



“From the moment I was admitted following a stroke I found the staff cheerful and patient which helped me to stay positive. I was determined to get back to playing bowls and handicrafts. I have the highest praise and respect for all the nurses, therapists, dietitians and assistants who have helped me back to a normal life.

Irene, community patient

REHABILITATION  
MATTERS

# Irene's story

Irene suffered a stroke in February 2019. The stroke affected the muscles in her throat which meant that Irene was unable to swallow food or drink safely. Irene was fed via a feeding tube directly into her stomach and the dietitian prescribed a feed which met all her nutrition and hydration needs. While Irene was an inpatient, she received intensive rehabilitation therapy to strengthen her swallow from the Speech and Language Therapist and she participated in a four week trial of electrical neuromuscular stimulation.

Irene left hospital and transferred to the Community Stroke Rehab Service in March 2019. She was still unable to eat or drink. Irene's ultimate goal was to resume normal eating and drinking again. She made good progress with the muscle strengthening programme and exercises and was able to reintroduce small volumes of food and drink under the guidance of the Speech and Language Therapist and Dietitian. She started with puree foods and gradually moved on to different textures and larger meals. Irene was very creative with her recipes and took care not to over tire herself with large meals.

As Irene was gradually managing to eat more, we were able to reduce the amount of feed given. This meant Irene was able to return to some of her activities and she was especially pleased to be able to return to her bowls club.

By June, Irene's swallow had improved so much that she was able to eat food and drink without the need for any additional supplement. In September 2019 Irene's feeding tube was removed.

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