

**BEST  
PRACTICE**

**2**

## **Title - Support Group**

**Objective:** MGM School of Physiotherapy, Navi Mumbai envisages to reach out to patient's and caregivers of people with neuro-musculoskeletal, cardiorespiratory disorders from both both urban and rural communities. Support group aims to achieve awareness about the clinical conditions and related primary and secondary complications. It also intends to provide group rehabilitation to patients suffering from similar diseases conditions.

### **The Context:**

1. The challenge is to reach out to large number of people within the community due to lack of transportation from rural areas,
2. Promotion of Support groups on large scale.

**The Practice:** Support group facilitates clinical training among students and helps them to interact with larger patient population. Patients feel motivated by peer interaction. Input from interdisciplinary team enhances holistic approach in rehabilitation.

### **Evidence of Success**

1. Support group created awareness about different aspects of clinical condition among patients and caregivers and encourages them to follow home rehabilitation program.
2. It enhances clinical skills of students.
3. Patients have reported improvement in their conditions and are motivated to engage in the prescribed exercises.

### **Problems Encountered**

1. Coordination for support group related activities in outlying villages.
2. Lack of paid resources
3. Disabled patient with affected ambulation face difficulty to commute due to lack of disabled friendly transportation options.

**CEREBRAL  
PALS  
Y  
SUPPORT  
GROUP**

## **MGM CEREBRAL PALSY SUPPORT GROUP**

**Constitution of Support Group:** Department of Neuro Physiotherapy, MGM School of Physiotherapy, Kamothe

### **MGM Cerebral Palsy support group:**

The MGM CP support group was established in October 2018 to provide one platform to primary caregivers of children with cerebral palsy for seeking information, appropriate rehabilitation and support through interaction with various health care workers working in the field and other parents of children with cerebral palsy.

The group intends to support the primary care-givers of children with CP through updated comprehensive information on disease status, management strategies and various rehabilitation services and their importance in their cognitive, emotional & motor development. Inform parents about various schemes available by the government. These goals are achieved through informative sessions by invited guest on varied topics related care of children with cerebral palsy. The group intends to provide comprehensive rehabilitation to patients with Cerebral palsy in Navi Mumbai and Raigad district.



**Fig.1. Faculty member (Dr. Triveni Shetty) and Dr. Tushar Agarwal evaluating the child with Right Hemiplegic Cerebral Palsy**

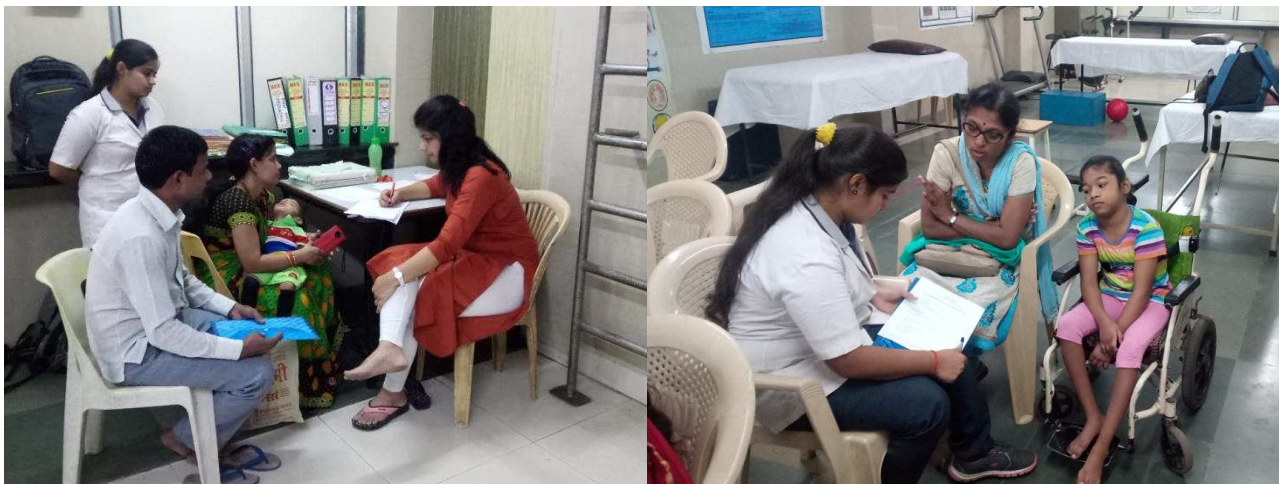


**Fig. 2 Faculty member (Dr. Shrutika Parab) and Dr. Tushar Agarwal discussing about orthotic device in child with spastic diplegic cerebral palsy**



