 2017 Stroke Clinical Guidelines

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**Health**  
Central Coast  
Local Health District

# Recommendations for Rehab

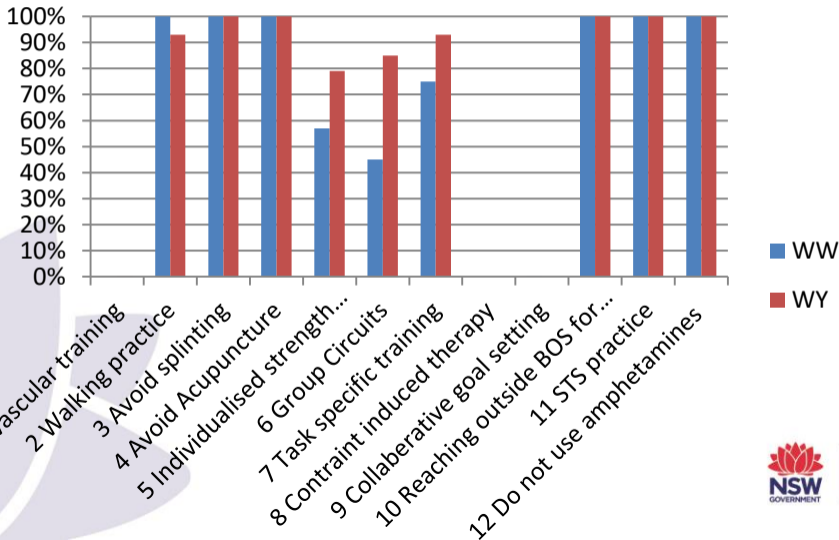


- **Chapter 5**
- **12 strong recommendations identified**
- **2** were identified as being appropriate to further divide to ensure good quality data was being recorded.

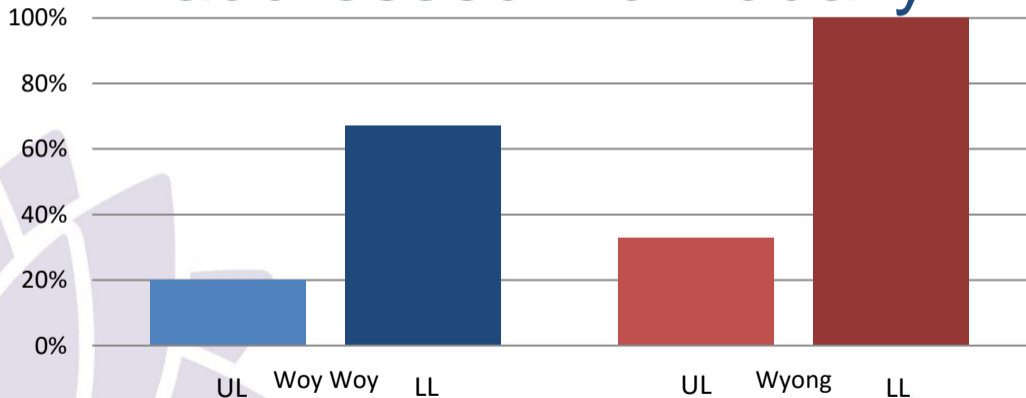
# Notes Audit



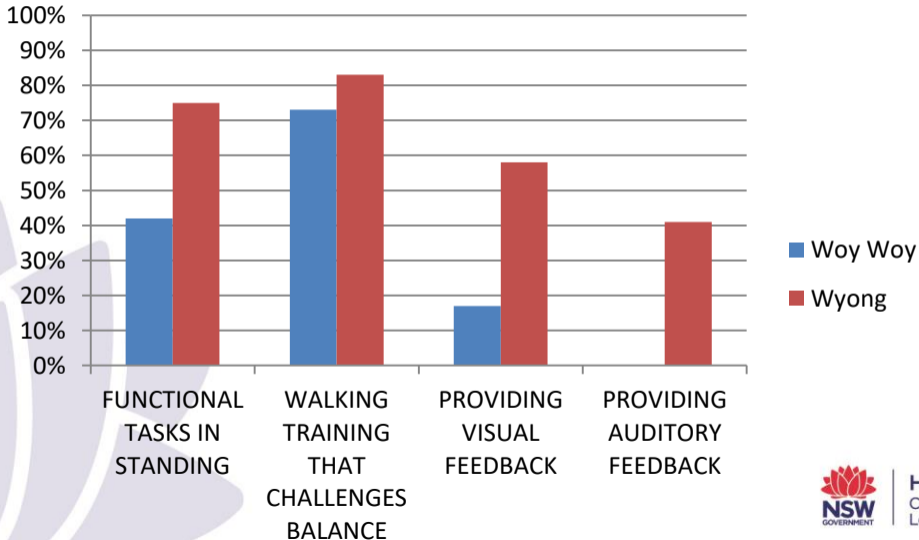
# Pre Intervention



# UL and LL weakness addressed individually



# Recommendation 7 Breakdown:



## Does Your Stroke patient???

- Have UL AND LL exercises?
- Attend exercise group? (Document if they refuse)
- Complete functional tasks when standing?
- Walk on uneven ground/around obstacles?
- Visual and verbal feedback?
- Have a CIMT programme for their UL?
- Know and agree with their goals?
- Have a cardio programme to complete with AHA

