

Press release

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Basic information

Name: Mia Ingerslev Loft Email: Belle.mia.ingerslev.loft@regionh.dk Phone: 38 63 43 51

Department of: Public Health

Main supervisor: Ingrid Poulsen

Title of dissertation: Stroke Rehabilitation 24/7 Development, test and feasibility evaluation of a complex nursing intervention

Date for defence: 17 November 2017 at (time of day): 13.30 Place: Auditorium C, Indgang 7, Rigshospitalet Glostrup, Valdemar Hansens Vej 1-23, 2600 Glostrup

Press release (Danish)

Ny viden om sygeplejepersonalet bidrag til rehabilitering af patienter indlagt efter apopleksi

Mia Ingerslev Loft har i sin afhandling undersøgt, hvordan man igennem en styrkelse af sygeplejepersonalets bidrag kan gøre rehabiliteringen bedre for patienter, der er indlagt efter at være blevet ramt af en blodprop eller blødning i hjernen, det der samlet kaldes for apopleksi. I ph.d. projektet blev det vist på, at sygeplejepersonalet har svært ved at definere deres roller og funktioner, samt at de har brug for at få styrket deres viden i forhold til at kunne arbejde med en rehabiliterende tilgang. Det blev endvidere vist, at patienterne under deres indlæggelses forløb kæmpede med eksistentielle tanker og bekymringer og oplevede ikke altid at blive mødt og set i forhold til de behov dette afstedkom. Denne viden samt viden fra eksisterende forskning dannede grundlag for udviklingen af et 7 ugers uddannelses program for neuro-sygeplejepersonale. "Rehabilitering 24/7" er et program, der veksler mellem teori og praktiske øvelser og hvor deltagerne kan deltage, mens de stadig passer deres arbejde. "Rehabilitering 24/7" inddrager personalet på en måde så de selv kan opleve, hvad en rehabiliterende tilgang er. Uddannelsesprogrammet "Rehabilitering 24/7" blev afprøvet af sygeplejepersonalet på et rehabiliterings afsnit. "Rehabilitering 24/7" blev fundet anvendeligt og muligt at gennemføre under de allerede eksisterende rammer. Sygeplejepersonalet evaluerede programmet positivt og oplevede, at det styrkede deres faglighed, øgede deres viden om rehabilitering samt styrkede deres fokus på patientens perspektiv. Denne fornyede indsigt i den rehabiliterende tilgang kan have betydning for effektiviteten af den samlede rehabilitering til patienterne, og dette vil blive undersøgt i fremtidige studier.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 17/11 2017 kl. 13.30 i auditorium C, Indgang 7, Rigshospitalet Glostrup, Valdemar Hansens Vej 1-23, 2600 Glostrup.

Titlen på projektet er "Stroke Rehabilitation 24/7 Development, test and feasibility evaluation of a complex nursing intervention". Yderligere oplysninger: Ph.d.-studerende Mia Ingerslev Loft, e-mail: Belle.mia.ingerslev.loft@regionh.dk, tlf. 38 63 43 51 .

Bedømmelsesudvalg:

Professor Anelli Sandbæk (formand og moderator) Institut for Folkesundhed - Forskningsenheden for Almen Praksis, Aarhus Universitet, Danmark

Professor Marit Kirkevold Department of Nursing Science, Oslo University, Norway

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Press release (English)

New knowledge about nursing staff contributions to patient rehabilitation following stroke

Mia Ingerslev Loft's dissertation is an investigation of the manner in which stroke patients' rehabilitation can be improved through the strengthening of nurses' contribution to the area of interdisciplinary rehabilitation. In the PhD project, it was shown that nursing staff have difficulty defining their roles and functions and that they need to strengthen their knowledge in order to work within a rehabilitative approach. It was also shown that during the course of their admission, the stroke patients struggled with existential thoughts and concerns. This knowledge, as well as knowledge from existing research, formed the basis of the development of a seven-week educational programme for neuro-nursing staff. "Rehabilitation 24/7" is a programme that alternates between theory and practical exercises, and participants can participate while still performing their work. The programme, tested in a rehabilitation unit involves staff in a way in which they can actually gain experience of a rehabilitative approach. "Rehabilitation 24/7" was found to be useful and implementable under the existing framework. Nursing staff evaluated the programme positively and experienced that it strengthened their professionalism, increased their knowledge of rehabilitation and strengthened their focus on the patient's perspective. This renewed rehabilitation approach may impact the effectiveness of overall patient rehabilitation, which will be the subject of future studies. The project was carried out by Mia Ingerslev Loft, who is defending her dissertation on 17/11-2017.

The defence is public and takes place on auditorium C, Indgang 7, Rigshospitalet Glostrup, Valdemar Hansens Vej 1-23, 2600 Glostrup. The title of the project is Stroke Rehabilitation 24/7 Development, test and feasibility evaluation of a complex nursing intervention. For more information, please contact PhD student Mia Ingerslev Loft, email: Belle.Mia.ingerslev.loft@regionh.dk, Phone +45 38 63 43 51.

Assessment committee:

Professor Anneli Sandbæk (chairman of the committee and moderator of the defence)
Institut for Folkesundhed - Forskningsenheden for Almen Praksis, Aarhus Universitet, Denmark
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