



SAHK

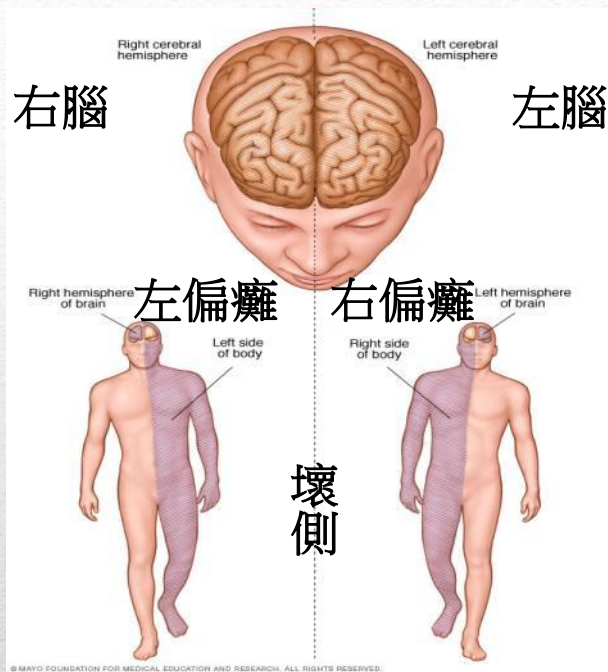
香港耀能協會

中風者復康之路

Experience of Stroke Patients with SAHK in their Rehabilitation Journeys

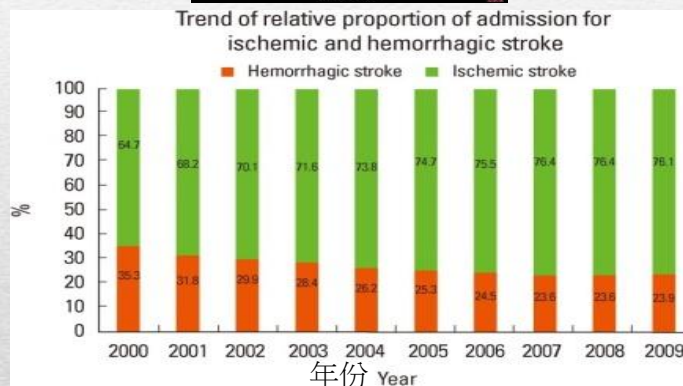
香港耀能協會高級經理(專業發展) 黃源宏博士

Dr Ivan Su, Senior Manager (Professional Development), SAHK



缺血性中風
Ischemic Stroke

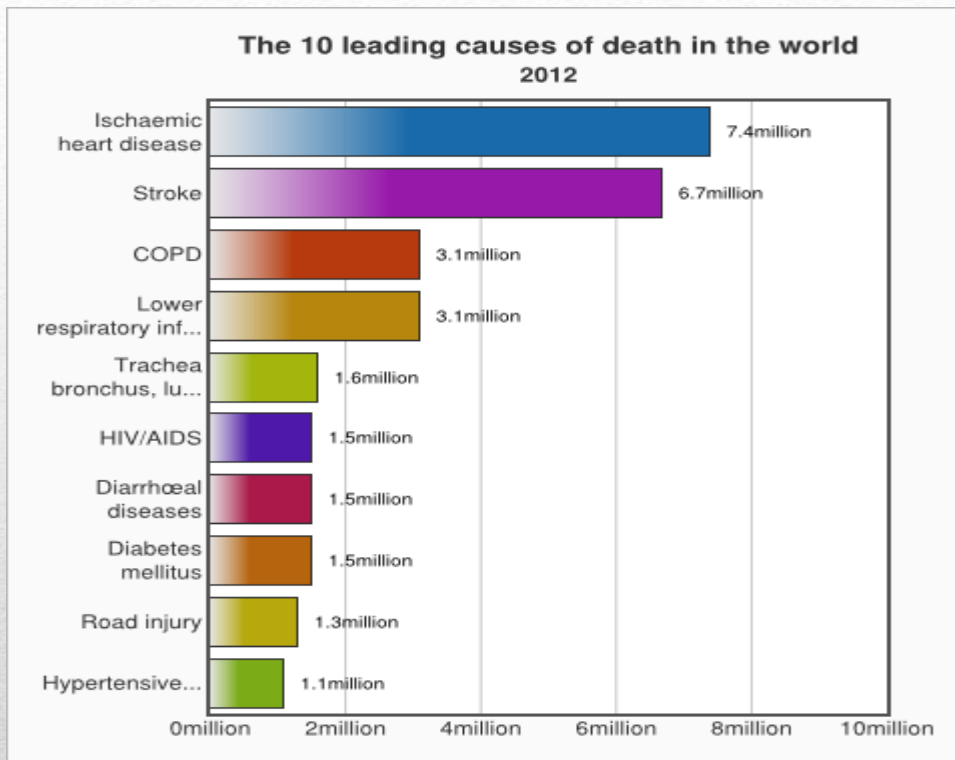
出血性中風
Hemorrhagic stroke



中風後的體徵及主要病因

Feature of hemiplegia & its major aetiological cause

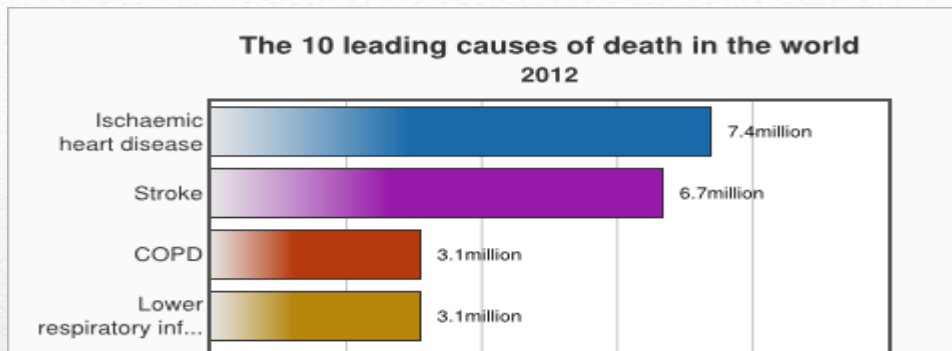
心臟病
中風
慢性阻塞性肺病
慢性下呼吸道疾病



2012 全球的首十類致命疾病

Ten Leading Causes of Death in the world in 2012

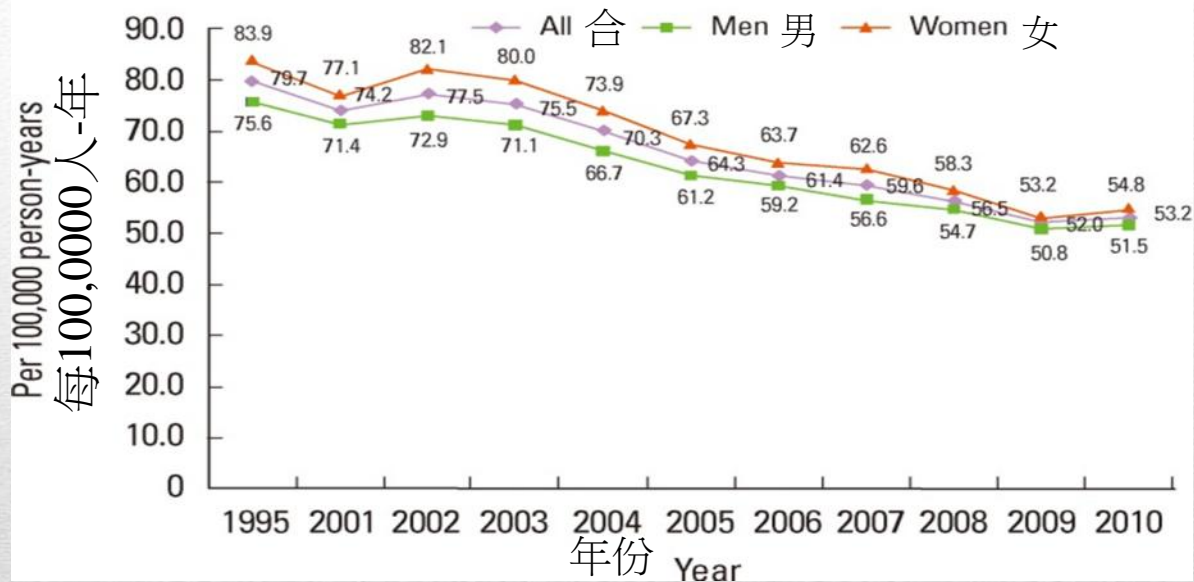
心臟病
中風
慢性阻塞性肺病
慢性下呼吸道疾病



| 排名 Ranking | 致命疾病 Leading Cause of Death | 死亡人數 No. of Deaths | | 百分比 Percentage(%) | |
