

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 (1 Full day + 2 Half days)

Day 1:

- Overview of stroke
- Neuroplasticity
- Patient-centred care
- Normal sitting and standing posture
- Abnormal sitting and standing posture
- Bed mobility and transfers

Day 2:

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

Day 3:

- Skills competency assessment

Training Methodology

Lectures, group discussions, role play, demonstrations

Trainers' Profile

Khin Wei Thet, a Senior Physiotherapist at St Luke's Hospital, the first hospital in Singapore dedicated to the elderly sick. Wei Thet has the experience teaching and supervising physiotherapy students. She is also the lead in providing care to geriatric clients and those who had stroke.



Target Audience:

Therapy Aides, Therapy Assistants

Course Dates & Time

(1 Full day + 2 Half days):

Day	1	2	3
Date	23 Nov 2020	30 Nov 2020	7 Dec 2020
Time	9am to 6pm	2pm to 6pm	2pm to 6pm

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-14-06

Enquiries

6895 2786, sla_admin@stluke.org.sg