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Home care of patients with cerebral infarction



(Image source: Free material from Japan)

To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by Neurology specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

I. Common complications of cerebral infarction:

- (1) Physical activity dysfunction.
- (2) Dysphagia.
- (3) Dangerous falls.



II. Daily care

Physical activity dysfunction

(Image source: Free material from Japan)





1. Prevention and rehabilitation of joint muscle contracture:

contracture: such as joint movement, the affected side performs up and down flexion and extension, adduction and abduction.



(Image source: Free material from Japan)

2. Proper use of assistive devices for rehabilitation measures such as:

wheelchair		single crutch	
four corner walker		splint	





(Image source: Free material from Japan)

3. Add fine motor rehabilitation measures: use the affected limb to hold a pen to practice drawing circles, squares, and triangles; use the affected limb to hold a spoon, pick marbles, etc.



(Image source: Free material from Japan)

Dysphagia

<p>1. When eating, adopt a sitting posture, tilt the head forward, turn the head to the weak point, and avoid raising the head.</p>	
<p>2. Choose a spoon with a smaller surface and a longer handle for feeding.</p>	
<p>3. Take small meals and eat frequently, and add an appropriate amount of food thickener to liquid food.</p>	
<p>4. Provide a quiet and comfortable environment to concentrate on swallowing and eating without urging.</p>	

(Image source: Free material from Japan)

Dangerous falls

1. Wear well-fitting clothes to avoid tripping due to too large clothes and pants, and the shoes should be of appropriate size and non-slip.
2. Access to wheelchairs, potty chairs, walkers, etc.
3. Do not pile up objects in the activity space, keep the passageway unobstructed and the ground clean and dry.



(Image source: Free material from Japan)



III. Conclusion:

After the patients with cerebral infarction are in stable condition, they should actively receive physical and functional training during the golden period of rehabilitation, and provide appropriate care and education when they are discharged from the hospital, so that the patients can achieve a good quality of life and health after returning home.

IV. References

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Let's take a test to confirm that you have a thorough understanding.

1. Common complications of stroke include: physical activity dysfunction, swallowing disorder, and dangerous falls.
 Yes No No idea

2. If stroke patients have physical activity dysfunction, they can be improved and alleviated.
 Yes No No idea

3. If a stroke patient has difficulty swallowing, he or she can feed and drink water by mouth at will, and nothing will happen if he or she chokes.
 Yes No No idea

4. Wear appropriate clothes and shoes, keep the environment clear of obstacles, have adequate lighting, add anti-slip measures, and use appropriate assistive devices to prevent falls.
 Yes No No idea

5. After stroke patients are stabilized, they should actively receive physical and functional training during the golden period of rehabilitation, so that patients can achieve good quality of life and health after returning home.
 Yes No No idea