**Fig. 4 Dr Tushar Agarwal and MPT student assisting child with Ataxic Cerebral Palsy in walking**





**Fig.5 Registration of children for the support group session along with briefing on importance of regular eye-testing**



**Fig.6. Faculty creating awareness of government related schemes available for specially abled children.**



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#### Cerebral Palsy Support Group

<b>Date</b>	:	12 <sup>th</sup> October 2019
<b>Venue</b>	:	MGM Hospital, Kamothe
<b>Time</b>	:	10:30 A.M. – 12:30 P.M.
<b>Meeting coordinator</b>	:	Dr. Triveni Shetty (PT)
<b>Attendees</b>	:	1 Neuro mpt (1 <sup>st</sup> year), 2 Interns.

#### Constitution of Support Group:

##### Departments:

- Department of Neurosciences physiotherapy, MGM School of Physiotherapy  
(Kamothe)
1. Faculty members- 1
  2. Neurosciences MPT Students- 1
  3. Interns- 2

#### Each support group session has participation from:

- Parents and caregivers of children with cerebral palsy – 7
- Children with cerebral palsy – 5

#### Objectives of Support Group:

1) To increase awareness of prosthetics, orthosis and various modification equipment's available for children with Cerebral Palsy.



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- 3) To increase awareness about disease status and management strategies through informative sessions by invited guest.
- 4) To provide comprehensive rehabilitation to patients with Cerebral palsy in Navi Mumbai and Raigad district.

#### **Activities of Support Group:**

5<sup>th</sup> Cerebral Palsy meet was conducted on 12<sup>th</sup> of October 2019 at MGM Kamothe along with Department of Prosthetics and Orthotics, Dr. Uthara Mohan. Session began by welcoming everyone and informing parents about Cerebral Palsy. Later Dr. Uthara enlightened on various foot and hand modification orthosis available for children. Parents were guided on various maintenance strategies, keeping a regular check on size of the orthosis, checking on the skin for any friction bruises. Parents along with children visited Prosthetic and orthotic Department and OPD and were shown various types of prothesis , orthosis and modification equipment's like static and dynamic AFO'S, CP chair with removable desk , adductor splints and many more. The session ended by giving vote of thanks to ma'am for such an enlightening lecture and by taking feedback from the parents.

#### **Feedback from beneficiaries:**

Feedback was sought and received from patients in order to understand and improve quality of services provided.





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#### Outcome of Support Group:

- **Patient Care:**

To educate the parents regarding various modification devices and orthosis available for their children

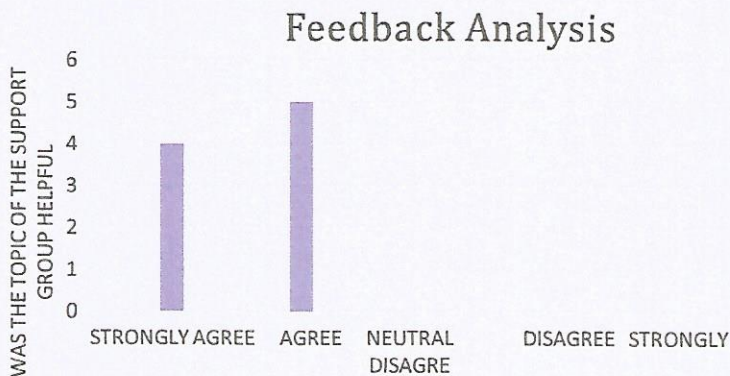
- **Student Learning:**

Enhanced learning at graduate and master's level through focused patient-centric clinical training

- **Research Activities:**

Such support group activities will allow generating a large pool of patients. These databases can then be used to explore various unanswered research questions in field of welfare of children with cerebral palsy benefitted both patients and students.

#### Feedback Analysis





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Faculty incharge  
Department of Neuro physiotherapy

Head of Department  
Department of Neuro physiotherapy



# **Parkinson Support Group**



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#### **Best Practice of MGM School of Physiotherapy, Navi Mumbai**

**Need of Support Group:** Movement disorders are common and account for 3-8% of neurological disorders with a crude prevalence rate varying between 31(>60+yrs) to 45/100,000 and these are twice more frequent in rural India (Muthane UB et al 2007). Parkinson's Disease (PD) forms 5-60% of total movement disorders with variations in geographical areas (Bharucha NE et al 1988).