|---------------|--------------------------------|-----------------------|-------|----------------------|-------|
| | | 男 M | 女 F | 男 M | 女 F |
| 1 | 癌症 Malignant neoplasms | 8,223 | 5,580 | 32.4% | 27.4% |
| 2 | 肺炎 Pneumonia | 4,038 | 3,464 | 15.9% | 17.0% |
| 3 | 心臟病 Diseases of heart | 3,510 | 2,895 | 13.8% | 14.2% |
| 4 | 腦血管病 Cerebrovascular diseases | 1,717 | 1,619 | 6.8% | 8.0% |

2014 香港男性及女性的首四類致命疾病 Four Leading Causes of Death for Male and Female in 2014

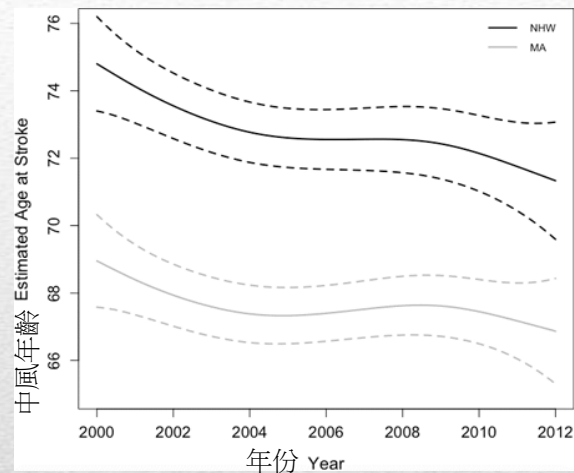
中風死亡率 Trend of crude stroke mortality rate



中風死亡率有近三成半跌幅

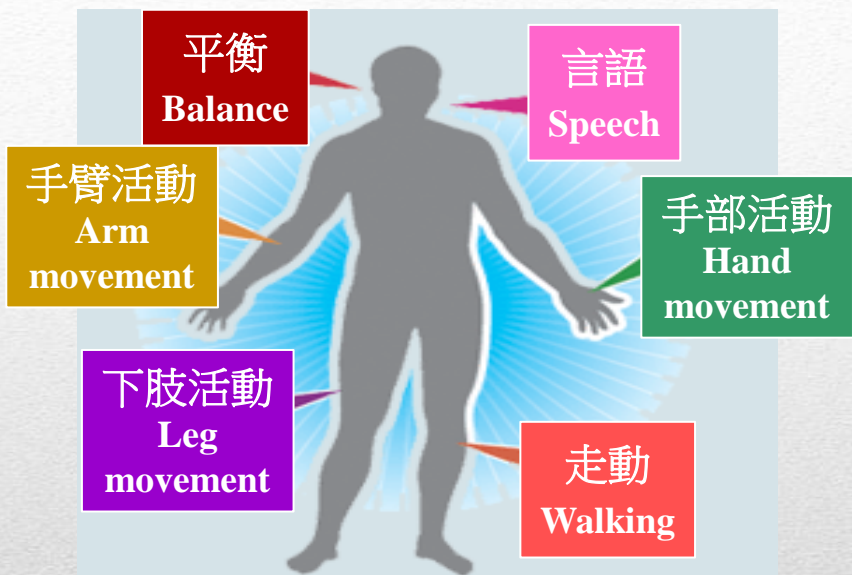
Nearly 35% drop in the stroke mortality rate

| 年齡層 | 1993-94 | 1999 | 2005 | 2010 |
|--------------|---------------------|---------------------|---------------------|---------------------|
| Age Category | (95% CI) | (95% CI) | (95% CI) | (95% CI) |
| 20-44 | 17 (13-20) | 21 (17-25) | 30 (25-35) | 26 (21-31) |
| 45-54 | 92 (76-108) | 105 (90-120) | 119 (104-134) | 142 (126-159) |
| 55-64 | 253 (223-283) | 239 (210-268) | 239 (213-265) | 220 (197-243) |
| 65-74 | 566 (517-615) | 558 (509-608) | 488 (440-536) | 431 (388-474) |
| 75-84 | 1060 (973-1148) | 1037 (953-1121) | 788 (717-860) | 748 (677-820) |
| 85 + | 1697 (1506-1887) | 1730 (1548-1912) | 1241 (1097-1385) | 1518 (1362-1675) |



