

Stroke and physiotherapy management

MD FARUQUL ISLAM

Mr Nahid Imran, a 30 years old gentleman, just completed his masters degree in information technology. Few months back he was in the Skype, chatting with his friend, suddenly he felt down; means loss of consciousness and speech along unable to move right side of his body. Then immediately he was taken to a nearby hospital. After examination, it was confirmed that he got massive haemorrhage in his left brain. All of a sudden his life got stuck. Like Mr Imran, there are many stroke sufferers in our community; the question is how much are we taking care of them.

The World Health Organisation (WHO) and World Bank reported for developing countries having overall disabilities about 10% of population. The prevalence of disability among stroke survivors is between 24-54%.

How you will understand about stroke?

Stroke affects brain and can happen any time in any of ages, but more common in older age. You may feel numbness (lack of sensation or feelings), facial weakness, weakness or paralysis of body (usually one side of the body), slurred speech (difficulty to speak), blurred or



unclear vision, confusion and sometimes severe headache or vomiting.

Management of stroke
Stroke is a preventable and treatable disease at any ages. So more effective primary and secondary prevention strategies should be taken at all level of care — not only at individual's life but also at family and community level. Early recognition of stroke leads to a better outcome.

How can one prevent stroke?

The good news is that most strokes can be prevented by working with your health care team to

reduce your risk. You can help prevent stroke by making healthy lifestyle choices.

When should you start physiotherapy for stroke rehabilitation?

Physiotherapy should start from the next day of a stroke attack, where a physiotherapist will teach how to deal with patient positioning in bed or wheel chair. Sometimes patients need respiratory physiotherapy.

The protocol usually used are: assessment > problem identification > short term goal > long term goal > re-evaluate > discharge and follow up.

Position of patients while lying
Acute stage or immediately after stroke, the patients' position or posture is key to prevent further complications such as developing good neuroplasticity, joint alignments and maintaining muscles or soft tissues length, furthermore, preventing pressure sore.

Taking care of affected shoulder and hand
Shoulder is a very common site to be affected after stroke, for example shoulder subluxation and pain can happen if there is wrong handling or not taking

proper precautions during patient transferring.

Patient management

After becoming medically stable, a stroke patient will be introduced to nerve facilitatory exercises for instance the Bo-bath concept. It is one the modern concept used globally to rehabilitate stroke patients, including postural rearrangement, using base of support and center of gravity.

Based on the basic principles, a skilled physiotherapist will design the exercise protocol throughout the day. Interestingly it is often found that most of patients use some electrical modalities such as IRR, UST or TENS and others.

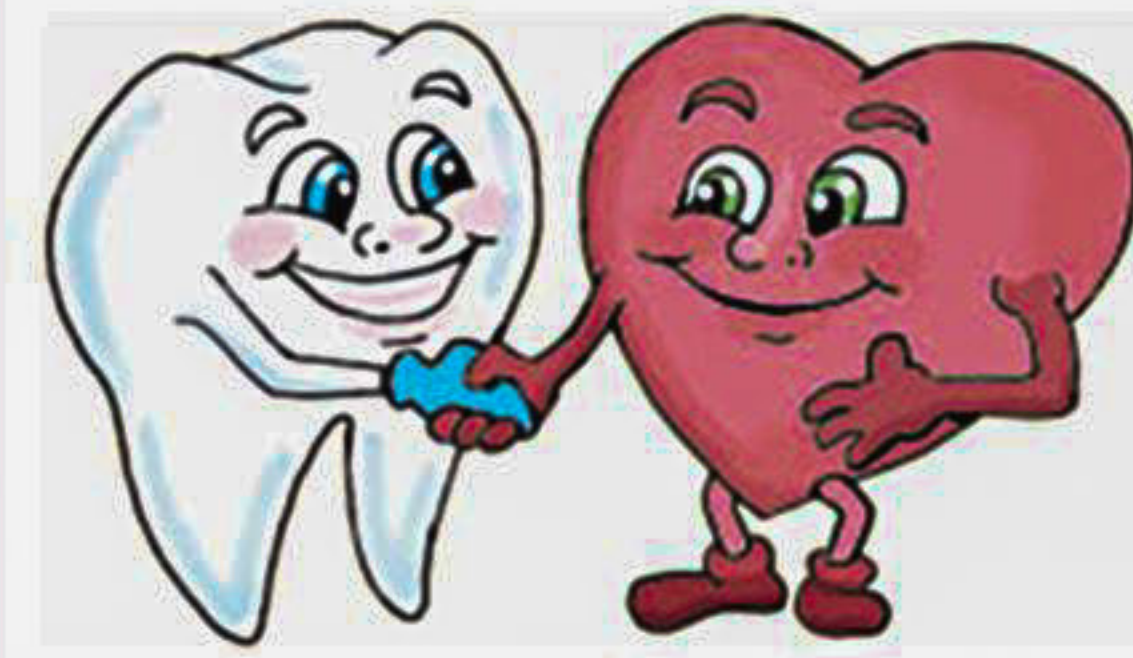
Clinical bottom line

Stroke is very critical and life-threatening — patients need care very urgently from acute hospital to rehabilitation. Multi-disciplinary team should be introduced at all level of the hospitals including neurologist, physiotherapist, occupational therapist, speech and language therapist.