Asia has low prevalence of PD reported to be 646 per 100,000 population (Pringsheim T et al 2014). Bharucha et al specifically studied prevalence of PD in Parsi community and found rates varying between 6-328/10<sup>5</sup>. Studies from non-Parsi communities show low prevalence rates of PD, varying from 14-41/10<sup>5</sup>.

Parkinson's Support Group (PSG), Vashi, Navi Mumbai, was an initiative taken up by MGM School of Physiotherapy in 2010 in collaboration with Parkinson's Disease and Movement Disorder Society (PDMDS), Mumbai to attempt to provide comprehensive rehabilitation to People with Parkinson's Disease (PwP) in Navi Mumbai and Raigad district. PDMDS has various support groups at various locations in Mumbai. People from Navi Mumbai had to travel to Mumbai for attending these informative sessions for their health benefit and Physiotherapy sessions. MGM School of Physiotherapy, Navi Mumbai is first organization in Navi Mumbai to initiate such a support group and is the only one till date to provide such service.

**Constitution of Support Group:** Parkinson's Support Group, Vashi of PDMDS in collaboration with our Institute had started with n=14 PwP, which now has increased to n= 58 PwP and still growing! They are registered with PDMDS, Mumbai.

Each support group session has following participants:

**PwP:** 6-10

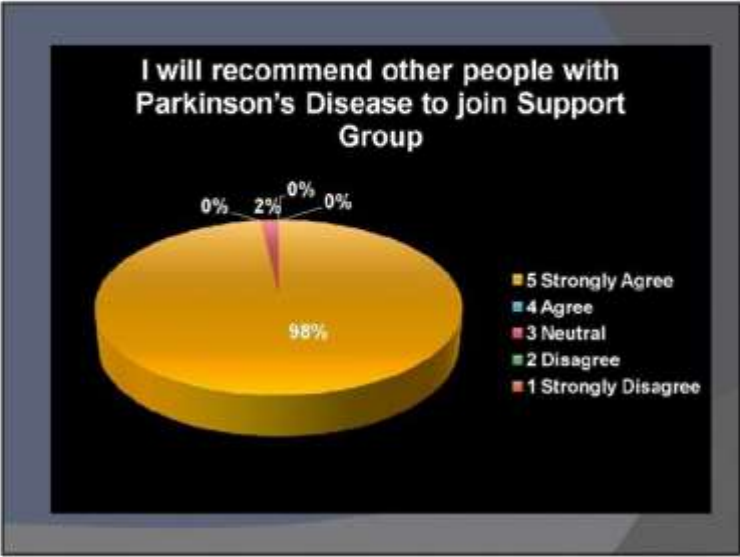
**Faculty:** 2

**BPT Students:** 8-10

**MPT Scholars:** 2

**Activities of Support Group:**

These support group sessions are conducted on fourth Wednesday of every month along with Physiotherapy sessions which are conducted on every Wednesday. Support group sessions touch on various symptomatic management of Parkinson's Disease like speech modulation, improving their flexibility and mobility through various new approaches like LSVT, music therapy, dance therapy, improving their fine motor skills and cognition through hand exercises and recreational activities like origami, cognitive rehabilitation to improve their memory and attention, training them on dual tasking etc.





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**Parkinson's Disease Support Group  
Meeting August 2019**

<b>Date</b>	: 28 <sup>th</sup> August 2019
<b>Venue</b>	: MGM Hospital, Vashi
<b>Time</b>	: 12.15 PM–1:30 PM
<b>Meeting Coordinator</b>	: Dr. Shrutika Parab (PT), Dr. Krupa (PT) Dr. Riddhi Nair (Clinical Psychologist).

**Constitution of Support Group:**

<b>Departments</b>	: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
<b>Faculty Member</b>	: 1 (Lecturer)
<b>Attendees</b>	: 7 Parkinson's patients, 1 MPT student, 1 Intern
<b>Event</b>	: Awareness regarding bradykinesia and Rigidity and their management.

