

## Discharge Planning

This is commenced upon admission to the AyurVAID Hospital. A care coordinator is assigned to help identify discharge needs and the patient and family are provided with stroke education. Home evaluation and recommendations are made if needed. Patients attend Stroke Support Group meetings during Phase 2.

## AyurVAID's Stroke Rehabilitation Program does not cover

COPD, CCF, Obstructive Airway Disease, Malignancies Hemorrhagic Stroke.

## About AyurVAID Hospitals

AyurVAID is a hospital chain that applies the ancient wisdom of Ayurveda to modern healthcare needs. Unlike a spa, AyurVAID Hospitals offer all authentic main Ayurveda treatments (core cleansing) rather than just preliminary massage therapies. Our treatments aim at long-lasting health rather than just temporary relaxation. All treatments provided at AyurVAID (even oil application therapies) are customized to your unique constitution, and are geared to meet best-in-class medical standards and demands. We target common contemporary lifestyle or work related disorders with focussed programs while offering full-spectrum Ayurveda healthcare services that dovetail with allopathy where appropriate. As part of our quest to make age-old wisdom relevant to today's needs, we are the only Ayurveda hospital to be accredited by some of India's leading health insurance providers.

Take your first step to a lifetime of good health today.



**AyurVAID:**<sup>TM</sup>  
HOSPITALS

# Comprehensive Stroke Rehabilitation Program

**AyurVAID:**<sup>TM</sup>  
HOSPITALS

### AyurVAID: Hospital

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It's not just a one-time treatment.  
It's a lifelong partner in health management.

AyurVAID's Stroke Rehabilitation Program (SRP)

### Classical Ayurveda in synergy with Functional and Operational therapy

AyurVAID Hospitals' Comprehensive Stroke Rehabilitation Program (SRP) is a sub-acute and chronic rehabilitation program for stroke sufferers. It is built on classical Ayurveda treatments that address the aetio-pathogenesis of the CVA (cerebrovascular accident), or stroke, the attendant risk factors and manifestations. Classical Ayurveda therapies are integrated in synergy with Functional or Occupational therapy inputs to maximise benefits to the patient. To this end, AyurVAID has formulated a specialised integrated protocol to classify cases, assess severity and conjoint risk factors and draw up a thorough medical management plan. This results in a customised rehabilitation for each patient, including internal medication, Ayurveda therapies, functional therapies (either at our hospital or at home by a family member) as well as dietary and lifestyle prescriptions. Patients will be administered an intensive rehabilitation program delivered by a medical team that is oriented and trained to respond to the unique needs of a stroke patient.

### What can you expect from AyurVAID's Stroke Rehabilitation Program

The Program usually runs for 12 months - 6 month of intensive care followed by 6 months of maintenance. The first phase of the program consists of 30 to 45 days of In Patient treatment, with two optional treatment phases depending on the progress achieved as well as investigative parameters. This is combined with Functional/Occupational therapy inputs which are continued after discharge on an Out Patient basis. Internal medication is provided throughout the course of the year. Essential diagnostics are carried out at predefined times throughout the year and outcomes are tracked and reported using standardised scales. Discharge planning is carried out in accordance with applicable global best practices.

#### AyurVAID's Stroke Rehabilitation Program covers

Ischemic Stroke with common risk factors such as hypertension, DM, hyper-lipidemia, smoking  
Transient Ischemic Attacks

#### Scope of the hospital management program

Internal Medicines

Treatments

Customised Diet

Occupational/Functional Therapy -  
Speech Therapy, if indicated

For best result, patients should go in for this program after the initial medical management phase of acute condition in a modern medicine Hospital. The Program should be commenced as early as possible after this phase, ideally within 6 months of the stroke.



### Typical Stroke Rehabilitation Program Schedule

Month	1	2	3	4	5	6	7	8	9	10	11	12
Assessment			1	1	1	1						
Internal Medicines												
IPT	30-45 d			15 d				8-12 d				
Functional Therapy	25-35 d		4-12	4-12	4-12	4-12						
Diagnostics	2-4 sets			1 set		1 set						

This schedule is for indicative purposes only. Individual treatment schedules may vary according to the nature of the case and response to treatment

## SRP Functional Therapy Module Overview

Functional/Ocupational Therapy provided under the Stroke Rehabilitation Program uses a combination of two approaches. Neuro-developmental therapy is used to promote and relearn normal movement and to reduce muscle spasticity. It inhibits abnormal reflexes and encourages normal, functional movement patterns. Sensory Integration helps to organise sensations from the body and the environment to aid the patient to make sense of the environment.

#### Initial Assessment and Outcome Scales

Initial Assessment is carried out according to standard AyurVAID protocol, supplemented by Neurology specific assessment protocol. Aetio-pathogenesis and medical management plan are derived from classical Ayurveda principles. Outcome scales are baselined through the Patient Management Cycle. We use the NIH Stroke Scale, the ADL Scale and also ensure to track delay time.

#### Functional Therapy Modalities

- Normalizing Muscle Tone
- Restoring Active Range of Motion (ROM)
- Mobility and Balance Training
- Improving Gross and Fine Motor Skills and Motor Control
- Perceptual Re-training
- Improving Communication Skills
- Electrical Stimulation

