

**Title:** The effectiveness of minimal task oriented group training on stroke survivors QOL and patients perspectives.

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**Purpose:** To cope with the increasing numbers of stroke survivors in South Africa living with disabilities, an appropriate rehabilitation service, for stroke survivors who are discharged from hospital without any rehabilitation was investigated. The effectiveness of this group task oriented training in terms of an improvement in the patients' quality of life was investigated. In addition the study aimed to evaluate the subjects' view of the rehabilitation programmes used and the factors that influenced their attendance in the programme.

**Relevance:** This study aimed to determine if minimal task oriented group training classes, assisted by carers and family, is effective in providing a greater proportion of the post acute stroke patients, with residual disability, with formal rehabilitation. Furthermore, in light of the white paper (1994) that emphasizes that all citizens with disability should receive the necessary rehabilitation they require, this study sought to determine a resource efficient solution to a problem that has not been addressed to date. There has been no previous study of this nature in South Africa, thus this research is relevant.

**Participants:** One hundred and forty four subacute stroke subjects were recruited for the principal study from Chris Hani Baragwaneth hospital, Helen Joseph hospital and Charlotte Maxeke hospital. Subjects were less than 6 months post stroke prior to inclusion into the study.

**Methods:** All subjects fitting inclusion criteria were evaluated by a blinded assessor. Subjects are stratified into 3 groups according to their gait speed as measured by the 10mwt. Subjects are then randomised into one of 3 treatment interventions groups. Group A was a multidisciplinary group run once a month. Group B a strength training group run once a week for 6 weeks. Group C a task oriented training group run once a week for 6 weeks.

**Statistical Analysis:** Data was analysed utilising an intention -to -treat protocol Descriptive statistics (e.g. mean, standard deviation, median) described group data and questionnaire findings. SIS16 data summary will be in terms of frequencies, percentages/ proportions, cross tables and 95% confidence intervals. Comparing groups with respect to the between group differences will be analysed using the Mann Whitney U test and the Wilcoxon signed-ranks test will be used for the repeated measures at post intervention and at 6 months.

**Results: To Follow**

**Conclusions To Follow**