

SIGN 118 Management of patients with stroke: Rehabilitation, prevention and management of complications, and discharge planning Evidence table index

KQ		SIGN 78 section
1	How should stroke patients be assessed for nutritional status in order to identify patients at risk who require nutritional intervention?	
2	Is there evidence that stroke patients who are nutritionally at risk and/or dysphagic benefit from nutritional supplementation, food fortification, or dietary advice?	
3	In stroke patients who cannot swallow adequately, what is the evidence for the effectiveness of the following therapies: (a) facilitation exercises with or without biofeedback (b) sensory enhancement	6.2.3
4	What interventions are effective for the reduction of sialorrhea in stroke patients? Consider: tricyclics, botulinum, radiotherapy, hyoscine	
KQ		SIGN 64 section
5	What is the evidence for the effectiveness of the following interventions in the management of post-stroke spasticity? (a) exercise (b) splinting (c) electrostimulation / functional electrical stimulation (d) anti-spastic drugs (baclofen, tizanidine, dantrolene, & diazepam) (e) botulinum toxin (f) surgery	4.2.2
6	What is the evidence for the effectiveness of the following interventions in improving gait, balance and mobility in stroke patients? (a) treadmill training (b) biofeedback (any type) (c) electrostimulation (ES or FES) (d) orthoses (any type) (e) task-related training (f) neurophysiological training (g) physical fitness training (h) electromechanical assisted gait training (i) repetitive task training (j) walking aids (sticks, zimmers, walking frames) (k) strengthening (l) intensity Consider: duration of therapy; 5 day vs 7 day	4.2
7	What is the evidence for the effectiveness of the following interventions in improving upper limb function in stroke patients? (a) electrostimulation (ES or FES)	

	<ul style="list-style-type: none"> (b) biofeedback (c) virtual reality (d) bilateral training (e) constraint induced therapy (f) repetitive task training (g) mental practice or imagery (h) splinting (i) intensity (j) robotics (k) NDT approaches 	
8	<p>What is the evidence that the following treatments for hemiplegic shoulder pain (HSP) improve or maintain shoulder function or decrease pain?</p> <ul style="list-style-type: none"> (a) physical therapy (b) ultrasound (c) slings, supports or strapping (d) positioning (e) NSAIDS (f) TENS (g) intra-articular injections (h) acupuncture, massage and other complementary therapies (i) antidepressants <p>Consider: prevention and treatment</p>	4.10
9	<p>What interventions have demonstrated effectiveness in the treatment of central post-stroke pain in stroke patients? (include: gabapentin, pregabalin)</p> <p>Consider: neuropathic and complex regional pain</p> <p>Exclude: spasticity and shoulder pain</p>	4.9
10	<p>In stroke patients with visual neglect, visual field defects or eye movement disorders, what is the effectiveness of the following interventions in improving visual function, quality of life, and functional ADL?</p> <ul style="list-style-type: none"> (a) screening and assessment (b) compensatory strategies (c) substitution strategies (d) restitution strategies <p>(Terms to include: cognitive rehabilitation, orthoptic training, cueing, scanning, limb activation, aids, environmental adaptations, prisms/corrective eyewear, referral, oculomotor rehabilitation, patches, compensatory head movements, visual training)</p>	4.3

11	In stroke patients with emotional lability (emotionalism), are the following interventions effective and acceptable to patients in improving emotional control and daily functioning? (a) patient education and advice (b) antidepressants Consider: patient preference	4.14.4
12	What evidence is there for the effectiveness and patient acceptability of the following therapies for preventing post-stroke depression? (a) antidepressants (b) psychological therapies	4.14.2
13	What evidence is there for the effectiveness and patient acceptability of the following therapies for treating post-stroke depression? (a) antidepressants (b) psychological therapies	4.14.3
14	What interventions are effective in addressing problems with body image and self-esteem in patients following stroke? Consider: sexuality, self confidence, relationships.	
15	In stroke patients with incontinence, which of the following interventions are effective in achieving continence? (a) timed voiding/bladder retraining (b) oestrogen (c) oxybutynin (d) biofeedback (e) anticholinergics (f) duloxetine	4.8
16	What is the evidence for the safety and effectiveness of the following interventions to reduce the incidence of thromboembolism in stroke patients? (a) graduated elastic compression stockings (b) early mobilisation	4.17
17	Is early supported discharge to home beneficial in terms of improving independence and improving physical and psychological well-being in patients and carers?	5
18	Does home-based rehabilitation as compared to outpatient (or hospital based/day hospital) rehabilitation improve independence and ADL?	5
19	What information do patients and carers need upon discharge following stroke?	7
20	What interventions have demonstrated effectiveness in the treatment of post-stroke fatigue?	
21	What is the evidence for the following interventions in the	

	<p>prevention and treatment of subluxation of the shoulder in terms of reducing subluxation, increasing function, and reduction in pain?</p> <ul style="list-style-type: none"> a) supportive devices b) strapping c) taping d) electrostimulation e) positioning f) hands on (manipulation, mobilisation) 	
22	What is the effectiveness of therapeutic positioning in preventing complications and assisting functional recovery following a stroke?	
23	What interventions have been shown to improve performance of activities of daily living in stroke patients?	