

DVD Review • DVD Review

DVD Review Stroke Prevention and Recovery

Format 3 DVDs

Region Zone Free

Compatible with all DVD players

A set of three DVDs, 'The Ultimate Video Guide to Stroke Prevention and Recovery' (total duration six hours) by Dr Valery Feigin (published by Stroke Education Ltd – \$156) can be purchased on-line at www.stroke-education.com or by faxing an order to (09) 636 7062.

Stroke Education Ltd (NZ) has produced a series of three DVDs with the aim of providing stroke patients and their families with up-to-date information about what a stroke is and how to prevent it, illustrating rehabilitation and training information that can be implemented in the home, and through shared insights and experiences of stroke survivors and their families giving much needed personal support.

The first DVD '*Understanding Stroke: Expert's Advice*' (1 hr 57 mins) is divided into two parts; in the first an explanation is given of the causes and consequences of a stroke by author Professor Valery Feigin on whose book '*When Lightning Strikes, An Illustrated Guide to Stroke Prevention and Recovery*' (HarperCollins Publishers, Auckland, NZ, 2004) the DVDs are based. The second half contains a series of interviews with experts who discuss smoking cessation, exercise, nutrition, rehabilitation and illustrate the roles that neuro-psychologist, geriatrician, neurologist and community nurses play after a stroke.

In the second DVD '*Home Care and Rehabilitation*' (1 hr 18 mins) patients and their families are introduced through three chapters '*Early Care and Hygiene*', '*Rehabilitation Exercises*' and '*Moving Around*' to techniques that enable caregivers to safely look after a stroke survivor at home.

Practical advice and activities are demonstrated sensitively and thoroughly by presenters who explain each one in detail. Volunteer stroke survivors and their families help demonstrate techniques that comprehensively cover personal needs from preventing bedsores to incontinence management.

By allowing caregivers time to review techniques in their own home at their own speed, this DVD is an excellent resource for patients and their families, the root menu allows review of individual activities, so that caregivers can quickly review and remind themselves of

the correct way to help patients in and out of a bed or how to perform voice exercises. Thirty-five different care and rehabilitation methods are illustrated and discussed.

The third DVD '*Coping With Stroke Aftermath*' (2 hr 39 mins) aims to provide patients and their families with insight into the lives of others who have survived strokes. The stories that are shared are intensely personal and moving, but provide hope and coping strategies that will be valuable for patients from the first day of a stroke onwards. Patients come from a wide variety of backgrounds, ages and ethnicities, but due to the nature of the DVD have all recovered the ability to communicate with few problems.

At over six hours of running time, the three DVDs may be a daunting prospect to patients, but the intuitive menu gives anyone familiar with navigating a DVD an easy way to dip into areas of interest and to stop and start as needed to maintain concentration. GPs using this resource can be confident that there is no evident treatment bias expressed and that being New Zealand-produced patients will find familiar voices to relate to.

The first DVD, although interesting, has less practically useful information for patients than the others in the series, and though there is emphasis on smoking cessation, exercise and nutrition, it would be most useful for patients who want to understand the theory behind what has happened to them.

I will give the second DVD to patients who have suffered a hemiplegia, dysphagia or dysarthria prior to arriving home to aid rehabilitation, the third to caregivers of most patients in the immediate period after a stroke and would strongly recommend them to practices wanting to improve their patient education resources.

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