

# Impact of Rehab among Stroke Patients Affecting Anxiety and Depression

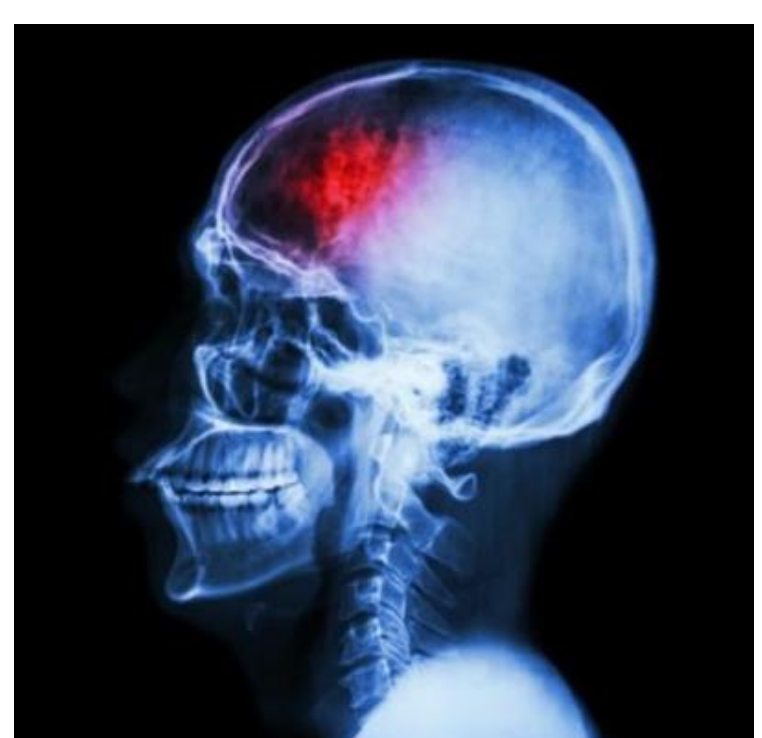
## Faith 4 Neurosurgical ICU



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### Background/Significance

- Stroke is leading cause of death and impairment worldwide (Intamas et al., 2021).
- Inpatient rehabilitation is for patients with significant physical impairments.
- Patients who have suffered from a stroke face issues with support, financial challenges, physical and emotional disabilities.
- Stroke patients feel a sense of abandonment upon leaving the hospital (Bonifacio et al., 2022).
- Insurance can impact a patient's access to rehabilitation, causing patients to receive dissimilar outpatient care.
- Numerous physical disabilities can be a result of different types of strokes; however, stroke survivors also repeatedly suffer from mental health disorders such as anxiety and depression (Zhang et al., 2023).