**Objectives of Support Group:**

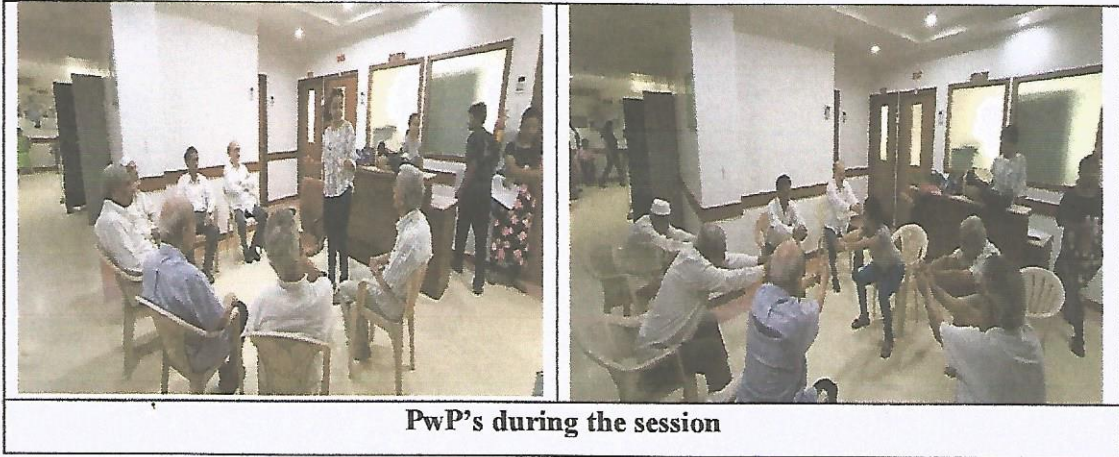
1. To increase awareness regarding various difficulties like bradykinesia and rigidity and exercises to overcome them.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

**Activities of Support Group:**

Session begun by informing the patients about bradykinesia and rigidity difficulties commonly seen in people with Parkinson's Disease (PwP) by Dr. Riddhi Nair. Bradykinesia and Rigidity were explained to patients in detail and in common language. Later PwP were asked to share the difficulties they face in their ADL's due to bradykinesia and rigidity. Later Dr. Krupa (PT) carried



forward the session by teaching them exercises. PwP were trained to overcome their slowness in the movement and various stretching exercises were taught to overcome their rigidity. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



Faculty in charge  
Dept. of NeuroPhysiotherapy

HOD  
Dept. of Neuro Physiotherapy



## **Parkinson's Disease Support Group Meeting September 2019**

<b>Date</b>	: Wednesday, 25 <sup>th</sup> September 2019
<b>Venue</b>	: MGM Hospital, Kamothe
<b>Time</b>	: 11:30 AM-01:00 PM
<b>Meeting Coordinator</b>	: Dr. Jennifer V D 'souza (PT)
<b>Resource person</b>	: Dr. Aarti Kulkarni, Neurologist, MGM Hospital, Kamothe

### **Constitution of Support Group:**

<b>Department</b>	: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
<b>Faculty Member</b>	: 1 (Lecturer)
<b>Attendees</b>	: 6 Parkinson's patients, 3 MPT students, UG students
<b>Event</b>	: <ol style="list-style-type: none"><li>1. Awareness motor and non- motor symptoms in Parkinson's disease.</li><li>2. Medical and Physiotherapy management.</li></ol>

