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The energy expenditure of dressing in patients with stroke

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2006-11-16T08:16:03Z
http://hdl.handle.net/10539/1766

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ABSTRACT

THE ENERGY EXPENDITURE OF DRESSING IN PATIENTS WITH STROKE.

This study aimed to understand the physical demands of upper and lower body dressing in 23 stroke survivors and 23 control subjects. Measurement of the energy expenditure and time take was done by means of a triaxial accelerometer. The amount of active movement present in the limbs was also documented. Activities health was measured in the experimental group.

Results indicated that significantly more energy was expended in dressing the upper body in the experimental group ($p<0.05$). No significant differences were found in the energy expenditure in dressing the lower limbs. There were significant differences found in the perception of difficulty of the tasks. Patients with stroke took four times longer to dress than controls. Despite having motor ability, stroke survivors were not able to use this in activities of daily living (ADL). Patients with stroke were unsatisfied and spent excessive amounts of time in their day in sedentary, unconstructive activity.

Recommendations include increased endurance training in patients with neurological disorder in order to reengage them into ADL.