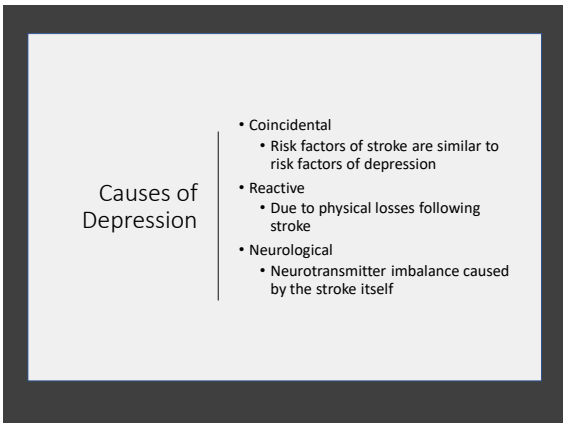
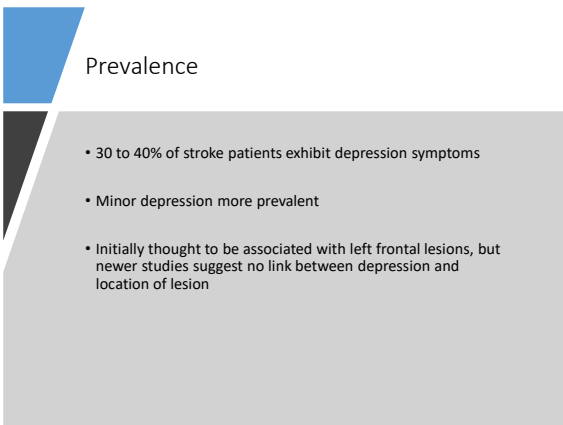


1



2



3

Post-stroke depression is associated with

- Poor functional recovery-may delay recovery by 2 years
- Poor social outcomes
- Reduced quality of life
- Reduced rehabilitation treatment efficiency
- Increased cognitive impairment
- Increased mortality

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Screening and Diagnosis

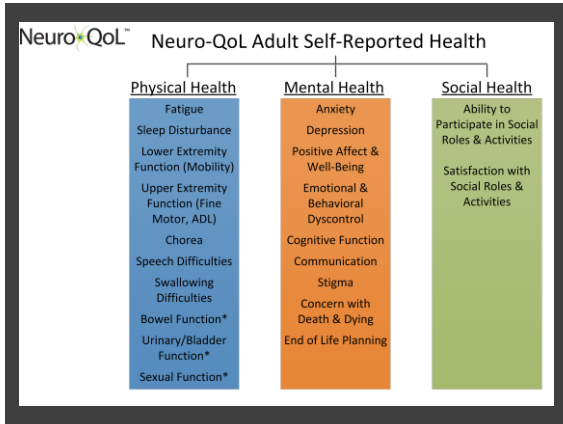
- Detection and diagnosis of post-stroke depression is often inconsistent
- Compliance with guidelines for screening of depression is poor
- Identification and treatment of depression in the early phases may serve to enhance further functional recovery

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Screening Recommendations

- Within one month of stroke
- As indicated by symptomology following the first month
- 3 months
- 6 months
- Annually

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Neuro-QoL Item Bank v1.0 – Depression – Short Form

Depression – Short Form

Please respond to each question or statement by marking one box per row.

In the past 7 days...

	Never	Rarely	Sometimes	Often	Always
EQ0018 I felt depressed.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0019 I felt hopeless.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0020 I felt that nothing could cheer me up.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0021 I felt that my life was empty.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0022 I felt worthless.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0023 I felt unhappy.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0024 I felt I had no reason for living.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0025 I felt that nothing was interesting.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Neuro-QoL Item Bank v1.0 – Anxiety – Short Form

Anxiety – Short Form

Please respond to each question or statement by marking one box per row.

In the past 7 days...

	Never	Rarely	Sometimes	Often	Always
EQ0010 I felt uneasy.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0011 I felt nervous.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0012 Many situations made me worry.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0013 My worries overwhelmed me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0014 I felt tense.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0015 I had difficulty calming down.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0016 I had sudden feelings of panic.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EQ0017 I felt nervous when my normal routine was disturbed.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Assessment

- Pathological laughing and crying scale
- This scale is composed of 8 questions related to laughing and 8 questions related to crying on a 4-point scale
- Questions include "Have the crying episodes been controllable by you?" and "Have the crying episodes been in excess of feelings of sadness?"

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Social Support

- The presence and size of social support networks as well as the perceived effectiveness of social support networks have a positive influence on physical recovery and quality of stroke post stroke
- Higher levels of support are associated with greater functional gains, less depression, and improved mood and social interaction
- The size and perceived effectiveness of social support networks are important predictors of discharge destination

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6 to 9 months following stroke issues raised by survivors included:

- feeling abandoned by the healthcare system
- poor access to psychological supports
- lack of confidence in resuming social activities
- impact of altered roles within the family
- fear of another stroke

Martin et al. (2002)

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Caregivers

- The brunt of long-term care of the stroke survivor falls onto family caregivers
- Usually there is one primary caregiver who is the primary provider of direct care assistance
- Most often the primary caregiver is a spouse; if a spouse is not available it will fall to a daughter or son
- Friends and other family members tend to be primary caregivers only if near relatives are not available

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Caregiver Burden

- Lack of rest or time to fulfill obligations
- Need for constant vigilance/supervision
- Lack of respite
- Loss of companionship
- Increased domestic responsibility
- Interference with leisure and social activities

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effects on the caregiver

- decreased health (both physical and mental)
- decreased social contact and activity
- increased risk of depression
- increased carer stress, strain or burden
- overall decrease in quality of life

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Stroke Support Group Resources

- Information on starting or finding a support group
 - <https://www.stroke.org/en/help-and-support/support-you-are-not-alone/support-group-leader-resources/finding-support-groups>
- Online support group- forums
 - <https://supportnetwork.heart.org/>
- Support for aphasia
 - <https://www.aphasia.org/site/>
 - <https://www.aphasiarecoveryconnection.org/>
