

Important information for relatives:

- Do not give the patient anything to eat or drink without first consulting with the nursing staff
- Never pull the paralysed arm

For relatives of patients with aphasia:

- Speak in short, simple but correct sentences
- Do not correct the patient

Should you have any questions or concerns, the therapists will be happy to help you.

Please note: If you notice any changes in your walking, movement, speech or ability to perform activities or if you are suffering from fatigue after returning home, contact your GP immediately and have the appropriate therapies prescribed.

What happens after the Stroke Unit?

Inpatient rehabilitation: Inpatient rehabilitation takes place at a clinic. You will undertake various therapies several times a day in order to allow you to regain the greatest possible independence.

Outpatient therapy: Outpatient therapy appointments are attended from home. The frequency and objectives of the appointments are adjusted to your needs.

Outpatient stroke prevention and rehabilitation programme: "Neurofit" is a 12-week outpatient programme that aims to optimise your stroke prevention. The programme includes education on the risk factors for strokes and their treatment as well as information on nutrition, aids for quitting smoking and a programme to improve your physical fitness. You come to the Bern University Hospital two times a week for around two hours. During this time, you will be released from work through the provision of a sick note.

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INSELSPITAL
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Neurochirurgie
Neurologie
Neuropädiatrie
Neuroradiologie
Psychiatrie

**Physiotherapy, occupational therapy
and speech and language therapy**

Therapy offers Bern Stroke Unit

Contact / Your contact person

Should you have any questions, please contact the Outpatient Secretariat of the University Acute-Neurorehabilitation Centre at the Bern University Hospital:

Tel.: +41 31 632 47 29

Bern Stroke Unit therapies



Physiotherapy

Physiotherapy is used in order to restore, improve or maintain the human body's ability to move and function. The objective of the physiotherapy is to promote independence in everyday life and to improve quality of life through the treatment of physical impairments.

**We incorporate your needs and goals into your treatment. Do you have difficulties in one or more of the following areas?
Your therapists will offer you clarification, therapy and advice in this regard:**

- flexibility and mobility
- strength and endurance training and ability to cope with stress
- balance and gait steadiness
- pain
- breathing
- swallowing function
- everyday functions (e.g. climbing stairs)



Advice for patients, relatives and caregivers with respect to the risk of falls, transfers and swallowing difficulties

INSELHealth – neuro fit

<https://www.insel.ch/de/patienten-und-besucher/beratungen-und-dienstleistungen/physiotherapie/>



Occupational therapy

Occupational therapy focusses on the ability to perform the everyday tasks you want, must, or are expected to carry out. The objective is to enable people to perform the everyday activities they find meaningful and useful and to participate in society.

- self-care (personal hygiene, eating...)
- household (shopping, cooking, cleaning...)
- work
- leisure
- mobile phone use
- reading/writing
- administrative tasks (PC use, handling of finances)
- concentration
- ability to cope with stress
- movements and strength of arms and hands
- sensitivity and perception
- advice on and provision of aids



Advice for patients, relatives and caregivers with respect to difficulties during the performance of everyday activities as well as the safe handling of the paralysed arm

Speech and language therapy

Speech and language therapy (logopaedics) deals with the diagnosis and treatment of language disorders (aphasia), speech disorders (dysarthrophonia) and facial muscle disorders (facial nerve paresis). The therapy aims to ensure patients regain the greatest possible independence in terms of communication: being able to communicate with and understand others allows people to shape their own lives independently.

- speaking and finding words
- understanding
- reading and reading comprehension
- writing
- pronunciation
- voice
- breathing
- speech melody and rhythm
- inclusion of communication aids
- functions of the soft palate, tongue, lips, jaws and cheeks



Advice for patients, relatives and caregivers with respect to communication

Your therapists will discuss with you whether you are able to benefit from further therapy as part of an inpatient or outpatient rehabilitation programme.