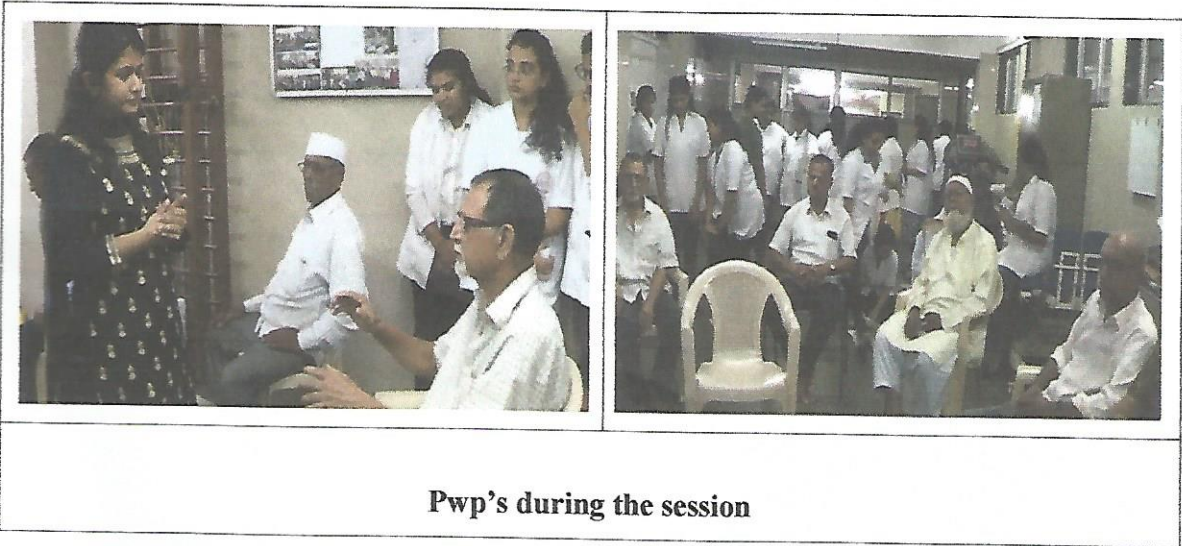
### **Objectives of Support Group:**

1. To increase awareness regarding various motor and non – motor symptoms in Parkinson's disease, signs of their appearance and their expected progression
2. To make the patients aware about changes in their symptoms and timely monitoring.
3. To increase awareness about medical management and dose effects, ON-OFF period and dose side effects
4. To introduce Physiotherapy management for various stages of the disease
5. To provide comprehensive rehabilitation to patients with Parkinson's in Kamothe, Navi Mumbai

### **Activities of Support Group:**

Dr. Aarti Kulkarni started her talk with introducing what Parkinson's disease (PD) is, what are the symptoms that are commonly seen and how to identify the early signs of progression of disease. Dr. Aarti further went into great depths and details about how these signs and symptoms progress over time and what systems are affected by the disease. Forum was open for questions from patients as well as students attending the session. Dr. Aarti then briefly spoke about the medical management of PD, dose prescription, ON-OFF period and

dose fluctuation signs. Dr. Jennifer D'souza (PT) then introduced patients to different types of physiotherapy rehabilitation strategies that are available to combat and delay the progression of these symptoms. Basic strategies of maintaining bed mobility, ADL activities like sit to stand, standing balance and gait training were discussed. Concept of freezing episodes was explained in detail. Strategies like usage of sound beat metronome, walking with long steps were taught to patients, with long arc turning. LSVT-BIG was introduced as a module of therapy that could be practiced safely at home by the patients. Baseline assessment of all the patients was taken. Before and after gait training strategies warm up and cool down strategies were taken respectively. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



*J D'souza*  
*27/11/19*  
Faculty in charge  
Dept. of NeuroPhysiotherapy

*M/Souza*  
*27/11/19*  
HOD  
Dept. of NeuroPhysiotherapy

*RM*





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## **Parkinson's Disease Support Group Meeting October 2019**

**Date** : 23<sup>rd</sup> October 2019  
**Venue** : MGM Hospital, Vashi  
**Time** : 12.00 PM–1:30 PM  
**Meeting Coordinator** : Dr. Shrutika Parab (PT), Dr. Krupa (PT)  
Dr. Riddhi Nair (PT) and Dr. Krupa (PT).

### **Constitution of Support Group:**

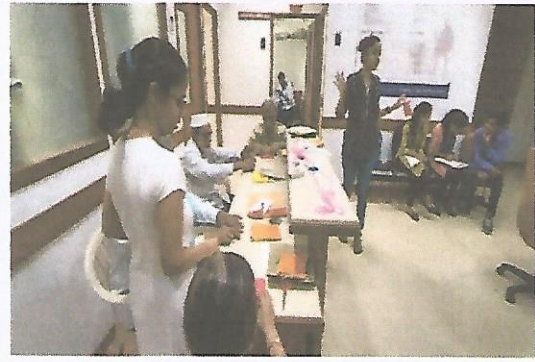
**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 1 (Lecturer)  
**Attendees** : 7 Parkinson's patients, 1 MPT, 1 Intern, 1 Care taker  
**Event** : Toran making for Diwali celebration

### **Objectives of Support Group:**

1. To indulge patients in making creative ideas and training for fine motor skills, coordination and cognition.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

### **Activities of Support Group:**

Session begun by wishing everyone a Happy Diwali, PwP were given various colour paper and scissors and were instructed to make a toran. This activity was designed to train the fine motor skills. It was an indeed fun session. Session ended by giving vote of thanks and exchanging the greetings for Diwali.



