

## Evaluating the impact of clinical rehabilitation exercises on post-stroke dysphagia

**Xinglei Wang**

*Department of hepatopathy, Lanzhou University Second Hospital, Lanzhou, Gansu, China*

**Abstract:** To evaluate the effects of clinical rehabilitation exercise on post-stroke dysphagia (PSD). We used an evidence-based method to summarize the effects of rehabilitation training in patients with PSD. The Delphi method was used to demonstrate, amend and validate evidence-based outcomes. A total of 108 stroke patients who were admitted to the third-class hospital from January 2019 to January 2020 were selected and divided into the experimental group (54 cases) and the control group (54 cases) according to the time of consultation. Based on routine care, the control group received neuromuscular electrical stimulation (NES) treatment. The experimental cohort received NES along with rehabilitation exercise interventions for dysphagia for 3 weeks after the stroke event. The recovery rate of two rounds of expert letter inquiry questionnaires were 90% and 100% with expert authority coefficients of 0.895 and 0.9, respectively. The formation of rehabilitation exercise of post stroke dysphagia contained 8 first-level entries and 26 second-level entries. After the intervention, the standardized swallowing assessment (SSA) scores in the experimental group were significantly lower than those in the control group ( $P<0.05$ ). The effective treatment rate in the experimental group was significantly higher than that in the control group ( $P<0.05$ ). The self-rating depression scale (SDS) and self-rating anxiety scale (SAS) scores were both significantly lower in patients in the experimental group compared to those in the control group ( $P<0.05$ ). The rate of patient PSD rehabilitation exercise was over 83.3%. Therefore, the clinical rehabilitation exercises can be used to improve functional outcomes in patients suffering

### Biography

Wang Xinglei, postgraduate, deputy chief nurse. She is currently the head nurse of the Department of Liver Diseases of the Second Hospital of Lanzhou University, and the Director of China Aged Nursing Federation, member of Infectious Disease Nursing Committee of Gansu Provincial Nursing Society. Main research direction: chronic disease management. As a visiting scholar, she went to Singapore, Canada and other countries to exchange and study, and report to the conference. She has published 5 papers in reputed journals.