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HEALTH BULLETIN



Researchers can't be certain that gum diseases are the culprit for deadly cardiovascular diseases. The study only found a link, not a cause-and-effect relationship, between dental health and heart health.

Toothlessness a clue to deadly heart disease!

Toothless heart disease patients are nearly twice as likely to die as those who have all their teeth, a new study suggests.

Gum disease is the most common cause of tooth loss, and gum disease-related inflammation is believed to play a role in the narrowing of arteries, the researchers said.

"While we can't yet advise patients to look after their teeth to lower their cardiovascular risk, the positive effects of brushing and flossing are well established. The potential for additional positive effects on cardiovascular health would be a bonus," said study lead author Dr. Ola Vedin, a cardiologist at Uppsala University Hospital and Uppsala Clinical Research Center in Sweden.

The study included more than 15,000 heart disease patients in 39 countries. They were assessed for tooth loss and followed for an average of 3.7 years.

The study only found a link, not a cause-and-effect relationship, between dental health and heart health. It was published Dec. 16 in the European Journal of Preventive Cardiology.

HEALTH Infographic

Milk matters!

Stunted growth, also known as stunting and nutritional stunting, is a reduced growth rate in human development. It is a primary manifestation of malnutrition and recurrent infections, such as diarrhoea and helminthiasis, in early childhood and even before birth, due to malnutrition during fetal development brought on by a malnourished mother. The following infographic helps to present ideas on how nutrition effects your health in a clear and concise way.



NAZMUL HUDA and JOHN RICHARDS

Milk is the most balanced source of nutrition for human beings. Dairy products are a good source of energy, and contain all essential food elements including protein, fat, carbohydrate, vitamins, minerals and trace elements.

Milk keeps your heart in good condition, by maintaining blood pressure. Calcium in milk products maintains bone density and prevents osteoporosis (bone thinning). Osteoporosis is very common among women who do not consume adequate quantities of dairy products.

In most high-income developed countries, and many developing countries too, milk is a major component of the daily breakfast. However, it is difficult to store milk without refrigeration and accordingly it is more costly than, say, vegetables.

Among low-income Bangladeshi families, consumption is very low. In a nutrition survey conducted by one of us among 300 low-income mothers in Jamalpur district and another 300 living in a Dhaka slum only 1% were, based on the World Health Organisation (WHO) standards, consuming minimally adequate milk on a daily basis.

The WHO recommends 250 ml milk consumption per person per day, or approximately 90 liters per person per year. Global per capita milk consumption is 108 liters/year.

Consumption is highest in Finland (361 liters/person/year); in Canada it is 206 liters. In Bangladesh it is only 16.5 liters/person/year. On an average that is one fourth of the WHO recommended amount.

Milk consumption in many poor developing countries is higher than in Bangladesh. For example it is 68.7 liters/person/year in India, in Nepal 41 liters, in Maldives 79 liters, in Pakistan 159 liters.

One of the important reasons for low consumption is high retail prices. At the present exchange rate, this is above retail prices available in Canada. There are costs beyond transport, but should they double the price?

There are other important issues

related to dairy products in Bangladesh. Milk adulteration and synthetic milk are two of them. However, a reasonable price at the farmer end will encourage domestic milk production and lower our dependence on imports. And a reasonable price at the consumer end will encourage consumption.

We do not know the details of milk marketing in Bangladesh, but based on the Indian experience, a systematic investigation is justified. Everybody has an interest on this issue, because milk matters!

Nazmul Huda is a public health physician. John Richards is a Canadian economist at Simon Fraser University in Vancouver.



9 health questions people asked Google in 2015

Chances are, one of the first places you turn for quick information on everything from that new diet fad to a troubling rash to a cough that won't quit is your handy search engine (although if you have a medical concern, there's no substitute for an appointment with your doctor).

Experts at Google were asked to share the most popular health-related searches of the past year. "These top searched health-related questions are based on Google searches in the US from January to November 2015," says Simon Rogers, a data editor for Google's News Lab.

- Here are the burning questions that were searched for in 2015.
1. "Is bronchitis contagious?"
 2. "Is pneumonia contagious?"
 3. "How much water should I drink?"
 4. "How many calories should I eat?"
 5. "What is lupus?"
 6. "How far along am I?"
 7. "When do you ovulate?"
 8. "What is gluten?"
 9. "How long does the flu last?"



Flu can make you miss work school or even HOSPITALIZED

PREVENTION IS BETTER THAN CURE

To Prevent:

Avoid close contact with sick people

While sick, limit contact with others

While sick stay home for at least 24 hours

Cover nose & mouth with a tissue while coughing or sneezing

Wash hands often with soap and water

Avoid touching eyes, nose and mouth

