


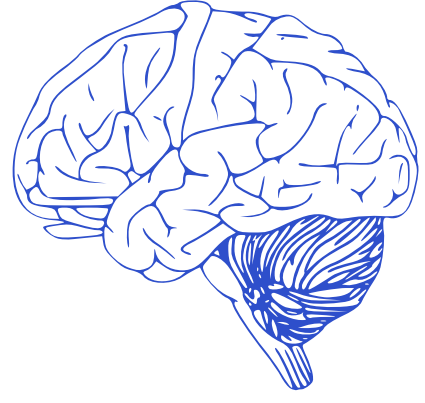


# Post-stroke rehabilitation: key aspects of nurse formation

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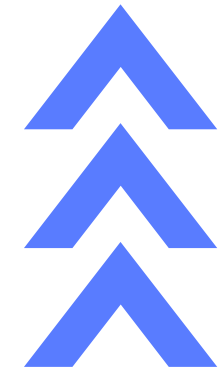
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## INTRODUCTION



Stroke is the leading cause of disability; and the second leading cause of death worldwide (1) it is recognized as the most widespread and disabling neurological injury in adults (2).

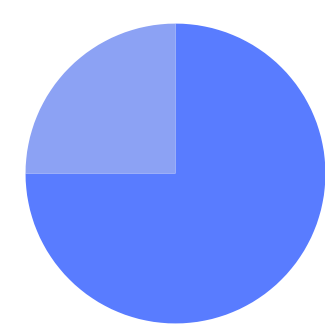
**Factors:** Population growth, improved survival rates and population aging



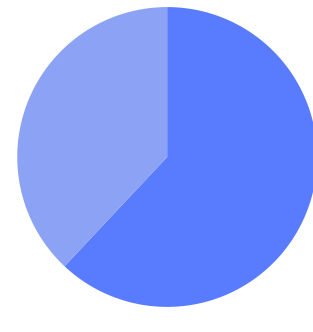
Demand for treatment  
Rehabilitation  
Support service



**Challenges for nurses**



15% and 30% reporting significant disability (3).



Projections indicate that about 62% will be dependent on external support (2).

A strong educational foundation for the nursing team is crucial to effectively address the diverse needs of post-stroke patients and their families.

## OBJECTIVE

To identify nurses' training needs for post-stroke patient rehabilitation, enabling them to provide quality care during the recovery process.

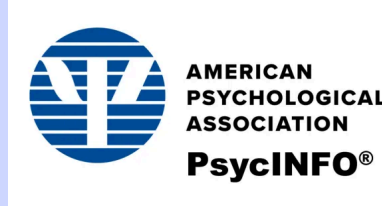
## METHODOLOGY

**PIO-type clinical question:** What kind of education is necessary for nursing staff (I) in order to improve the management of cognitive impairment and the quality of life (O) in patients who have had a stroke (P)?

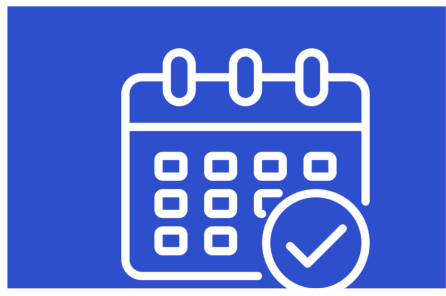


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Formation (Mesh terms) **A** Nurses (Mesh terms) **N** Post-stroke (Mesh terms) **D** Rehabilitation (Mesh terms) **A** **N** **D**

