

Effectiveness of Mirror Therapy On Upper Extremity Motor Functions(Uemfs) And Activity of Daily Living (Adl) In Stroke Patients in The Selected Hospitals of Lucknow City.

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Abstract:

Health is a dynamic process and is always changing. Health is the aspect of a living being's functional and metabolic efficiency. Generally, the meaning of health is freedom from illness, injury, or pain. Health is the general condition of a person in the mind, body, and spirit. Any disturbance in the normal state of a human being that interrupts its vital functions is known as a disease. Stroke is becoming an important cause of premature death and disability in low and middle-income countries like India, largely driven by demographic changes and enhanced by the increasing prevalence of the key modifiable risk factors. 85% of patients with stroke are experiencing hemiplegia and upper extremity functional impairment/loss. Hemiplegia has an impact on the activities of daily living because it damages the upper extremity motor function. **Objectives:** 1. To assess the UEMFs & ADL before the intervention (MT) in the study group. 2. To assess the UEMFs & ADL after the intervention (MT) in the study group. 3. To compare UEMFs & ADL before and after intervention (MT) in the study group. 4. To assess the association of mirror therapy on UEMFs & ADL with selected demographic variables. **MATERIAL AND METHODS:** In this study, the researcher selected a quasi-experimental design. (one group pre-test-pos-test- design). In this study Non- non-probability convenient sampling technique was used to select stroke patients who are admitted to the neurology stroke ward. **Result:-** The result shows that the mean pre-test ADL score was 4.46 ± 3.26 , which after the post-test increased to 7.43 ± 4.82 . The increase in mean ADL score was highly significant ($p < 0.001$). The overall ADL status based on ADL score showed that initially, a larger proportion, 20.0%, had total dependence, and 48.6% had severe dependence, which after post-test improved, and only 11.4% had total dependence, and 25.7% had severe dependence. Further, the proportion of slight dependence (minute improvement category) increased from 0.0% to 31.4%. The significant improvement from pre to post test was found in ADL status among the study subjects ($p = 0.003$). **Conclusion:-** Mirror therapy was an effective, inexpensive, and non-pharmacological measure for improving upper extremity motor function. This study was intended to assess the effectiveness of mirror therapy to improve upper extremity motor function in stroke patients. Relevant literature, journal was reviewed to enrich the knowledge on the selected study and it facilitates in selection of appropriate conceptual frame work, developing a model and research plan.

1. INTRODUCTION:

In India, from 2003 to 2013, the relative rate of stroke death fell by 33.7% among those >65 years, and the actual number of stroke deaths declined by 18.2%. Yet each year, 795,000 people continue to experience a new or recurrent ischemic or hemorrhagic stroke. Arm function is ubiquitous in all aspects of a person's life, and thus, a loss of arm function can be devastating to stroke patients. The patient's arm affected by hemiplegia is a common problem following a stroke, and it has been estimated that 50-80% of stroke patients experience such a problem. Despite rehabilitation treatments to an affected arm, permanent and persistent disability may result. Care management of a patient with a hemiplegic arm following a stroke is not the prerogative of one specific discipline in one specific specialty.

Scope / Importance of the study: Stroke is becoming an important cause of premature death and disability in low income and middle-income countries like India, largely driven by demographic changes and enhanced by the increasing prevalence of the key modifiable risk factors. As a result, developing countries are exposed to a double burden of both communicable and noncommunicable diseases. The poor are increasingly affected by stroke because of both the changing population exposures to risk factors and, most tragically, not being able to afford the high cost of stroke care. The majority of stroke survivors continue to live with disabilities, and the costs of ongoing rehabilitation and long-term care are largely undertaken by family members, which impoverishes their families.

Statement of the problem:

“Effectiveness of mirror therapy on upper extremity motor functions (UEMFs) & activities of daily living (ADL) in stroke patients at selected hospitals of Lucknow City.”

Objectives:

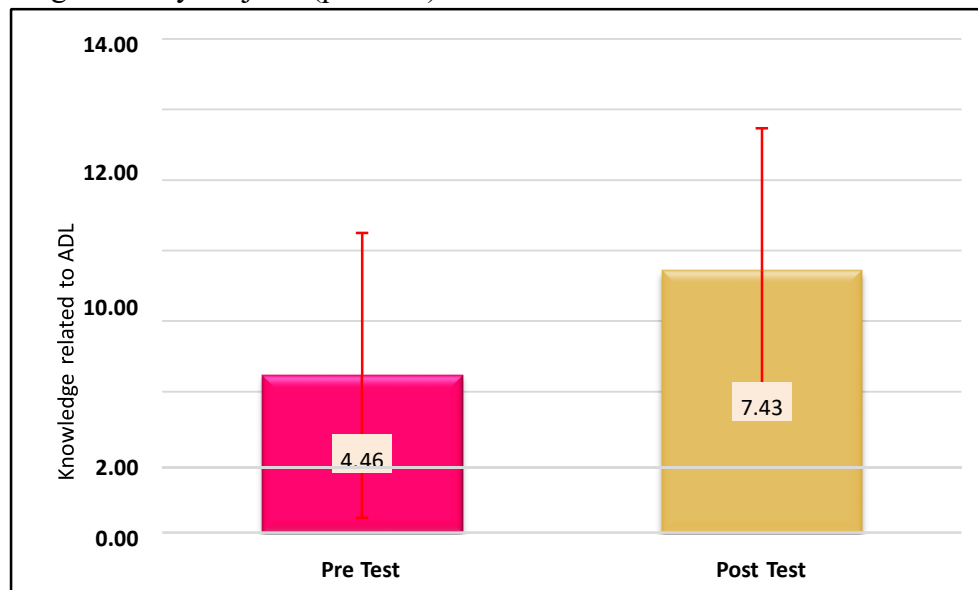
1. To assess the UEMFs & ADL before the intervention (MT) in the study group.
2. To assess the UEMFs & ADL after the intervention (MT) in the study group.
3. To compare UEMFs & ADL before and after intervention (MT) in the study group.
4. To assess the association of mirror therapy on UEMFs & ADL with selected demographic variables.

Delimitation of the study:

1. The study is delimited to only upper extremity motor function.
2. The study is delimited only an oriented person. Not applicable to unconscious patients.
3. The study is delimited to stroke patients only from selected hospitals.

Result:- The result shows that the mean pre-test ADL score was 4.46 ± 3.26 , which after the post-test increased to 7.43 ± 4.82 . The increase in mean ADL score was highly significant ($p < 0.001$). The overall ADL status based on ADL score showed that initially, a larger proportion, 20.0%, had total dependence, and 48.6% had severe dependence, which after post-test improved, and only 11.4% had total dependence, and 25.7% had severe dependence. Further, the proportion of slight dependence (minute improvement

category) increased from 0.0% to 31.4%. The significant improvement from pre to post test was found in ADL status among the study subjects ($p=0.003$).



2. Conclusion:

Mirror therapy was an effective, inexpensive, and non-pharmacological measure for improving upper extremity motor function. This study was intended to assess the effectiveness of mirror therapy to improve upper extremity motor function in stroke patients. Relevant literature, journal was reviewed to enrich the knowledge on the selected study and it facilitates in selection of appropriate conceptual frame work, developing a model and research plan.

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