

Contents

1 Background Information on Stroke— Incidence, Risks, Survival Rates and Chances, Causes, and Related Disorders . .	1	3 Acute Therapy of Stroke	25
<i>Marcus Pohl and Jan Mehrholz</i>		<i>Ralf Schlosser</i>	
Definition	1	Therapy of Ischemic Stroke	25
Incidence and Distribution	4	General Information	25
Incidence of Stroke	4	In the Emergency Department	26
Prevalence of Stroke	4	Special Diagnostics	27
Survival	4	Therapy	29
Risks and Causes	5	Specific Therapy	33
Nonmodifiable Risk Factors	5	Therapy of Complications	38
Modifiable Risk Factors	5	Special Cases	40
Disorders and Their Consequences	7	Outlook	41
Motor Convalescence and Rehabilitation Following Stroke	8	Summary	41
Course of Illness Following Stroke	9	Therapy of Hemorrhagic Stroke	42
Prognosis	9	Intracerebral or Parenchymatous Hemorrhage	42
Everyday Competence and Ability to Walk Following Stroke	12	Subarachnoid Hemorrhage	45
Quality of Life Following Stroke	15	Summary	47
Summary	16	4 Early Mobilization: Opportunity or Risk?	48
2 Emergency and Acute Preclinical Management of Stroke	17	<i>Jan Mehrholz</i>	
<i>Gert Grellmann</i>		5 Optimizing Functional Motor Recovery after Stroke	51
Introduction	17	<i>Janet H. Carr and Roberta B. Shepherd</i>	
Symptoms of Stroke: Differential Diagnostics	19	Introduction	51
Measures Taken at the Scene of the Emergency	20	Acute Stage after Stroke	51
Patient's Medical History	20	Impairments and Adaptations	54
Clinical Examination	21	Weakness	55
Basic Measures to be Taken by Paramedic	21	Loss of Motor Control	57
Summary	24	Spasticity	58
		Adaptive Changes	59
		Interrelationships between Motor Learning, Brain Plasticity, and Environments	62
		Motor Learning	62
		Focusing Attention	63
		Goal Setting	65
		Practice	66

Delivery of Physical Therapy—Providing Opportunities for Practice	67	The Rehabilitation Phase	142
Effects of Skill Training and the Environment on Neuroplasticity	70	Communication Assistance	143
The Rehabilitation Environment	73	Assistance with Washing and Dressing . . .	144
Task-Oriented Training to Increase Skill and Motor Control	74	Assistance in Performing Bodily Functions .	145
The Lower Limbs in Support, Propulsion, and Balance	75	Hemiplegic Shoulder	146
Task-Oriented Training	78	Swollen Hand	146
Functional Weightbearing Exercises	78	Dealing with Neglect	147
Nonweightbearing Exercises	81	Guidance for Family Members	147
Active Muscle Stretching	82		
Maximizing Muscle Endurance and Physical Fitness	83	7 Ethical Questions Relating to the Care of Stroke Patients	148
Training Guidelines: Balance	85	<i>Frank Oehmichen</i>	
Training Guidelines: Standing Up and Sitting Down	99	What is at Issue?	148
Training Guidelines: Walking	110	Legal Justification of Treatment	149
Training Guidelines: Reaching and Manipulation	120	Medical Treatment Options	150
Conclusion	133	Decisions Made On the Basis of the Medical Indication	152
Appendix	133	Meaning of the Term “Indication”	152
		Meaning of the Term “Prognosis”	154
6 Care of Stroke Patients	136	The Dying Process As a Specific Prognostic Responsibility	155
<i>Claudia Flaemig</i>		Decision-Making Based On the Patient’s Own Wishes	157
Care and Treatment Plan	136	Communicative Determination of the Individual Indication and Individual Wishes of the Patient	159
Stroke Unit	136	Internal Formation of Decisions	160
Nursing Care during the Acute Phase . . .	137	External Influences on Decision-Making . . .	161
Monitoring and Securing of Vital Functions	137	Discussion	163
Patient Care History and Care Planning . . .	138	Summary	165
Prevention and Early Detection of Cardiovascular Complications	138	References	167
Surveillance and Safety Aspects of Medical Treatment	138	Index	187
Implementation of Prophylactic Measures .	139		