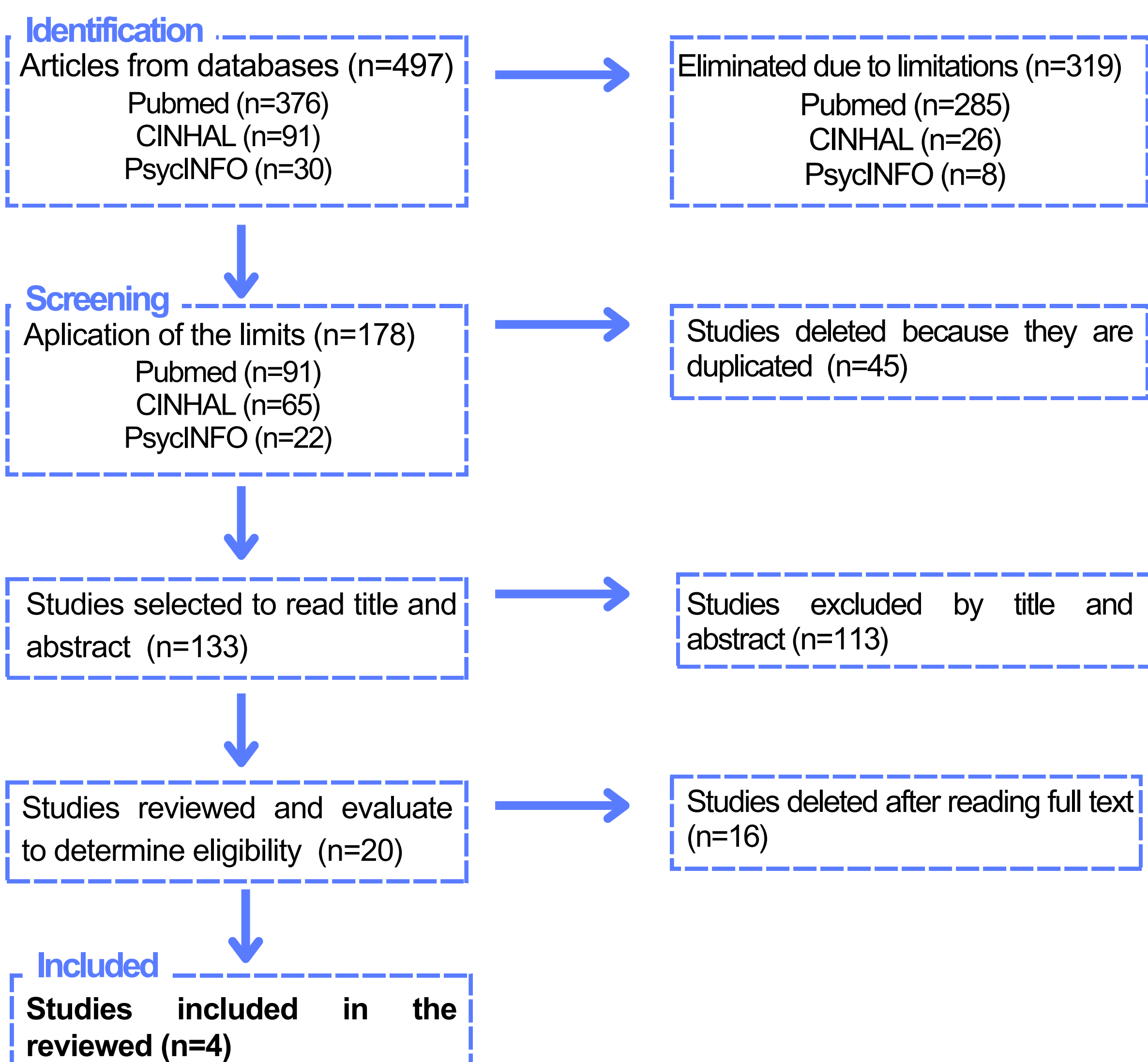


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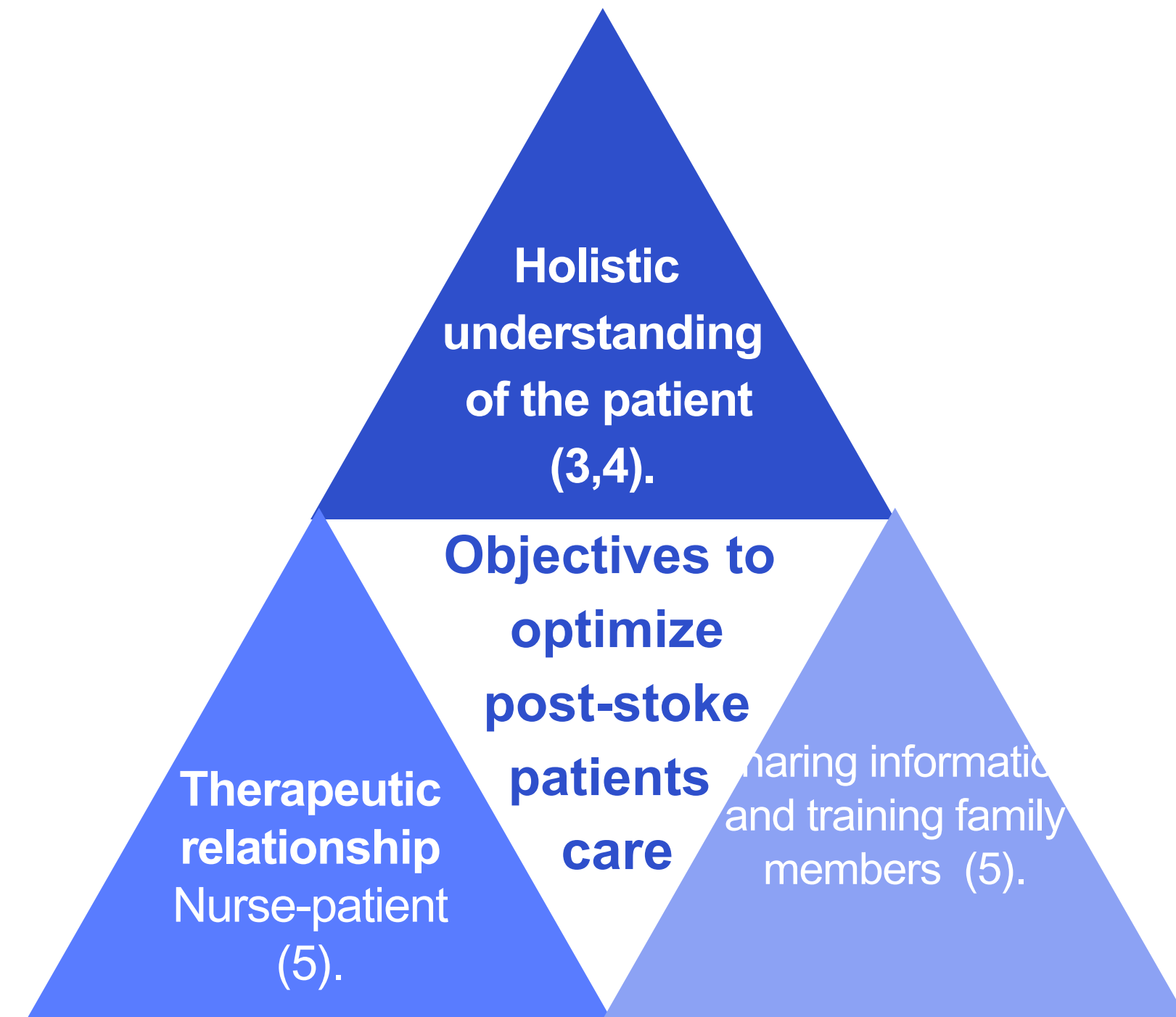


**Inclusion:** last 5 years, english and spanish, training for nurses, post-stroke rehabilitation.  
**Exclusion:** grey literature, training for caregiver and for patients.

## FLOWCHART DIAGRAM



## RESULTS



## SKILLS

### Leader

Referring to the role of leader, it specifically highlights the nurses' ability to provide personalized care, and continuous follow-up of patients, ensuring the availability of resources necessary for an effective improvement of the rehabilitation process. In this way, it reflects the nurse's fundamental ability in the coordination of care.

