

Update from



AUGUST 2017

Information tips from NEXT conference.

Abstract of the month.

If you didn't get the APTA's NEXT conference in Boston this year---you missed out. But never fear your STROKE SIG Vice Chair-Jamie Haines-highlights her favorite presentations...

1. Have you ever thought to Screen your patient for his/her for divided attention? Here are two questions to try "Would you find it hard to concentrate on the radio news while getting dressed" and "would you find it hard to follow a television program at the same time as writing a letter". According to the presentation "Cognition and Dual Tasking: The Forgotten Components of Fall Prevention" the MMSE, MOCHA, Mini-Cog, SLUMS, Stroop, Modified-Stroop, Trails B along with GAIT SPEED are good tools to use for screening Cognitive Impairment and gait.
2. What????!! My neuro client has pelvic floor dysfunction????!!!! Carina Siracusa, PT, DPT, WCS in her presentation "Pelvic Floor Therapy for the Neurologic Client" discusses how PTs rarely screen patients for post-stroke incontinence and that 32-79% of patients with CVA experience incontinence...YIKES...The research says suprapubic TENS + exercise has the greatest impact on incontinence.
3. PILLOW TALK: THE EFFECT OF SLEEP ON PHYSICAL FUNCTIONING IN NEUROLOGIC REHABILITATION (Bronstein, Chung, Windler). Don't think you get enough sleep....? Here's what happens when we AND our neurologic clients don't get good sleep: higher risk for falls, increased postural sway, increased anxiety/anger/depression, impaired memory and reaction times and increased pain!!!! How can we address this? EXERCISE, SLEEP HYGIENE, RELAXATION THERAPY, BRIGHT LIGHT THERAPY.

Abstract of the month:

For tips on sleep!

Sleep disturbances occur in one third of the US population, and the Centers for Disease Control and Prevention's National Center for Injury Prevention and Control has deemed insufficient sleep to be a public health problem. Knowledge about sleep and skills to screen sleep disorders and to promote sleep health have been recommended for physical therapists. Furthermore, in survey studies, physical therapists overwhelmingly agree that sleep is important for health and poor sleep impairs function. Sleep is critical for the proper functioning of the body, including

immune function, tissue healing, pain modulation, cardiovascular health, cognitive function, and learning and memory. Sleep disruptions occur across the life span and in individuals with various conditions that are typically treated by physical therapists. Therefore, the purpose of this perspective paper is to (1) discuss the relevance of sleep to physical therapist practice, (2) recommend tools to screen for the 3 most common sleep disorders, and (3) provide suggestions for how therapists can integrate sleep health in prevention, health promotion, and wellness interventions.

Siengsukon, C. F., et al. (2017). "Sleep Health Promotion: Practical Information for Physical Therapists." *PHYS THER* 97(8): 826-836.

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