Exploring the Stroke Paradigm: Making Functional Gains Beyond 6 Months

**Ceiling Effects of Assessment Tools:**
- ADL measures on the FIM and Barthel Index have ceiling effects in higher functioning patients
- Cognitive component of FIM has a ceiling effect at 6 and 12 months post-stroke

**Changing Stroke Population Demographics:**
- Younger patients are more mildly affected
- Current rehab treatment model neglects IADLs

**Psychosocial Factors Affecting Quality of Life:**
- Depression affects 30-35% of survivors
- Problems returning to work
- Decreased social participation
- Hopelessness

**Stroke Assessments for Quality of Life:**
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- Stroke-Specific Quality of Life Scale
- Canadian Occupational Performance Measure

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LSU Health New Orleans
School of Allied Health Professions

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**Functional Gains in Rehabilitation:**

- No known ideal period to achieve maximal stroke rehabilitation
- A plateau in recovery does not necessarily imply a diminished capacity for further gains
- 40% of patients unable to walk at 6 months could do so at 1 year
- Chronic stroke patients do respond to rehabilitation

**References:**


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