

STARS module coming soon
Management of tone and spasticity after stroke – a role
for everyone

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New STARS module

The new module will be the 19th Advancing Module on the STARS website



- 1 Thrombolysis
- 2 Physiological monitoring
- 3 Feeding, hydration and nutrition
- 4 Continence management
- 5 Management of physical complications
- 6 Cognition and perception
- 7 Physical rehabilitation
- 8 Emotional impact
- 9 Reducing the risk
- 10 Resuming daily activities
- 11 Service Improvement
- 12 Vision
- 13 Communication
- 14 Pain Management
- 15 Self Management
- 16 End of Life Care
- 17 Reducing the risk of venous thromboembolism
- 18 Sensitive and effective conversations at end-of-life care after acute stroke *NEW*

New STARS module

The learning outcomes

On completion of the module you will have increased understanding of:

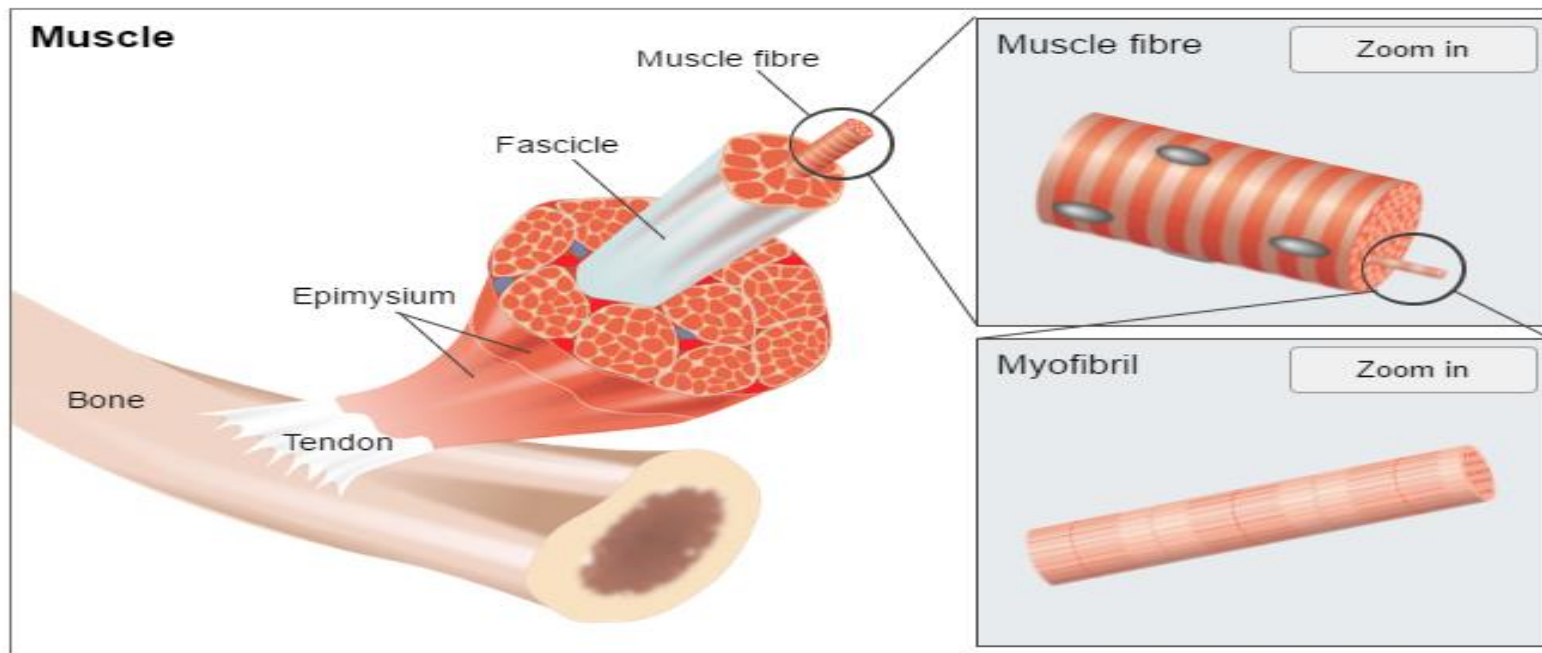
- Abnormal tone following stroke
- Signs which may predict who will have tone changes and factors which may aggravate abnormal tone.
- How to identify and assess for tone changes.
- How to manage abnormal tone including knowledge of physical and pharmacological interventions.
- How individuals can self manage and prevent symptoms or further complications.
- When to refer to specialist spasticity services.

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Anatomy and Physiology of tone

At a clinical level, there are two main things to consider:

1. neurogenic component: overactive muscle contraction
2. biomechanical component: stiffening and shortening of the muscle and other soft tissues due to immobility.



