

# FACILITATING LEARNING AND CHANGE IN DAILY LIVES: A COMPARATIVE ANALYSIS OF MUNICIPAL STROKE REHABILITATION SERVICES IN NORTHERN NORWAY AND CENTRAL DENMARK



Arntzen, C.<sup>1,2</sup>, Moe, S.<sup>2</sup>, Aadal, L.<sup>3</sup> Pallesen, H.<sup>3</sup>

<sup>1</sup>Department of Health and Care Sciences, Faculty of Health Sciences, UIT, the Arctic University of Norway

<sup>2</sup>Department of Rehabilitation, University Hospital of North Norway

<sup>3</sup>Department of Clinical Medicine, Hammel Neurorehabilitation Centre and University Research Clinic, Aarhus University, Denmark

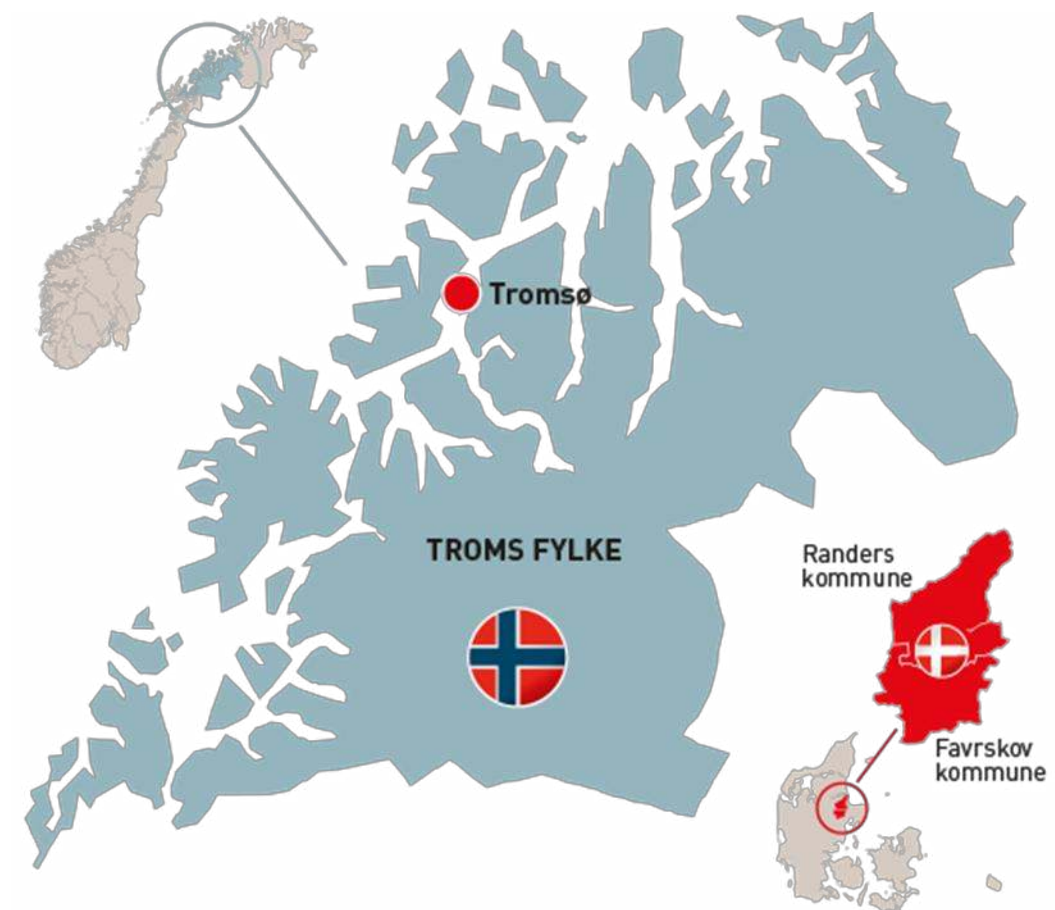


## Introduction

This qualitative study is part of the multicentre 'NORDA-study' and aims to describe and compare the ability of professionals working in municipality stroke rehabilitation services to facilitate learning and change in the daily living of stroke survivors in two regions: northern Norway and central Denmark.

## Methods

Semi-structured individual interviews were conducted with eleven stroke survivors 3 and 9 months after discharge from in-patient care in the two countries. Field observations and focus group interviews were completed with professionals on multidisciplinary teams in the both regions. A sociocultural perspective on learning was applied during data analysis.



## Results

- ✓ The survivors' narratives of learning and change during the first year post-stroke differed between the samples in Norway and Denmark.
- ✓ The Danish stroke survivors seemed positioned to be more active, proactive and empowered, and their processes of learning and change seemed more closely co-constructed with professional support.
- ✓ The study demonstrates the importance of integrated rehabilitation plans and ensuring access to coordinated, qualified multidisciplinary teams with knowledge and skills to support the survivors and their families during processes of adjustment, learning and change.

## Conclusions

Findings reveal considerable differences in municipal stroke rehabilitation services in northern Norway and central Denmark and their ability to support stroke survivors in performing self-management. Most evident were differences among survivors with cognitive and psychosocial challenges.



Colorbox

