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Integrating holistic care modalities into an inpatient physical rehabilitation program

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Purpose Statement

The purpose of this pilot project was to determine the feasibility of incorporating integrative therapies, including acupuncture, into the plan of care of patients undergoing physical rehabilitation in an inpatient setting, and to improve outcomes and patient satisfaction.

Background

In the United States, 46% of stroke survivors used Complementary and Alternative Medicine (CAM), mainly acupuncture (Shan, Engelhardt, & Ovbiagele, 2008).

Acupuncture may have beneficial effects on improving global neurological deficiency, dependency, and some neurological impairments for people in the convalescent stage of stroke (Yang et al., 2016).

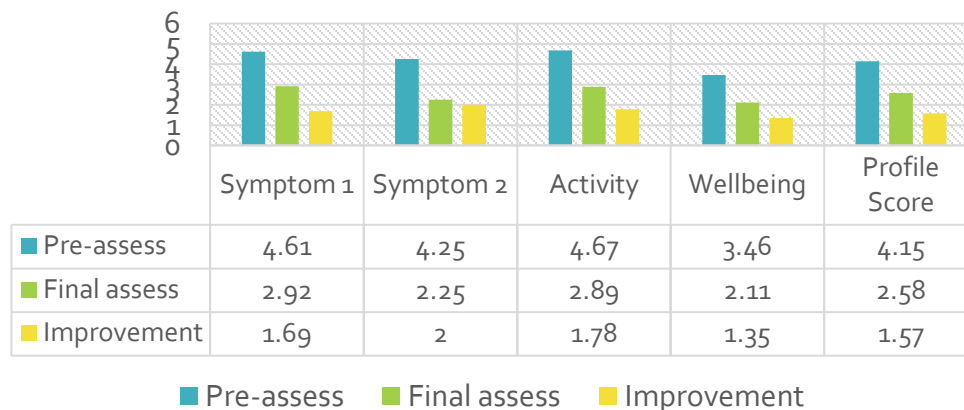
Nonpharmacological modalities such as acupuncture are safe and highly accepted by patients in acute care settings (Panovich & Herman, 2012).



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Outcome Measures

MYMOP2 Scores Inpatient Rehabilitation 1/10/17 to 9/1/17



Measure Yourself Medical Outcome Profile (MYMOP-2)

0 = the best it could be 6 = the worst it could be

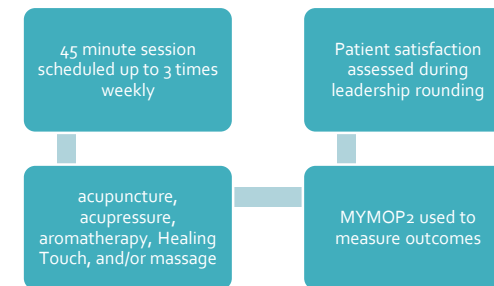
- Patient determines their most important problem
- May identify an activity that the problem affects
- General feeling of wellbeing is always assessed
- Patient rates the severity of each on 0 to 6 scale
- Profile score determined by average of individual scores
- Improvement of 1 point considered clinically significant

(University of Bristol Centre for Academic Primary Care, 2017)



Practice Change

Patients admitted to the Inpatient Rehabilitation Unit were offered integrative therapies to address their special needs.



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