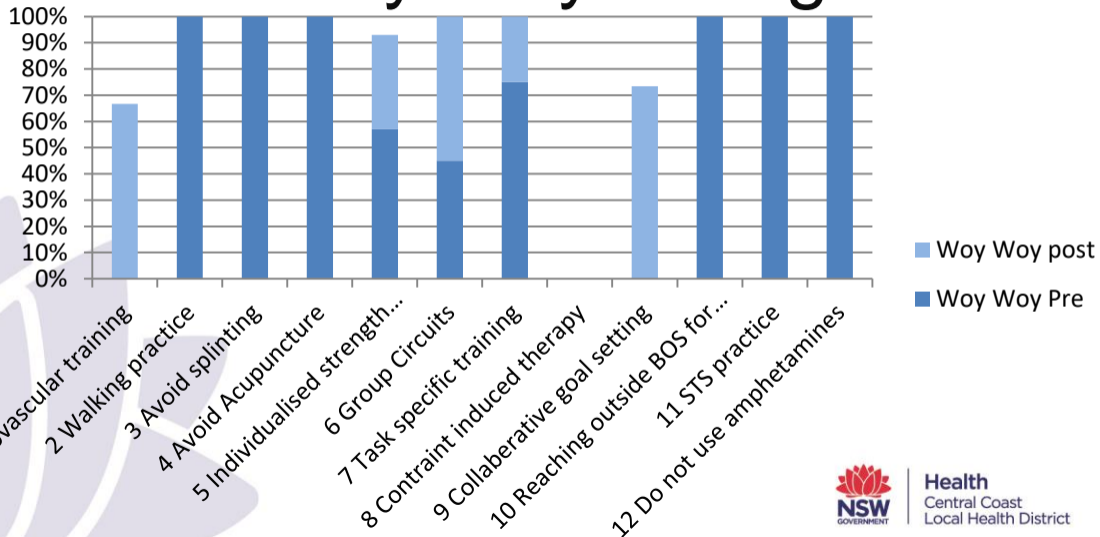


# Implementation

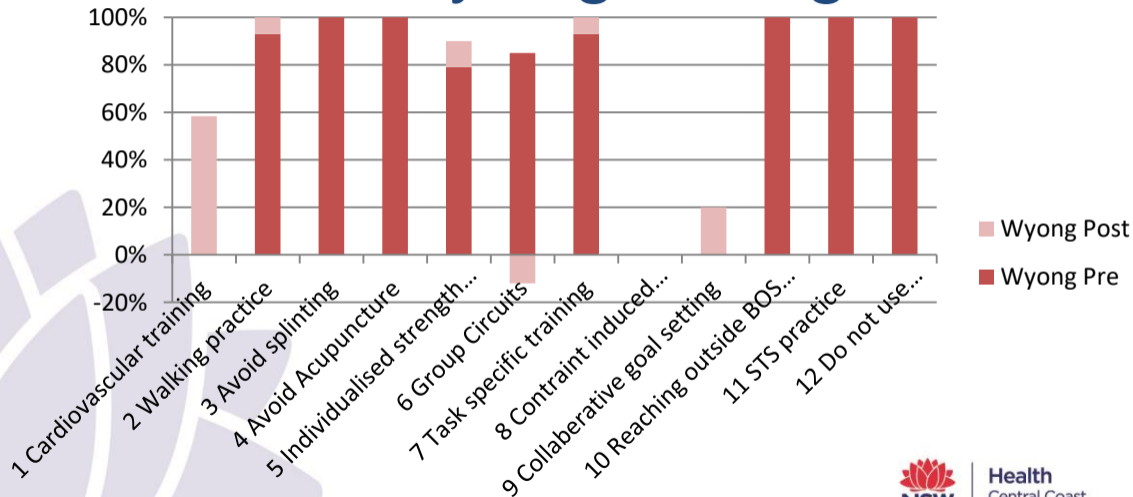




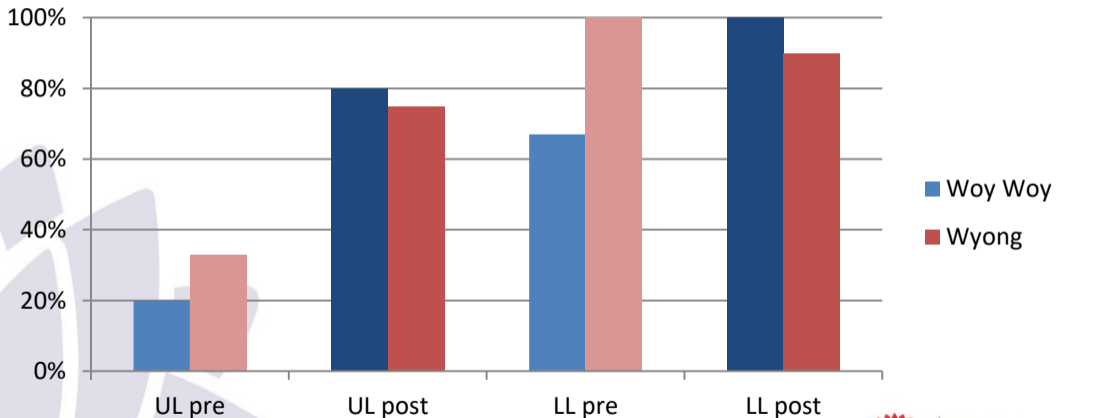
# How Woy Woy changed



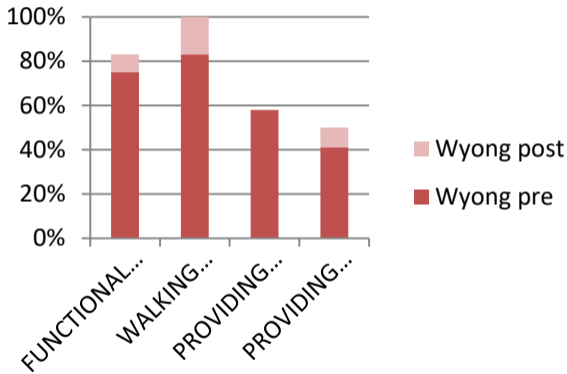
# How Wyong changed



# How strength training changed



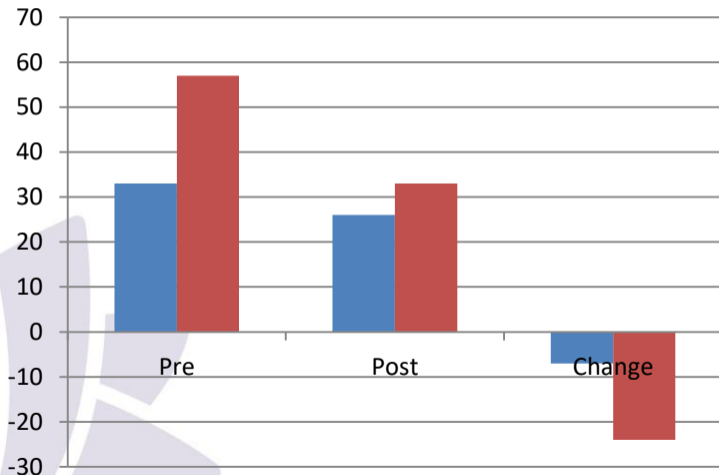
# Recommendation 7 breakdown



# What was significant ( $P < 0.05$ )

- **Statistically significant changes in:**
  - 1 – CV training
  - 5 – strength training UL and LL
