

Stroke Rehab: Assist Clients in Stroke Rehabilitation (Occupational Therapy Domain) Basic Level - Part 1

Stroke rehabilitation is an important part of recovery after stroke. Join this course to gain fundamental knowledge of stroke rehab and skills to assist in common upper limb and self-care training.

Course objectives

- Understand the definition of stroke
- Outline principles of stroke rehab
- Learn how stroke affects daily functioning: physical, cognitive and psychosocial implications
- Learn the common presentation of stroke in movements and activity performances
- Able to list the different upper limb movements
- Practical:
 - Able to assist in common set-ups for upper limb stroke rehab interventions
 - Able to identify common compensatory methods
 - Carry out basic rehab intervention with proper positioning and handling

Course outline (4 half days)

Day 1:

- Overview of stroke and basic principles of stroke rehab
- Implications of stroke in daily functions
- Upper limb movements in healthy individual vs person with stroke

Day 2:

- Common presentations of stroke in movements
- Common compensatory methods during basic activities of daily living (BADL)
- Common set-ups for upper limb stroke rehab interventions

Day 3:

- Basic stroke rehab interventions: proper positioning and handling, BADL retraining

Day 4:

- Skills competency assessment

Training methodology

Lectures, group discussions, role play, demonstrations

Trainers' profile

Nurhafizzah Juwaini and Nor Azilah Pami are occupational therapists at St Luke's Hospital, the first hospital in Singapore dedicated to the elderly sick. Their areas of specialisation include neuro-developmental treatment and community integration.

You may sign up for both Part 1 and 2 of this course. Part 2 includes topics such as upper limb recovery, and cognitive and visual perception interventions.

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Target audience: Therapy Aides, Therapy and Health Assistants, other working in the community healthcare sector

Course dates & time:

Month	Day 1	Day 2	Day 3	Day 4
	2pm - 5.30pm			
Sept 2019	2	3	16	17
Nov 2019	4	5	11	12
April 2020	2	9	16	23

Course fee: \$502.90 (including GST)
Prevailing course fee subsidy at **90%** for Singaporeans/PRs and **45%** for foreign staff working in eligible community care organisations.

Venue: St Luke's Hospital
2 Bukit Batok Street 11
Singapore 659674

REGISTER

through your organisation's designated AIC LMS Administrator
https://lms.aic-learn.sg/lms/app/SYS_login.aspx

Course code: SLH-CL-12-[run no.]

Enquiries

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