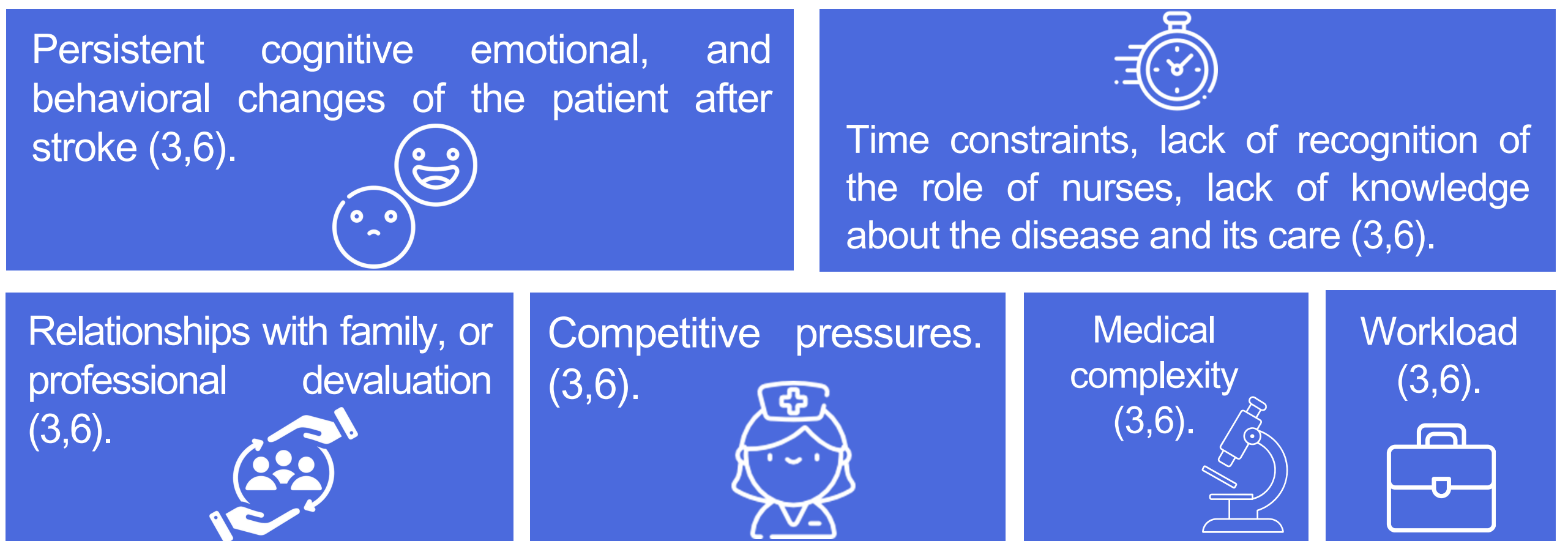
It is the nurses who promote patient's autonomy and contribute to the success of post-stroke rehabilitation. This capacity requires **continuous education** to enhance leadership skills and, at the same time, improve patients' self-care skills. In other words, leadership by nurses **facilitates emotional support as well as continuous patient follow-up** (3).

### Coordinator

The care coordinator nurse is essential in patient rehabilitation, emphasizing enhancing **health, goal setting, discharge planning, and efficient communication** within the interprofessional group. This position requires adaptability, expertise, and proactive involvement. Through "**rounds**", nurses provide comprehensive reports to the interprofessional team, coordinating care, addressing emotional well-being, evaluating social support, and considering home environments. These efforts foster **improved teamwork dynamics** among interdisciplinary members (3,5).

In conclusion, nurses play a key role as coordinators in patient rehabilitation, leading **interdisciplinary coordination**, facilitating effective **transitions**, and managing critical aspects of care. Their effective **communication** is essential for comprehensive recovery and quality care, making it a crucial aspect in coordinating healthcare professionals.

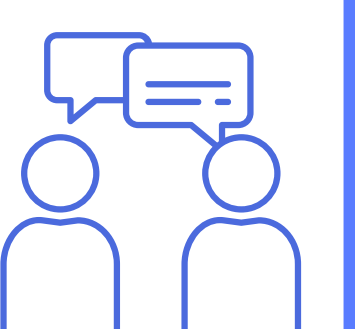
## BARRIERS AND CHALLENGES



## CONCLUSION

The increasing number of stroke cases requires specialized care, particularly emphasizing the crucial role of nurses in comprehensive patient management. The review highlights the importance of ongoing education for nurses to stay updated and provide effective rehabilitation. Moreover, it underscores the need for continued investment in nurses' education to improve their competencies.

- Education:** University programs should equip students with skills to consider patients holistically and address challenges related to strokes. Emphasizing nurses' communication skills is vital.
- Research:** More investigation is needed, focusing not only on stroke care but also on nurses' roles, especially in coordinating interdisciplinary communication.
- In daily practice:** enhanced communication skills among nursing professionals are essential for providing comprehensive and effective patient care.



## BIBLIOGRAPHY

