A comprehensive assessment of the symptom fatigue and its impact, but also the preferences and goals of individuals with MS-related fatigue, facilitates the understanding and management of fatigue [3–5].

In the presentation the content and efficacy of therapeutic strategies to support individuals in managing their life with fatigue will be reviewed, from the perspective of optimizing preferred occupational performance [1].

References

http://dx.doi.org/10.1016/j.rehab.2013.07.370

COSI-002-e
Training of nursing staff in the care of stroke patients and relational benefits

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Keywords: Stroke-relational approach; Neurologic evolution

Introduction.– This study aims at showing that a specific training in relational approach can improve caregivers’ knowledge and so reduce their fears and doubts when interacting with hemiplegic patients. A relational proper care of the patient can influence his psychological and adaptive states. The literature shows indeed that the psychological well-being promotes patient’s neurological outcome. Anxiety, stress and the psychosocial factors are more and more studied because considered as risk factors or worsening factors. The multidisciplinary team (nurses and paramedics), because it interacts regularly with the patient, has a significant impact on those factors.

Method.– The proposed training was a theoretical course, it gave advices and reported ideal consensus attitudes when facing patients’ questions, especially regarding their recovery chance. The study was conducted with a convenience sample (n = 33) composed of nurses, physiotherapists, occupational therapists and speech therapists. The training lasted 4 hours per group of 10 persons. A study form about knowledge and attitudes before and after the training was filled in.

Results.– The results show a significant improvement in staff’s knowledge, the t (student) gives a p < 0.0001. The attitudes were significantly improved (p < 0.01). Staff’s doubts were significantly reduced (p < 0.05) as well as its apprehensions (p < 0.001) at being faced to some patient’s questions.

Conclusion.– This training in relational techniques was positive for caregivers. It remains to evaluate the impact this training has actually had on the hemiplegic patients cared: the effects on their psychological adjustment, on their anxiety, on their stress and on the neurological outcome.

Available for consultation tool on the site: www.crftc.org.

http://dx.doi.org/10.1016/j.rehab.2013.07.372