

Stroke Rehab: Assist Clients in Stroke Rehabilitation (Physiotherapy Domain) – Basic Level - Part 1

Stroke rehabilitation is an important part of recovery after stroke. Join this course to gain fundamental knowledge of stroke rehabilitation and learn to assist clients in their rehabilitation.

Course objectives

- An overview of stroke care
- Understand principles of stroke rehab and neuroplasticity
- Appreciate patient-centred care model
- Identify abnormal sitting and standing posture
- Recognise common compensations in body posture of persons with stroke
- Perform practical skills including:
 - Bed mobility and transfer
 - Basic lower limb rehab intervention with proper positioning and handling
 - Range of motion, muscle strength and muscle tone basic assessment

Course outline (4 half days)

Day 1:

- Overview of stroke
- Neuroplasticity
- Patient-centred care

Day 2:

- Normal sitting and standing posture
- Abnormal sitting and standing posture
- Bed mobility and transfers

Day 3:

- Common compensation patterns
- Basic assessment and handling skills
- Stretching and limb exercises; use of aids and equipment

Day 4:

- Skills competency assessment

Training methodology

Lectures, group discussions, role play, demonstrations

Trainers' profile

Bala S Rajaratnam, Tang Wei Mun & Khin Wei Thet, are physiotherapists registered with Allied Health Professional Council Singapore and practice at St Luke's Hospital, which is the first hospital in Singapore dedicated to the elderly sick. They have experiences teaching and supervising physiotherapy students. They are also leads in providing care to geriatric clients and those who had stroke.

- slh.org.sg
- fb.com/slhsg
- giving.sg/slh



Target audience: Therapy Aides, Therapy & Health Assistants and others working in the healthcare community setting. Part 1 and Part 2 are not linked and cover different topics. Participants can do part 2 before part 1.

Course duration (4 half days):

Run	Month	Day 1	Day 2	Day 3	Day 4
		2 – 6 pm			
2	Aug	1	8	15	27
3	Sept	5	6	9	10
4	Jan 2020	7	14	21	29

Course fee: \$593.85 (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-14-[run no.]



Enquiries

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