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Identifying and Overcoming Rehabilitation Barriers Towards Hemiplegic Patient Care at Institutional and Home-based Setting: A Study Protocol

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ABSTRACT

Introduction: Stroke is a leading cause of disability worldwide, often resulting in hemiplegia, which significantly impacts functional independence. Rehabilitation, whether institutional or home-based, plays a crucial role in minimising disability and improving recovery. However, various barriers may hinder rehabilitation outcomes, making it essential to explore factors influencing patient care.

Need for this study: The study aims to propose effective solutions for optimising rehabilitation strategies, improving functional recovery, and enhancing the quality of life for stroke survivors.

Aim: This study aims to identify the barriers and facilitators affecting institutional and home-based rehabilitation for hemiplegic patients. The study focusses on exploring physical, social, emotional, and environmental factors influencing rehabilitation, identifying patient-specific motivators and challenges, and developing strategies to overcome barriers and improve rehabilitation outcomes.

Materials and Methods: A structured questionnaire will be developed through a literature review and refined based on patient interviews. A Delphi survey with expert physiotherapists will be conducted for validation, and the content validity index will be calculated. Patient-reported responses will be analysed using Interpretative Phenomenological Analysis (IPA) with an inductive approach, utilising QDA Miner Lite for qualitative data interpretation.

Keywords: Functional independence, Hemiplegia, Institutional rehabilitation, Patient recovery, Physiotherapy, Qualitative analysis, Rehabilitation barriers.