

Research progress on early mobilization of patients with intracerebral hemorrhage

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Background/Objective:

Intracerebral hemorrhage(ICH), the main subtype of stroke has the characteristics of acute onset, poor prognosis and high mortality. Early mobilization can reduce the incidence of complications in patients with ICH, improve their physiological functions and quality of life, and reduce health care costs. This review summarized and analyzed the related researches on early mobilization of ICH patients from several aspects (time to initiation, mobilization content, influencing factors and the effects of mobilization) to provide references for related researches and clinical practice.

Methods: Literature review.

Results:

Based on the characteristics of ICH, moving too early may cause patients' blood pressure fluctuations, increasing the risk of rebleeding. Therefore, it is recommended that early mobilization onset time of patients with ICH should be at least 24 hours after bleeding is stable. The contents of early mobilization include maintaining correct position, assisting patients in passive activities, and guiding patients to active exercise and daily life ability training. The contents and intensity of the activity should be reasonably designed and implemented according to the patient's own situation and desires. Blood pressure and intracranial pressure are important factors influencing early mobilization of patients with ICH. Before starting activities, they should be controlled within an appropriate range, and monitored closely during the activities.

Conclusion:

Early mobilization of patients with ICH is safe and feasible, can reduce the occurrence of complications,

improve physiological functions, reduce medical expenses, but the neurological performance, hemodynamics and vital signs should be closely monitored during the activity. Follow-up researches should focus on the development of unified and standard program of early mobilization for patients with ICH.



Biography:

Qiuyue W is 26 years old, she is a postgraduate student in West China Hospital of Sichuan University, majoring in nursing management.

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