中風有年輕化趨勢

Trend of decreasing age at first stroke

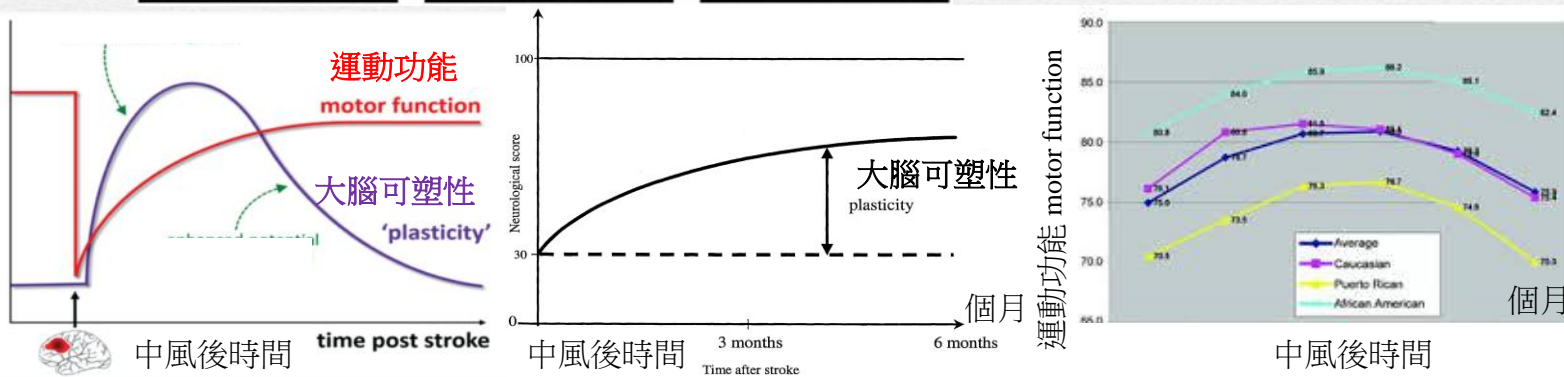
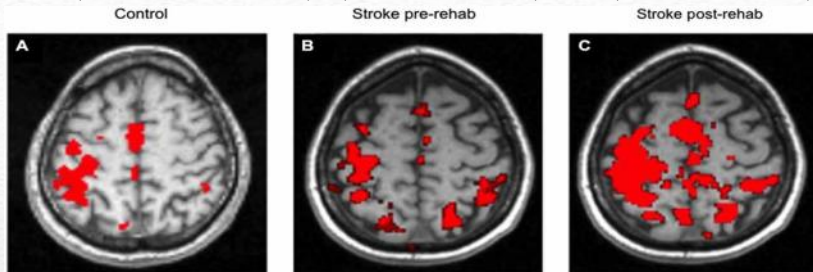


- 10% 接近完全恢復 recover almost completely
- 25% 輕度缺損 minor impairment
- 40% 中度至嚴重缺損 moderate to severe impairments
- 10% 需長期照護 require long-term care
- 15% 中風後不久死亡 die shortly after stroke

中風後的功能恢復

Functional recovery after stroke

中風患者 (沒有康復治療) (康復治療前) (康復治療後)