People with Parkinson's during the session

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## **Parkinson's Disease Support Group Meeting November 2019**

**Date** : 27th November 2019  
**Venue** : MGM Hospital, Vashi  
**Time** : 12.15 PM–1:30 PM  
**Meeting Coordinator** : Dr. Shrutika Parab (PT), Dr. Krupa (PT)  
Dr. Riddhi Nair (Clinical Psychologist).

### **Constitution of Support Group:**

**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 1 (Lecturer)  
**Attendees** : 6 Parkinson's patients, 2 Intern  
**Event** : Posture Awareness.

### **Objectives of Support Group:**

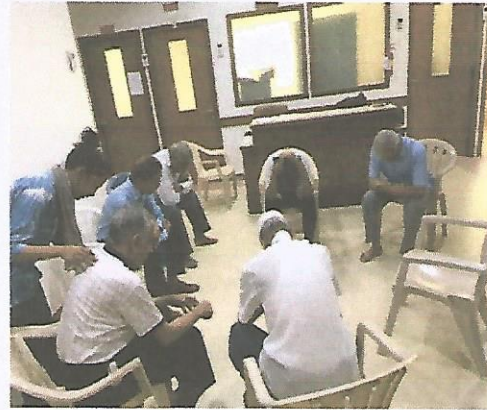
1. To increase awareness regarding maintaining an effective posture.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

### **Activities of Support Group:**

Instructors begun the session by demonstrating the typical posture adapted by a Parkinson patient. Session was filled with various exercises mainly stretches. Multiple neck stretches were taught, stretching of the neck muscles in the upward, downward and lateral direction to prevent forward head posture. Followed by this the instructors taught shoulder stretches which included stretching of the back extensors by forward leaning, lateral stretches to relieve the tightened structures to prevent rounding of shoulders. They also educated the

patients about correct body alignment. The instructors repeatedly asked the patients to sit with their chest out, without back support and legs at shoulder width distance.

Lastly, they terminated the session by teaching various facial muscle exercises which included- puffing of cheeks, forcefully shutting their eyes and frowning. All patients enjoyed the session.



**People with Parkinson's during the session**

A handwritten signature in blue ink, appearing to be 'Santosh'.

**Faculty in charge  
Dept. of NeuroPhysiotherapy**

A handwritten signature in blue ink, appearing to be 'M. P. ...'.

**HOD  
Dept. of NeuroPhysiotherapy**



A handwritten signature in blue ink, appearing to be 'R. H.'.

# Parkinson's Disease Support Group

## Meeting November 2019

**Date** : 27<sup>th</sup> November, 2019  
**Venue** : MGM Hospital, Kamothe  
**Time** : 11:30 AM – 1:00 PM  
**Meeting Coordinator** : Dr. Jennifer D'souza (PT),  
**Resource person** : Dr. Neha Patil, Speech Therapist, MGM Hospital, Kamothe

### Constitution of Support Group:

**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy and Department of Speech therapy, MGM Hospital, Kamothe  
**Faculty Members** : Dr. Meruna Bose, Dr. Jennifer D'souza (PT)  
**Attendees** : 6 Parkinson's patients, 2 MPT students, UG students  
**Event** :  
1. Awareness about speech impairments in Parkinson's disease  
2. Management of speech impairments through exercises

### Objectives of Support Group:

1. To increase awareness about different types of speech difficulties faced by people with Parkinson's disease.
2. To implement an exercise program for improving speech, tone and articulation in patients with Parkinson's disease.
3. To introduce the concept of LSVT - Loud to people with Parkinson's disease

### Activities of Support Group:

The session started with Dr. Jennifer D'souza (PT) introducing the concept of LSVT-BIG and its benefits which were followed by a brief session where she demonstrated LSVT-BIG exercises and people with Parkinson's Disease (PD) were made to practice these exercises under supervision. Dr. Jennifer then introduced speech therapist Dr. Neha Patil to the people with PD.

Dr. Neha elaborated about different types of speech abnormalities that are seen in Parkinson's disease and how to detect signs of progression. She explained the signs and symptom for the early detection as well. Followed by which she introduced the concept of LSVT – Loud exercises. Dr. Neha then asked all the attendee's to share what speech difficulties that they face in day to day activities and addressed each of their problems



individually. She proceeded to take therapeutic group session for all the patients. She taught them basic exercises to improve speech tone, volume and articulation. The first exercise focused on breathing pattern, the second and third exercise focused on moderation of tone and the fourth exercise focused on speech articulation by targeting the muscles of mastication.

