



# The Happy Time-Health Promotion Program for people who are stroke in Rehabilitation Ward

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## Objective

Stroke ranks at fourth among top 10 causes of death in Taiwan in 2020. Stroke disables people from taking care of themselves in daily life. Such as, it limits people from social personal activities, it affects people from social or family's roles. Therefore, we introduce a health promotion program (Happy time, HT) during the patients' stay in hospital rehabilitation in order to reduce the impact caused by the disease and improve the motivation for rehabilitation treatment.

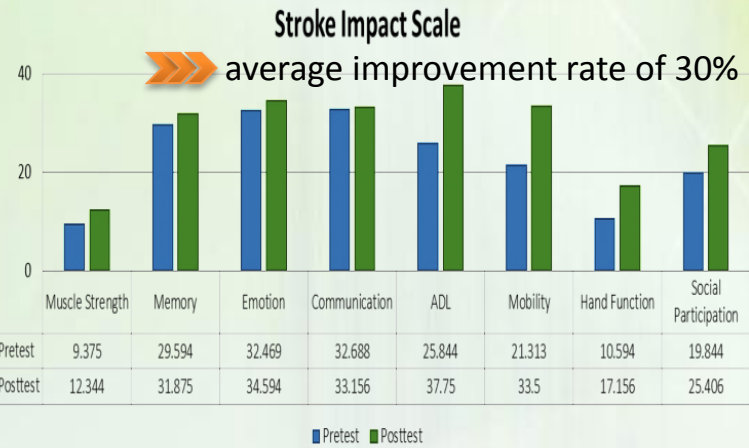
## Methods

We design HT program which include structural courses of 4 units including the "psychological adjustment of stroke", "physical symptoms and distress response", "fall prevention and video watching" and "social resources and preparation for discharge". The duration would be once a week, an hour at a time, total of four times as a cycle. This course designed as an open discussion on problem communication and sharing experiences. We use the Mandarin Version Stroke Impact Scale (M-SIS) as a tool to conduct a pre-test and post-test questionnaire survey.



## Results

We had total of 32 participants participated in the HT project and completed the Chinese version of the stroke assessment questionnaire M-SIS pre and post 10 months. The results showed that the patients' muscle strength, memory, emotional, ADL, mobility, hand function and social participation have all improved. Except for the communication ability, participants all showed significant differences, with an average improvement rate of 30%. The HT program demonstrated that stroke can help improve the physical, psychological and social impact of stroke patients.



## Conclusion

According to the questionnaire analysis before and after the M-SIS, we discovered that the health promotion program to intervene stroke patients has showed in eight aspects. The impacts to improve for stroke patients are significant. Most patients who are hospitalized would only pay attention to their individualized rehabilitation course. The HT project provides an important platform for medical communication and social rehabilitation. All participants accept each other, encourage and share with each other in the group to prepare for discharge and return to society.

Key words: Happy Time-Health Promotion Program 、 Stroke 、 Rehabilitation Ward