大腦可塑性及功能恢復的預後

Plasticity of Brain & the trajectory of functional recovery



Ambulatory Day

日間門診



Domiciliary

家居到訪



Rehabilitation Seating & Aid

復康座椅及輔具

全方位中風康復治療服務

Comprehensive Stroke Rehabilitation Service

桌面運動



日常活動



侷限誘導使用治療

Constrained-Induced Movement Therapy



穿戴式機械手訓練

Exoskeleton Robotic Hand Training

配合慢起動跑步機



減重狀態下對稱踏步



懸吊式減重步行訓練

Body Unweighting Walking Training

全身震動儀



視覺生物回饋平衡儀



防跌及平衡訓練

Fall Prevention & Balance Training

重複嘗試不同高度



確定高度後才家居改裝



可調高度電動工作檯面
Height Adjustable Power Table Top

電激大腦

tDCS

跨顱直流電刺激器



電激感覺神經

TENS

跨皮神經電刺激器



Electro-Acupuncture

電針機



電激穴位

電激運動神經

NMES+Biofeedback

神經肌肉電刺激及生物回饋系統



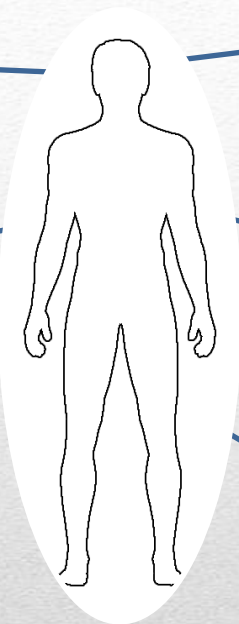
NMES

神經肌肉電刺激裝置



FES

電子腳托



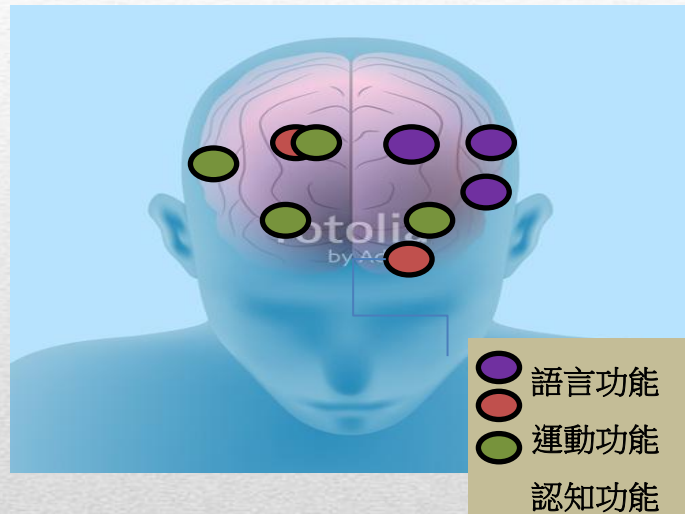
可携式電療設備

Portable Electrotherapy Modalities

電激大腦指定部位



電極片常用位置



跨顱直流電刺激

Transcranial Direct Current Stimulation

電刺激喉部肌肉



配合視覺反饋



吞嚥訓練系統
Swallowing Training System



上落樓梯訓練：電動樓梯機

Stair Climbing Training: Power Staircase



上落樓梯訓練：電子腳托

Stair Climbing Training: Electronic ankle-foot orthosis

生物回饋肌力鍛鍊儀



視覺反饋左右力度



肌力及耐力鍛鍊

Strength & Endurance Training

樓下平台散步



大廈樓梯上落



實況環境訓練

Ecological Training

認知訓練電腦系統



治療性電腦遊戲



具治療效益的電腦遊戲

Computerised Therapy System

認知功能評估



活動為本介入法

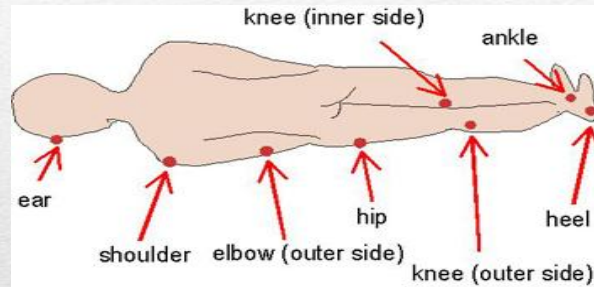
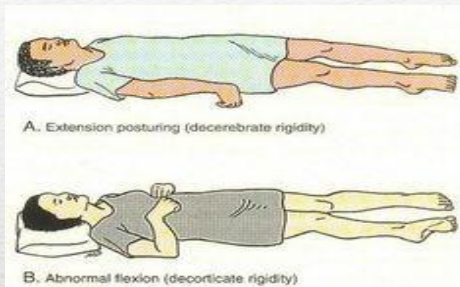
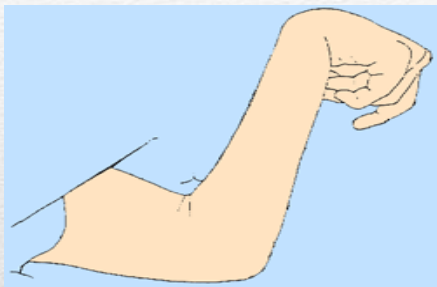


