Stroke Boot Camp: An Integrated Clinical Education (ICE) Model for Intensive Chronic Stroke Rehabilitation

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Introduction

- Inter-professional Education (IPE) experiences are gaining prominence in many educational programs and leading health organizations.
- Integrated Clinical Education (ICE) is an active-learning model shown to help students establish clinical relevance of classroom concepts and enhance student motivation for learning.
- Stroke is a leading cause of disability in the US yet access to rehabilitation and wellness services is often limited.
- Task oriented intensive circuit training is associated with incremental improvements in strength, balance, gait speed, velocity, endurance and perception of quality of life.
- Community based interventions can improve general mobility, self-satisfaction and participation scores, gait velocity and cadence, and functional independence.

Purpose

- To provide pro bono inter-professional intensive rehabilitation and wellness program (Stroke Boot Camp) for individuals with chronic stroke.
- To develop a community based ICE program involving health sciences graduate students supervised by licensed clinicians and faculty as part of Chapman University’s IPE.

Methods

- Baseline and follow-up inter-professional examinations were carried at the beginning and end of Stroke Boot Camp (SBC).
- Assessments included:
  - Physical examination (DPT, PA)
  - Other PT Examinations
  - Physical therapist (PT) Examinations
  - Upper Extremity Tests (Fugl-Meyer, Box/Block, SIS-Hand, Grasp/Grasp strength)
  - Assessment of Stroke Impact (Marriage and Family Therapy (MFT))
  - Socialization Activities
  - Music Therapy
  - Apresky
  - Music Therapy
  - Mindfulness/Relaxation Training
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Results

- SBC Components included:
  - Socialization Activities
  - Communal lunches and parties; graduation event
  - Team and group activities and classes
  - Special Activities
  - Adapted yoga & Tai Chi
  - Mindfulness/Relaxation Training
  - MFT: Caregiver Support and Individual/Family Consultations
  - CSD: Speech Therapy Sessions
  - IPE Activities
  - Orientation/preview
  - Role-playing/observation/participation

Discussion & Conclusions

SBC is an effective model for providing:
- Community-based, intensive intervention for individuals with chronic stroke;
- Integrated Clinical Education that incorporates an inter-professional, holistic “hands-on” approach to patient care.
- Benefits to participants, caregivers, students, faculty, educational programs, and the community;
- An example if ICE, IPE that can be applied to other populations.

Recommendations

Health Profession Education programs that are interested in incorporating ICE, IPE, and Service Learning into programs for those with chronic stroke or other chronic health conditions should consider using the SBC model.

References


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