

Early Stroke Early Rehabilitation

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Early age stroke is now becoming common picture in Bangladesh. Faulty food habit, technology dependent life style, less physical activity and lack of health awareness are thought to be important determinants behind early stroke. Now stroke is considered number one cause of death worldwide. If survives stroke causes disability, gradually patient becomes family burden and finally productivity decreases. Still now there is no country wise early age stroke data in Bangladesh but time has come to think about it otherwise we will fall in false position. It is stated that prevention is better than cure. So first priority should be given on prevention and try to minimize exposure of risk factors then early rehabilitation is very much desirable to return patient in normal life as soon as possible. Physiotherapy, occupational therapy, speech and language therapy can play immense role to reduce disability as well as make patient independent but there is no Government facility to provide rehabilitation services though some NGOs and private sectors have recently started rehabilitation services but their services are limited to urban area. Recently one neuroscience hospital was run by Government in capital city Dhaka but there is no qualified physiotherapist who is the prime member of rehabilitation team. Bangladesh is a developing country where most of the people live in rural area as well as they live below poverty line. So it is very difficult for them to access rehabilitation services from private sector. Even rural people still depend on traditional healer/quack after suffering from stroke. They think that it is the result of unnatural spirit. Many of our colleagues (physiotherapists) report that most of the stroke affected patients visit their chamber after passing long time of stroke to seek physiotherapy services hoping completely cure of their disability. Actually these patients need comprehensive rehabilitative care with minimum cost. It is recommended that community rehabilitation services including physiotherapy, occupational therapy and speech and language therapy should be started without delay at every Thana Health Complex, district hospital and medical college hospital. Donor agency should come forward and provide fund on stroke research as well as rehabilitation.

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