

CNS Therapeutic Program for Stroke Patients



Integrated rehabilitation and medical care for patients and their families

For those affected by Stroke, rehabilitation is fundamental to recover functional independence and social participation in daily life. The Individual Therapeutic Program for Stroke Patients is based on the conception and implementation of a plan that includes medical care and integrated rehabilitation, adjusted to each individual's needs and problems, designed in close collaboration between different specialties and professionals, and run in a positive and energized atmosphere.

The program aims at:

Starting early neurorehabilitation

Preventing stroke complications

Identifying risk factors

Implementing preventive measures for the recurrence of stroke

Treating comorbidities

Developing independence, reintegration and social participation

Defining a plan for post-discharge with adequate follow-up

Promoting emotional improvement

Duration: The Program considers a standard length of **six (6) weeks**.

However, after the patient's assessment by the medical team, different stays may be recommended and discussed. Intensity of the program, as well as expected results, are also adjusted according to the stage of the condition.

Caregiver: Although not required, the escorting and involvement of a family member or caregiver is advisable as well as a predictive **factor of success** of the program.

Patient profile: Patients for this program should be preferably in a **sub-acute** or **chronic** stage of their clinical condition, without medical limitations for carrying out an intensive rehabilitation schedule.

Language: Both patient and caregiver should communicate and understand either **English, Spanish, Italian, French or Portuguese**.

MedicalPort

MEDICAL SOLUTIONS ABROAD

Steps of the standard Individual Therapeutic Program for Stroke Patients:

1. Welcome general consultation, after check-in
2. Initial Stroke consultation, by neurologist specialized in Stroke
3. Rehabilitation assessment for evaluation of physical condition and definition of goals for the program, by rehabilitation team on the first two days after check-in
4. Medical care and neurorehabilitation program, supervised by neurologist

Treatment areas included:

Physical therapy

Hydrotherapy Bad Ragaz e Halliwick concept

Speech therapy

Dietetics and nutrition

Psychology

Forwarding to others medical areas (if needed)

5. Final assessment, by neurologist specialized in Stroke

6. Post-discharge and follow-up plan, by neurologist and rehabilitation team

7. Educational program for Patients and Caregivers, held throughout the stay

Inclusions:

General health and neurology medical consultations and assessments
Neurorehabilitation and physical rehabilitation assessments and sessions
Educational program for the patient and the caregiver
Reports, discharge documents and follow-up care plans in English
Specialized medical support and nursing care
Accommodation in room for patient and/or caregiver for the duration of the program and its extension, if required
Five meals per day during the program and its extension, if required

Exclusions:

Flights to and from Portugal
Unforeseen medical rehabilitation sessions

Assisted hygiene and personal care
Full laundry services
Pharmacologic prescription and administration
Emergency call 24h
Access to the centre's facilities and amenities
Socio-cultural complementary programs
Transportation from and to Lisbon or Lisbon's Airport

Medical care from specialties not mentioned above