

# **Effectiveness of hand therapy to change in dressing performance (upper part of body) of patient with cerebrovascular accident**

**By:**

**Sultana Razia**

**4<sup>th</sup> year B.Sc (Hon's) in Occupational Therapy**

**Roll-05**

**Bangladesh Health Professions Institute (BHPI)**

**(The Academic Institute of CRP)**

**CRP, Savar, Dhaka-1343**

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## Abstracts

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**Aim of the study:** To find out the effectiveness of hand therapy to change in dressing performance (upper part of body) of a stroke patient.

**Objectives of the study:**

- To explore the effectiveness the hand therapy with dressing performance (upper part of body) of a stroke patient.
- To find out the relationship between hand therapy booklet and dressing abilities (upper part of body) for change the performance.

**Study design:** A Quasi-experimental time series same-subject design was used to evaluate the effectiveness of hand therapy to change in dressing performance (upper part of body) of a stroke patient.

**Samples:** Using convenience sampling six participants were selected from out door department of Occupational Therapy, who met the selection criteria of the study.

**Setting:** Outdoor department of CRP.

**Tools:** For pre-test and post-test measurement of dressing performance of subjects, questioner which is scoring by Functional Independent Measure (FIM) was used as measurement tool.

**Result:** Hand therapy was significantly better to change in dressing performance of upper half of body for stroke patient which was lower than before hand therapy program. Observational findings also reported that, a

greater improvement in dressing performance. Significantly performance levels of subjects were increased (in FIM,  $P<0.005$ ) after providing hand therapy program.

**Conclusion:** This relatively small project study suggested that hand therapy is effective to change in dressing performance of upper half of body for a stroke patient. But it is not possible to generalize the result in wider population due to small number of sample size. But in conclusion current evidence supports that hand therapy is effective to change in dressing performance of upper half of body for a stroke patient.

**Key Words:** Stroke, hand therapy, dressing, performance.