

Title: The evolution of a task oriented training programme and its potential in the Private Healthcare Sector in RSA

Authors: Megan Knox

Purpose: To cope with the increasing numbers of stroke survivors in South Africa living with disabilities, and with limited resources an alternative appropriate rehabilitation service, for stroke survivors was investigated. This study looked at the feasibility of task oriented training groups in both Public and Private healthcare sectors in RSA.

Relevance: This study aimed to determine if task oriented group training classes, assisted by carers and family, are effective in providing a greater proportion of the post acute stroke patients, with residual disability, with formal rehabilitation, in addition it aims to increase the amount of time spent engaged in training while in rehabilitation. Furthermore, it looks at the implementation of such a programme in both the Public and Private Healthcare sectors.

Participants: One hundred and forty four subacute stroke subjects recruited from Chris Hani Baragwaneth hospital, Helen Joseph hospital and Charlotte Maxeke hospital. Subjects admitted to Netcare Rehabilitation Hospital under the care of Rita Henn and Partners as in-patients for rehabilitation.

Methods: All subjects were sub acute stroke survivors. Subjects in the Public Healthcare sector were out patients, while those in the Private sector were in- patients.

Analysis: Subjects provided feedback regarding exercise selection. The time spent at each station. Exercise progressions were evaluated with multiple trials. Frequency of groups and intensity was evaluated. Patient safety at stations was also evaluated for the principal study.

Conclusions: Group Circuit based task oriented training can be successfully implemented as part of the stroke rehabilitation programme in RSA both in the private and public healthcare sectors. The therapist's role in exercise selection, progressions and ensuring patients work safely and optimally is crucial for the successful running of such programmes.