

Target Area: Mood > Depression, Quality of life

<p>Holmgren, E., Gosman-Hedström, G., Lindström, B. & Wester, P (2010). What is the benefit of a high-intensive exercise program on health-related quality of life and depression after stroke? A randomized controlled trial <i>Advances in Physiotherapy</i>, 12, 125-133</p>	<p>PEDro score - 8 /10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> ➤ Study Design: RCT ➤ Population: n=34 stroke patients aged 55 or over. ➤ Groups: <ol style="list-style-type: none"> 1. Intervention group (n=15) 2. Control group (n=19) ➤ Setting: outpatient <p>Primary outcome measure/s:</p> <ul style="list-style-type: none"> ➤ Health-related quality of life (HRQoL) <ul style="list-style-type: none"> ○ Short Form-36 (SF-36) ➤ Geriatric Depression Scale (GDS-15) <p>Secondary outcome measure/s:</p> <ul style="list-style-type: none"> ➤ none <p>Results: The control group showed improvement on the Mental Health and Mental Component Scale on the HRQoL outcome measure (SF-36) at 3 months post-intervention. No improvements were made by the intervention group. Both groups showed improvements on the Physical Component Scale at 3- and 6-months post-intervention. No differences were found between groups on the depression measure.</p>	<p>Aim: To evaluate the impact of a high-intensity exercise program together with group discussions in stroke patients with risk of falls.</p> <p>Materials: High-intensive physiotherapy program.</p> <p>Treatment Plan:</p> <ul style="list-style-type: none"> ➤ Duration: Treatment phase was 5 weeks ➤ Procedure: 7 sessions, weekly. ➤ Content: <ul style="list-style-type: none"> - Participants in the intervention group received a program consisting of 7 sessions per weeks over 3 days, focusing on physical activity and functional performance. In addition, they received a 1 hour educational group discussion about fall risk and security aspects. - Control group received one 1 hour educational group discussion regarding hidden dysfunctions after stroke and how to cope.