

EVIDENCE BASED POSITION PAPER ON PHYSICAL AND REHABILITATION MEDICINE (PRM)
PROFESSIONAL PRACTICE FOR PERSONS WITH STROKE. THE EUROPEAN PRM POSITION (UEMS PRM
SECTION)

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Introduction: Both the incidence of stroke and deaths due to stroke are declining in Europe due to the developments in the prevention and treatment of cerebrovascular diseases. However, the absolute number of strokes continues to increase because of the ageing population and the global burden of stroke is estimated to rise. Despite improvements in mortality and morbidity, stroke survivors need access to effective rehabilitation services. Over 30% of stroke survivors have persistent disability and might require long-term rehabilitation.

Purpose: The aim of this study is to improve Physical and Rehabilitation Medicine physicians' professional practice for persons with stroke in order to promote their functioning and to enhance quality of life.

Method: A systematic review of the literature including a ten-year period and a Consensus procedure by means of a Delphi method process have been performed involving the delegates of all European countries represented in the UEMS PRM Section.

Results: The systematic literature review is reported together with the 78 recommendations resulting from the Delphi procedure.

Conclusions: The professional role of PRM physicians with persons with stroke, is to improve specialized rehabilitation services worldwide in different settings (acute, post-acute and long-term) and to organise and manage the comprehensive rehabilitation programme for stroke survivors considering all impairments, comorbidities and complications, activity limitations and participation restrictions as well as personal and environmental factors.

References:

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