- Reduction in the number of sarcomeres (atrophy)
- Decrease in overall length of sarcomeres (muscle becomes shorter)
- Relative increase in proportion of connective tissue (muscle becomes stiffer)

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Spasticity quiz

Please select **three** of the following statements which you think are **true** about spasticity

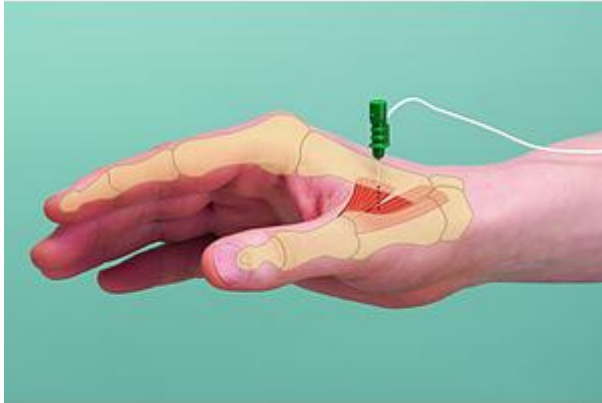
- Should only be addressed when it has happened
- Can be managed with good positioning
- Spasticity is the overactivity of muscle when stretched quickly
- Is the responsibility of the physiotherapist
- Only affects the arm
- Splints are the only way to manage spasticity once it has developed
- Stretches and positioning are not the only preventative measures
- Will happen regardless of anything which is done

 Check

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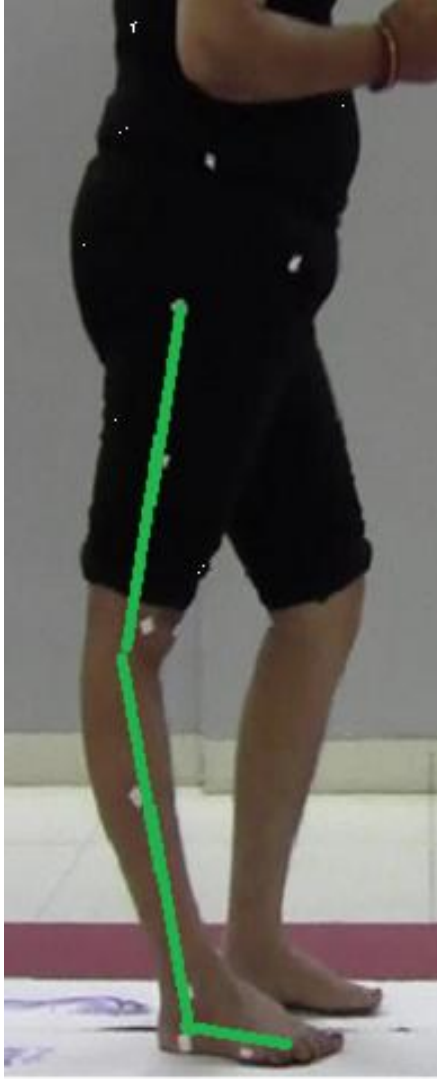
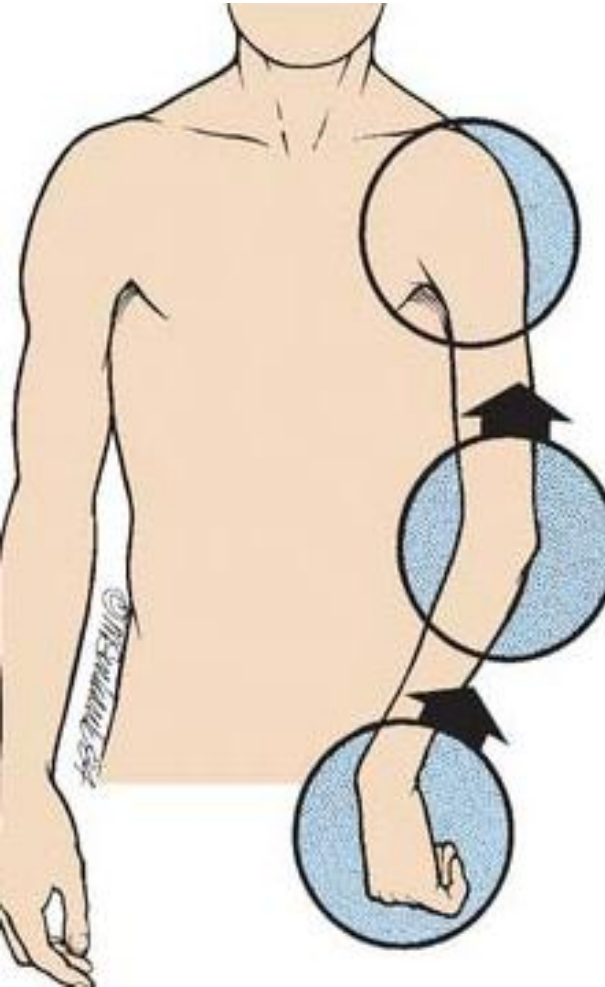
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Flexed ankle (gastrocnemius, soleus, tibialis posterior)



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Drag and Drop: drag 6 of the labels on the left and drop to their correct location on the image

- Bottom
- Turn head to left
- Seat height
- Pillow
- Back height
- Feet support
- Seat depth
- Footstool
- Arm height



✓ Check

New STARS module





New STARS module

New module will be
Launched at the
Scottish Stroke Nurses
Forum on 14th
September 2017



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chss-elearning.info

www.stroketraining.org

www.scotonline.org

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