

Stroke rehabilitation is an important part of recovery after stroke. Join this course, organised by St Luke's Hospital, to gain fundamental knowledge of stroke rehabilitation and learn to assist clients in their rehabilitation.

Course Objectives

Gain fundamental knowledge of stroke rehab and apply physiotherapy & occupational therapy techniques in clinical settings to assist therapist.

Training Methodology

Lecture, group activities and discussions, practicum demonstration, case presentation.

Target Audience

Support Care Staff (Therapy Aide/ Assistant with at least 1 year working experience)

Course Time

2pm - 6pm

Course Fee: \$952.30 (Including GST). Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for foreign staff working in eligible community care organisations.

Trainers' Profile

Khin Wei That is a Senior Physiotherapist at St Luke's Hospital. She specialises in neuro-rehabilitation for adult and geriatric patients. Wei That teaches and supervises physiotherapy students and also provides internal and external trainings.

Nurhafizzah Juwaini is a Senior Occupational Therapist at St Luke's Hospital. Her areas of specialisation include neuro-developmental treatment and community integration. Nurhafizzah is also involved in the teaching and supervision of occupational therapy students.

Course Outline (8 Half Days)

Run	Day	Course Dates	Course Outline
• Face to Face Session			
• 1	1	6 Apr 2021	<ul style="list-style-type: none"> Understand & explain definition of stroke, types of stroke, common causes. Explain how stroke can affect roles & activities. State importance of stroke rehabilitation & role of individuals in the multi-disciplinary team & patient-centred model. Identify compensatory movement when sitting & standing after stroke.
• 1	2	8 Apr 2021	<ul style="list-style-type: none"> Identify basic strengthening exercises for stroke patients. Perform different types of transfer techniques for different levels of assistance of the stroke patients.
• 1	3	12 Apr 2021	<ul style="list-style-type: none"> Understand different types of muscle tone & conduct stretching exercise, balance & reactive strategies. Perform common assessments & outcome measures. Practise & understand usage of different types of walking aids & observe rehabilitation advanced technologies.
• 1	4	13 Apr 2021	<ul style="list-style-type: none"> Observe feature of hemiplegic gait & common exercise strategies to improve walking ability after stroke. Practical & written test.
• 1	5	19 Apr 2021	<ul style="list-style-type: none"> Describe common presentation of upper limb deficits & synergy patterns after stroke. Describe remediative and compensatory approaches. Demonstrate common closed, modified-closed chain upper limb activities. Teach adapted strategies for ADLs.
• 1	6	20 Apr 2021	<ul style="list-style-type: none"> Demonstrate safety considerations when handling clients with stroke during bed mobility, transfers, seated & standing functional activities. Explain importance of and demonstrate proper positioning and common facilitation during ADL retraining for clients who require maximum, moderate & minimum assistance.
• 1	7	26 Apr 2021	<ul style="list-style-type: none"> List and carry out common basic interventions for attention and memory visual motor skills. Describe common strategies to facilitate performance for executive functioning skills.
• 1	8	27 Apr 2021	<ul style="list-style-type: none"> Demonstrate more effective ways of reporting client's cognitive performance to therapist. Practical & written test.

Venue

📍 Course details will be sent to participants

Enquiries

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