

PANat = PRO-Active approach to Neurorehabilitation integrating Urias® Johnstone air splints* and other therapy tools. PANat is a further development of the Johnstone concept.

Course tutor: Walter Habils, occupational therapist Belgium, accredited PANat teacher.

Course title: Correct application of the Urias® Johnstone air splints as used in PANat by nurses

Purpose of the course:

Studies have shown that adding repetitive and early stimulation of the upper hemiplegic limb of the stroke patient, with pronounced muscle weakness or a severely paralysed arm using the air splint, have an effective long lasting effect on motor function.

Interventions encouraging specific and intensive training with the hemiplegic limbs are made possible, already in the early fase, by using the Urias® inflatable air splints. The splints also facilitate mobilisation of muscles and joints in a correct way to prevent stiffness and pain.

The PRO-Active approach is particularly suited to treat stroke patients with severe sensory-motor impairments.

Day 1 is a general introduction to the Pro-Active approach with demonstration of Urias® Johnstone air splints, and is open to a wider audience (max 40).

Day 2 and 3 are in a smaller group (max 20). Emphasis is placed on transfers, positioning and correct use of Johnstone air splints in a 24 hours neurorehabilitation program.

Further reading of the theoretical framework: www.panat.info

Practical sessions to learn how to:

- Correctly apply the Urias® Johnstone air splints and give participants the opportunity to practice on each other
- Lengthening muscles to prevent muscle shortness and stiffness
- Prevent and treat problems with oedema
- Stimulate sensation to regain better perception of the body
- Transfer and position stroke patients in the early phase
- Understand motor learning and neuroplasticity

Programme

Tuesday 25th of June 2019: general introduction (wider audience)

- The history of Margaret Johnstone. Where did it start and which way are we going now.
- Presentation of all the splints: use and precautions
- Demonstration of the long arm air splint, the $\frac{3}{4}$ leg air splint for MS, the double chamber foot air splint, double chamber hand air splint with elbow air splint and the parsnip.
- Use of intermittent pressure

Wednesday 26th of June 2019: the flaccid, early stage stroke patient

- The shoulder: typical problems and what to do + general handling.
- Positioning and transfers to facilitate recovery: lying in bed, transfers in bed, transfer from bed to chair/wheelchair, prone sitting
- Practical workshops with splints: correct application of the long arm air splint, single chamber foot air splint, $\frac{3}{4}$ leg air splint for MS, half arm air splint, hand and wrist air splint.

Thursday 27th of June 2019: specific problems after stroke

- Oedema in the hand: prevention and use of the hand and wrist air splint.
- Problems of spasticity in the upper limb: general handling and correct application of the elbow air splint, hand and wrist air splint and use of the parsnip.
- Sit to stand: general handling and correct application of the leg air splint and the double chamber foot splint
- The pusher
- Final questions, evaluation and handing out the certificates