認知康復治療

Cognitive Rehabilitation

上下肢長期屈曲

消瘦導致骨頭突出



長時間坐臥

Prolonged sitting & lying

受壓部位作壓力量測



不同類型的坐墊



坐姿壓力測試墊 Pressure Mapping Sheet



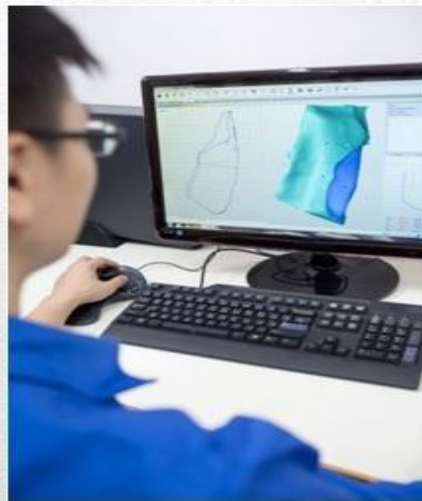
個人化塑型座椅

Customised Contour Seating

掃瞄三維立體影像



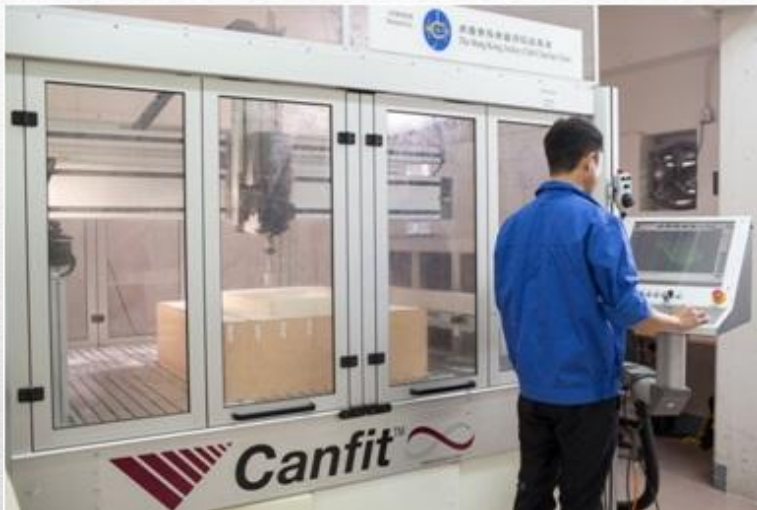
局部三維影像修改



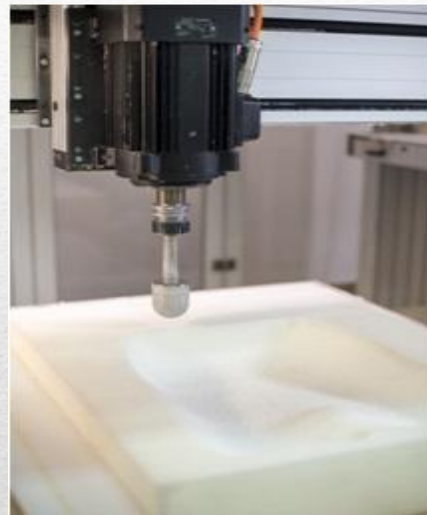
電腦輔助設計

Computer-Aided Design (CAD)

輸送數據至切割機



製造貼合身形的墊子



電腦輔助製造

Computer-Aided Manufacturing (CAM)

前臂及手墊



坐墊及背墊



塑形倒模

Shaping and moulding

新造底盤



可調校底盤
Adjustable Base Frame

輪椅改裝



大三角枕



小三角枕



合適形狀及硬度的床枕
Pillows of suitable hardness and shape



謝謝

THANKS
