Coalesce Research Group

7th International Conference on

NEUROLOGY AND BRAIN DISORDERS

November 08-09, 2023 | Dubai, UAE

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FUNDAMENTALS OF NEUROREHABILITATION OF PATIENTS WITH FINE MOTOR DISORDERS AND THE MOBILE APPLICATION "STROKE ASSIST"

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Abstract

Background: A stroke often leaves behind severe consequences in the form of movement disorders. Fine motor skills in the hand are one of the most common causes of persistent loss of professional skills, social maladaptation, and the inability to self-care in patients after a stroke.

Objective: To apply the prototype of the first multimedia visual mobile application "Stroke Assist" for the rehabilitation of fine motor skills in post-stroke patients.

Methods: We examined 25 patients with ischemic hemispheric stroke in the departments of neurology of the Tashkent Medical Academy during 2022-2023. The main group consisted of patients with hemispheric stroke in the acute period (n=15), and the control group in the recovery period (n=10). All patients underwent an in-depth clinical and neurological examination, the diagnosis was confirmed by the results of MRI, CT of the brain. For the purpose of static processing of the results of neurological examination, the NIHSS scales for assessing neurological status and the modified Ashworth scale for assessing spasticity in the hand were used. In addition to the standard ongoing course of inpatient treatment, patients underwent fine motor skills of the hand using the prototype of the mobile application.

Results: The study showed the best rates of recovery of motor disorders and fine motor skills in patients of group 1 compared to group 2. Patients exercising with the mobile app had less spasticity and contractures compared to patients without the app.

Conclusion: For the first time in the republic, a prototype of the first mobile application for the rehabilitation of movement disorders and fine motor skills in post-stroke patients in the uzbek language "Stroke Assist" was created and introduced into neurological practice.

Biography

Rasulova Dilbar Kamalitdinovna is a Doctor of the highest category, has a Ph.D. in Medical Science in Neurology department at Tashkent medical academy. Her main area of practical experience in the treatment and rehabilitation of stroke patients.

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