

# Stroke rehabilitation

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## SUMMARY

Rehabilitation services are the primary mechanism by which functional recovery and the achievement of independence are promoted in disabled patients. Stroke rehabilitation is a progressive, dynamic goal oriented process that aims at enabling persons with impairment to reach their optimal physical, cognitive, emotional, communicative and social functional level after stroke. It is a carefully directed program, well focused and with repetitive practice. The ultimate aim for stroke rehabilitation is to help the stroke survivor to become independent as possible after the event. Strokes are increasing and despite the development of stroke centre designation and improved systems to deliver care promptly, many stroke survivors remain with residual functional deficits. Hence, demand for stroke rehabilitation services is going to increase and the need for effective stroke rehabilitation is an essential part of the continuum of stroke care. Estimate at least 30 of stroke patients admitted to acute inpatient care should get stroke rehabilitation. Evidence-based shows that with stroke rehabilitation, it can save money and improve lives. Hence, ideally all stroke patients should be seen by the interdisciplinary rehabilitation team of physicians, therapists, and nursing staff.

SY08

# Healthcare partnership: Diabetes tuition

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## SUMMARY

The main challenge in the care of diabetic patients is to ensure that blood sugar levels are always under control to prevent or delay complications. Various efforts have been taken by health providers to achieve this objective. The Pharmacy Integrated Community Care (PICC) Programme was originally introduced by the Terengganu State Pharmacy Services Division. In 2020, the Pharmacy Services Program, Ministry of Health Malaysia has taken the initiative to expand this program throughout Malaysia. Structured modules have been created to improve the program namely Diabetes Introduction, Healthy Lifestyle (healthy eating and exercise), Diabetes Medications and Diabetes Complications. After the program began to expand, The Kelantan State Pharmacy Services Division has taken proactive steps by establishing collaboration with the Public Health Division for health care partnerships where various professions are involved including family physicians, medical officers, nurses, assistant medical officers, dietitian and physiotherapists. Using the concept of 'diabetes tuition', ten localities in ten districts were selected to implement this project. Each locality selected 10-15 patients who have an HbA1c reading above 7.0 as participants. PICC teams were given training at the state level before starting the program at the district level. Uniform scripts and teaching aids including presentation slides, participant activity books and participant record books were provided to all teams. Patients must complete at least 3 of the 4 sessions held. HbA1c readings were taken before the start of session 1 and after the end of session 4. Out of 100 participants who successfully completed at least 3 sessions, 84 participants managed to record a decrease in HbA1c readings. Various issues related to the use of medicines, diet and lifestyle of diabetic patients can also be identified. The implementation of this program has successfully created a support group that helps increase patient motivation in controlling diabetes and enables participants to recognize and understand diabetes, medication management and diabetes complications to ensure patients receive optimal treatment results.