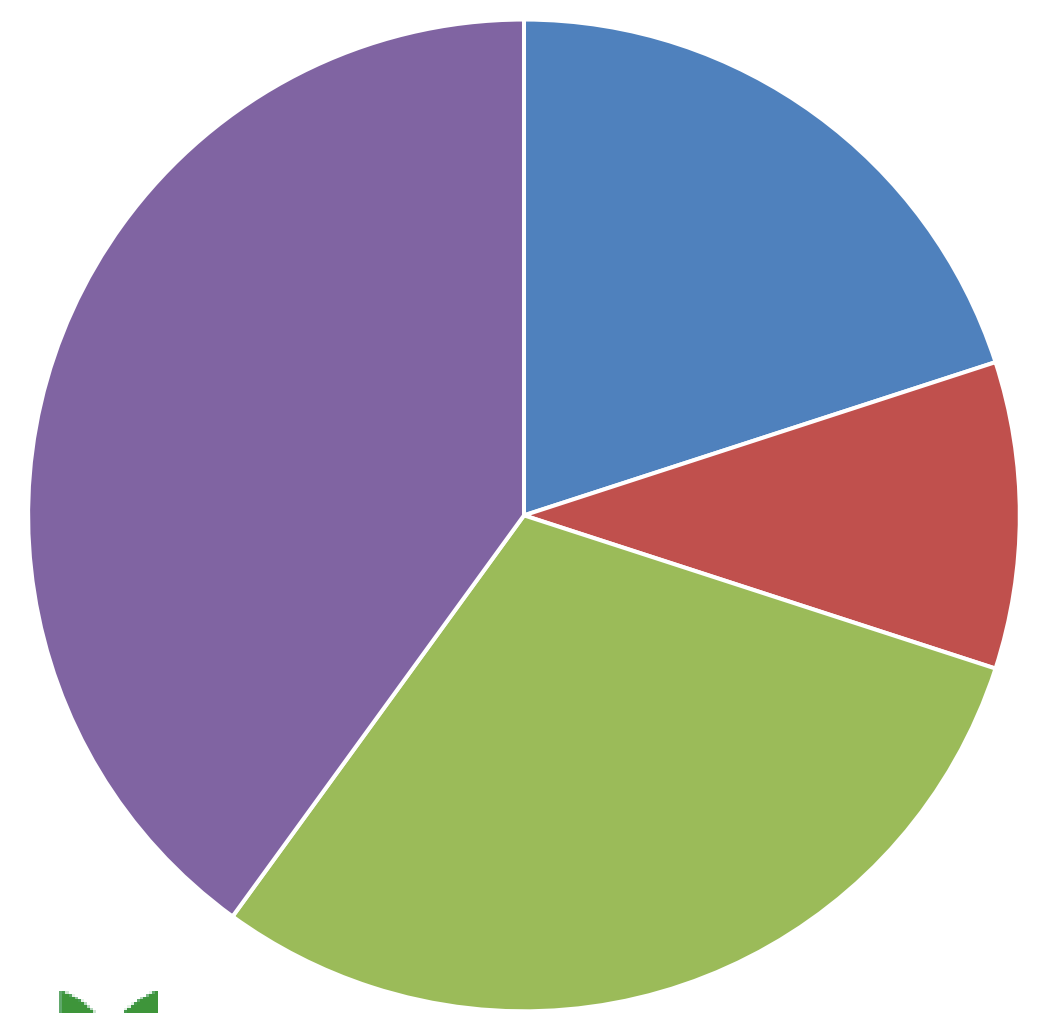


### Design

- Literature review conducted using a Modified Integrated Research Review (IRR) Methodology (Whittemore & Knafl, 2005).
- Databases included: CINAHL, Health Research Premium, Medline Complete, Nursing and Allied Health.
- Keywords included: Stroke Survivors with anxiety and depression; rehabilitation for stroke survivors; effects of rehabilitation on anxiety and depression.
- Included current (≤6 years) peer-reviewed articles limited to English.

### Search Results

- 56 articles were identified; 10 included in final review. 34 articles found to be duplicated and removed. 12 removed lack of relevance.
- Level of evidence rated using evidence pyramid by (Long & Gannaway, 2015-2024).



### Literature Synthesis

- The correlation between physical and mental disability improvement greatly enhances quality of life for stroke patients, friends, and family (Bisevac et al., 2022).
- Understanding the correlations between anxiety, depression, fatigue, stress and strokes healthcare workers can better understand stroke survivors (Potter et al., 2023).

### Recommendations

- Recovery can be optimized by meeting individual needs through multidisciplinary neurorehabilitation (Bonifacio et al., 2022).
- The use of virtual reality may have fewer residual effects on patients compared to medications for depression and anxiety (Liu et al., 2023).
- Longer duration of post-acute rehabilitation can stress greater functionality and a better quality of life for stroke survivors (Bisevac et al., 2021).

### Conclusion

- Stroke survivors and their families need support upon leaving the hospital to help with coping strategies, physical and mental challenges.
- Everyone has a different perspective of quality of life after having a stroke.
- The use of rehabilitation for stroke survivors can shape coping strategies improving the feelings of abandonment, anxiety, and depression.

\*\*References available upon request\*\*