



CASE: EXERCISE-BASED STROKE REHABILITATION

Back home after stroke rehabilitation

Around 20,000 people suffer a stroke every year. Finnish acute stroke treatment is among the best in the world. However, the benefits of excellent acute stroke treatment are often lost in many cases due to insufficient stroke rehabilitation.

Around 50% of stroke patients would benefit from multi-professional stroke rehabilitation, but only one quarter of patients receive rehabilitation. Strokes do not only occur among older people: one in four people affected by a stroke are of working age. Rehabilitation would allow people of working age to return to work, and people who are not employed could also return home instead of having to stay at the hospital, which would also reduce expenses.

According to guidelines, the multi-professional rehabilitation of a stroke patient should include daily physiotherapy, occupational therapy and speech therapy three times a week, and neuropsychological rehabilitation once a week.

Stroke rehabilitation expenses amount to around 500 euros per day. An average stroke rehabilitation period lasts 30 days, costing 15,000 euros.

Costs

An investment of €500,000 would cover the rehabilitation of 33 patients.



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The One Life health project strives towards a healthier Finland. The Finnish Brain Association, the Finnish Diabetes Association, the Filha Finnish Lung Health Association, the Organisation for Respiratory Health, the Finnish Association for Mental Health, the Finnish Heart Association, and the Cancer Society of Finland have teamed up to promote people's health and welfare throughout their lives. Duodecim participates in the project as an expert organisation.

Savings

80% of patients who are treated according to the guidelines are able to return to their homes, while only 66% of patients from other rehabilitation units are able to do so.

In this case, 26 rehabilitated patients could go back home. Institutional care costs 50,000 euros per year, meaning that the reduced need for inpatient treatment would save 250,000 euros a year.

This means that the investment would be repaid in two years.

It's good to notice that this example does not take into account the positive economic effects of a patient who is able to return to work.

Please note:

This information is based on the Finnish Brain Association's project which examined the general state of acute stroke treatment in Finland. The project also aimed to analyse the costs of different forms of treatment. This was not a scientific study. Methods included interviews and surveys. The statistics of hospitals were also used to gather data on the number of stroke patients, length of treatment, costs per treatment day, and staff resources.

The report focuses on early-stage inpatient rehabilitation. The report was based on the definition of intensive stroke rehabilitation which states that stroke rehabilitation should include daily physiotherapy, occupational therapy three times a week, speech therapy two or three times a week, and neuropsychological rehabilitation once a week. This definition does not include rehabilitation nursing or social work.

Sources:

- AVH:n sairastaneiden kuntoutukseen ohjautuminen ja kuntoutuksen toteutuminen 2013–2015, AVH-kuntoutuksen seurantatutkimuksen loppuraportti [Implementation of stroke rehabilitation in 2013–2015, final report of a stroke rehabilitation study]. Mika Koskinen
- Report by the Finnish Brain Association 11
- http://www.aivoliitto.fi/files/2966/AVHn_sairastaneiden_kuntoutukseen.pdf



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