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Proposing a needs-based rehabilitation program for patients with neurological conditions in Ibadan, Nigeria

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Knowledge of needs of patients with neurological conditions (NCs) assists rehabilitation professionals and patients in setting attainable goals of rehabilitation. Oftentimes, needs for rehabilitation services are perceived differently by patients and rehabilitation professionals. Considering that the patient is at the center of rehabilitation, it is important to assess needs from their perspectives. 105 patients with NCs participated in this cross-sectional survey. The needs assessment questionnaire (NAQ) was used to assess the needs of the participants while disability and QoL were assessed using the World Health Organization Disability Assessment Schedule 2.0 (WHODAS II) and WHOQoL-Bref, respectively. Data were analyzed using Spearman's rank correlation, Mann-Whitney U and Kruskal-Wallis tests at $\alpha=0.05$. 61 (58.1%) stroke survivors, 33 (31.4%) individuals with Spinal Cord Injury (SCI) and 11 (10.5%) individuals with brain injury were surveyed. Participants were aged 46.48 ± 15.91 years. There were significant differences in needs relating to mobility ($p < 0.01$), rehabilitation and medical ($p = 0.04$), social and recreational activity ($p = 0.03$), financial and government assistance ($p < 0.01$) and barriers to enjoying life ($p < 0.01$) across neurological conditions. Participants with SCI expressed the highest needs while stroke survivors expressed the least. There was a positive correlation between needs and disability in almost all the domains of the NAQ and WHODAS 2.0 ($p < 0.05$). A negative correlation was found between needs and QoL among the participants ($p = 0.01$). Our findings necessitate calls for rehabilitation programs for individuals with neurological conditions to be condition-specific and based on expressed needs of affected individuals. This could enhance quality of life among individuals with neurological condition.

Biography

Olubukola A Olaleye has completed her PhD in Neurological Physiotherapy from the University of Ibadan, Ibadan. She is currently a Lecturer at the Department of Physiotherapy of the same University and the Coordinator of Clinical Training for physiotherapy students and the Sub-Dean of Physiotherapy and Nursing Programs of the Faculty of Clinical Sciences. She has published about 20 papers in peer-reviewed journals and has been serving as an Editorial Board Member for the *Journal of the Nigeria Society of Physiotherapy*.

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