

NICS FELLOW 2007

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Implementation Project:

Achieving optimal arm function in people rehabilitating following stroke

Ensuring best possible arm function in people rehabilitating from stroke is the goal of Mr Cannell's project. Stroke is the second highest cause of death in adult Australians. It is also one of the leading causes of disability, affecting over 345,000 people. While an average of 70 per cent of stroke survivors are able to walk, only a third of those who suffer arm weakness as a result of stroke recover functional usage of their arm.

Six evidence-based treatment strategies will be implemented to improve outcomes for people who have arm weakness following a stroke. These include Functional Electrical Stimulation, Constraint Induced Movement Therapy and Group Therapy. Training packages will be developed as part of this project and will be shared with other hospitals and rehabilitation providers around Australia.

Implementation Project Progress Report, April 2008:

To facilitate co-ordinated arm care following stroke, a multi-disciplinary Arm Management Plan form has been developed. This is being trialled across the Launceston General Hospital's Stroke Unit and Rehabilitation Unit.

Functional Electrical Stimulation has commenced for prevention of subluxation and has been occurring with all appropriate stroke patients.

Resources have been developed on Functional Electrical Stimulation (patient handouts, allied health education, procedures, alert signage, educational posters, journal club articles). These are currently available via the Tasmanian Department of Health and Human Services (DHHS) intranet.

Arm Care Positioning Charts are being redeveloped for immediate usage through the DHHS.

Planning has commenced on implementing Task Specific Training, Constraint Induced Movement Therapy and Group Therapy.

A review of resource sharing websites has been conducted to assist the future dissemination of resources. Options are being considered in conjunction with the National Stroke Foundation to assist future sharing of stroke resources.

Implementation Project Progress Report, October 2008:

A multi-disciplinary Arm Management Plan has been developed to facilitate co-ordinated arm care following stroke in the Launceston General Hospital's Stroke Unit and Rehabilitation Unit.

The plan covers the areas of Arm Care / Supports, Functional Electrical Stimulation, Independent Activities and Constraint Induced Movement Therapy.

Resources used to implement the stroke care are being shared through the Tasmanian Health and Human Services (DHHS) intranet and to other interested individuals / organisations.

An electronic learning package is being created for training staff on Functional Electrical Stimulation of the arm following stroke. This will be placed on the DHHS intranet in December and will be distributed to other organisations next year.

A review of resource sharing websites has been conducted to assist the future dissemination of resources. Options are being considered in conjunction with the National Stroke Foundation to assist future sharing of stroke resources.

Funding Partner:

Mr Cannell's Fellowship is supported by the National Institute of Clinical Studies.

Project Mentor:

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NICS Mentor:

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Key Publications:

Cannell J. Optimising arm function in people rehabilitating from stroke [Presentation]. Australian Physiotherapy Association Tasmanian Branch Annual Forum "Innovation and Technology". Cambridge; 2008.

Cannell J. Optimising arm function in people rehabilitating from stroke [Poster]. Australian Physiotherapy Association Tasmanian Branch Annual Forum "Innovation and Technology". Cambridge; 2008.