

# The role of stroke care professionals in informing survivors, families, carers

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Peania, Attica, 01/6/2016



# The role of stroke care professionals

primary goal ⇒ **informing the stroke professionals** (organise a network of support groups) so as to achieve their **active participation**

Stroke professionals' team:

- physicians (neurologist, neurosurgeon, neurointerventionalist, internist, cardiologist, psychiatrist)
- nurses
- psychologist
- physiotherapist
- occupational therapist
- speech therapist
- social worker



# The role of stroke care professionals

- Neurologist :  
details for the stroke  
(**severity** / **therapeutic choices** / **disease progress** (improvement, deterioration) / **prognosis** (survival, disability, death) / **possible complications** (acute, long term) / **secondary stroke prevention**)
- Neurosurgeon – Neurointerventionalist  
**therapeutic choices** / **prognosis**
- Internist – Cardiologist  
management of **comorbid medical problems** (hypertension, diabetes mellitus, hypercholesterolemia, cardiac disease (atrial fibrillation, valvular disease, heart failure))

# The role of stroke care professionals

- Psychiatrist – Psychologist

management of **possible poststroke problems** (depression, anxiety, emotional liability, delirium) / **preventive, therapeutic strategies** / **burnout prevention** (carers, family members) / volunteers' training

- Nurses

education about **nutrition, mobilization, positioning**, general care, volunteers' training

# The role of stroke care professionals

- Physiotherapist

education about **mobilization, positioning, gait** / addressing **spasticity, pain syndromes** (central poststroke pain, hemiplegic shoulder pain)

- Occupational therapist

education about **everyday living activities**

- Speech therapist

education about – addressing **dysarthria, aphasia, swallowing disturbance–dysphagia**

- Social worker

addressing **practical needs** (sick benefit, living allowance)

# The role of stroke care professionals

## The goals

(via patient and families, carers centered range of services)

- Shorten hospital stays
  - Reduce hospital readmissions
  - Provide secondary prevention advice
  - Rebuild confidence – self-esteem
  - Help survivors enjoy life, contribute to family and community
  - Prevent families', carers' mental, physical exhaustion
- save money,  
working hours**
- (decent living)**

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