

## The Effect of Motivation Program on Stroke Rehabilitation Motivation in Older Patients with Stroke

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This quasi-experimental two-group study aimed at studying the effect of a motivation program (MP) on stroke rehabilitation motivation in 44 older stroke patients admitted to two tertiary hospitals. The Self-Determination Theory was used as a conceptual framework. The subjects were selected by inclusion criteria, age match-paired and divided into an experimental group and a control group of 22 subjects each. The experimental group received routine care with the rehabilitation motivation program for two weeks, while the control group received only routine care. The motivation of subjects were measured before the experiment, one week and two weeks after completion of the MP. Data were collected using the Demographic Data interview form and the Stroke Rehabilitation Motivation Scale. Data were analyzed with the Mann-Whitney U Test and Repeated Measure one-way ANOVA.

The findings revealed that the rehabilitation motivation in the experimental and the control groups at Week 2 after completion of the MP was different with a statistical significance at .05. Furthermore, comparing the rehabilitation motivation in the experimental group between that of before the experiment and at Week 1, the motivation was different with a statistical significance at .05, whereas the rehabilitation motivation at Weeks 1 and 2 was not different. This MP could enhance the rehabilitation motivation among older patients with stroke. Nurses should apply the rehabilitation motivation program in caring of older stroke survivors.

### Biography

Siriluk Phomkhao cared for stroke survivors in the hospital for 4 years. She expected patients can do rehabilitation and recover to their normal lives. Her project entitled "The Effect of Motivation Program on Stroke Rehabilitation Motivation in Older Patients with Stroke" was selected to get a scholarship from the Nurses' Association of Thailand. She completed a master gerontological program at the age of 28 and has been teaching for 2 years in the department of fundamental nursing, Faculty of Nursing, Mahidol University, Thailand. Her area of expertise is gerontological nursing. She serves as a consultant for a Senior Citizen Club.

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