  - 6 – attendance of circuit classes
  - 7 – task specific training and appropriate feedback
  - 9 – patient agreed goal setting

# Change in LOS



Mean: -7

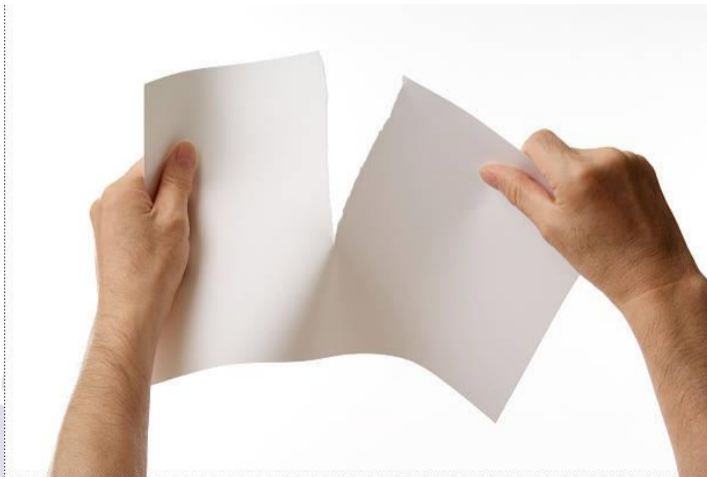
95% CI -30.4 to -3.6

■ Los WW

■ Los WY



# Talking points



# What did this project achieve



Health  
Central Coast  
Local Health District



# Conclusion

- The clinical guidelines for stroke management 2017 can be implemented in a simple and time effective way, once specific areas of focus are identified.