

Urgency of Physiotherapy in Stroke

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Stroke is a non-communicable disease and prevalence of stroke is rising day by day. It is considered as major public health problem and one of the top cause of sudden death as well as disability. Burden of stroke is high. It has both modifiable and non-modifiable risk factors. Once upon a time it occurred in old age group but now observing that stroke is attacking in productive age group i.e. 30 - 40 years age group which brings economic burden for the family. This scene is more devastating in case of developing country like Bangladesh. As a physiotherapist and public health specialist i have gathered some practical experiences by dealing stroke victims. There is misconception about stroke and heart attack among general people. They often take stroke patients into cardiac hospital. As a result very important time pass away. Partial or complete disability is common after stroke and these patients need short or long term rehabilitation i.e. physiotherapy. Physiotherapy is very much effective to reduce post stroke complications and disability and physiotherapeutic approach is essential to back patients near normal life but physical therapy should be started as early as possible. In order to ensure quality rehabilitation services for stroke victims, physiotherapist should be appointed in public medical college hospitals, specialized hospitals and if possible district hospitals because they are right medical professional as well as knowledgeable and efficient in rehabilitation sector. Other medical professionals must understand this fact. After emergency medical management when discharging stroke patients from hospital, it is desirable to advice physiotherapy or refer to physiotherapist so that patient can easily comprehend necessity of physiotherapy. Community based rehabilitation programme can be instituted for root level patients on equity based. Policy maker and concern authority should think this burning issue in order to reduce distressful life of stroke patients. Awareness programme on stroke rehabilitation should be commenced via seminar, symposium, conference etc. Print media as well as electronic media can play vital role in this regard. Finally recommended that appointment of physiotherapist in Government hospitals, establishment of Bangladesh College of Physiotherapy, formation of physiotherapy council can solve this problem.

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