Post exercise session, she had a brief discussion with patients about the difficulties faced by them while performing these exercises and prescribed appropriate exercises as part of home program. She concluded her session by asking the people with Parkinson's to maintain a diary to note any differences in their speech on a regular basis and to report them during routine check-ups. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



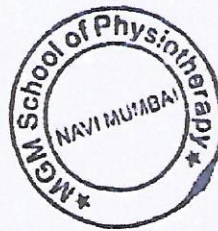
PwP's during the session

J. B. Desai  
17/1/2020

Faculty in charge  
Dept. of NeuroPhysiotherapy

M. S. Desai  
17/1/2020

HOD  
Dept. of NeuroPhysiotherapy



R. H.





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## **Parkinson's Disease Support Group Meeting January 2020**

<b>Date</b>	: 22 <sup>nd</sup> January, 2020
<b>Venue</b>	: MGM Hospital, Kamothe
<b>Time</b>	: 11:30 AM – 1:00 PM
<b>Meeting Coordinator</b>	: Dr. Jennifer D'souza (PT)
<b>Resource person</b>	: Dr. Mona, Clinical Nutritionist and Diet Consultant, MGM Hospital, Kamothe

### **Constitution of Support Group:**

<b>Departments</b>	: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy and Department of Dietetics, MGM Hospital, Kamothe
<b>Faculty Members</b>	: Dr. Jennifer D'souza (PT)
<b>Attendees</b>	: 8 Parkinson's patients, 2 MPT students, UG students
<b>Event</b>	: <ol style="list-style-type: none"><li>1. Role of Diet and Nutritional Supplements in Parkinson's disease</li><li>2. Changes in lifestyle and food habits that are essential in Parkinson's disease</li></ol>

### **Objectives of Support Group:**

1. To increase awareness about the effect of different types of food habits and diet on Parkinson's disease.
2. To implement a change in lifestyle and meals according to disease stage, clinical symptoms and co-morbidities.
3. To introduce simple home remedies and alternatives to food that is to be avoided in Parkinson's disease

### **Activities of Support Group:**

The session started with a warm up session conducted by Dr. Jennifer D'souza (PT) where LSVT-BIG exercises for were demonstrated and persons with Parkinson's Disease (PD) were made to practice these exercises. Dr. Jennifer then introduced Dr. Mona, Clinical Nutritionist and Diet Consultant to the people with PD.

Dr. Mona elaborated about how following the right diet according each individual

requirement is essential for a good healthy life. She enlisted that after Parkinson's disease, there are many changes that occur in the body's capacity to metabolize food. In such a scenario, certain foods are a must for consumption and certain items should be strictly avoided from daily diet. Dr. Mona then asked all the attendee's to share what co-morbidities other than Parkinson's disease they were suffering from and what gastrointestinal complaints they face on a daily basis. Dr. Mona then addressed each of their problems individually. She spoke about how food can influence tremors and sleep patterns and what remedies are available to overcome them. She then proceeded to address issues like hypertension, diabetes, elevated cholesterol levels and obesity in Parkinson's disease and how it can be avoided by making changes in daily diet. She shared simple homemade recipes that could replace food items that need to be avoided. She taught them how to keep a simple count of the calories that are consumed on a daily basis and how to not over exceed them. She spoke about in detail about food items that are considered to be healthy and good for health but are myths and should definitely be avoided.

After which she held a question answer session where each individual put forth their doubts and she provided simple home based remedies for it. She concluded her session by asking the people with Parkinson's to maintain a diary to note any weight and sleep pattern changes and also to note down the number of calories consumed per day. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



**People with Parkinson's during the session**

**Faculty in charge  
Dept. of NeuroPhysiotherapy**

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## **Parkinson's Disease Support Group Meeting January 2020**

**Date** : 22<sup>rd</sup> January 2020  
**Venue** : MGM Hospital, Vashi  
**Time** : 12.00 PM–1:30 PM  
**Meeting Coordinator** : Dr. Shrutika Parab (PT), Dr. Krupa (PT)

Dr. Riddhi Nair (Clinical Psychologist).

### **Constitution of Support Group:**

**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 1 (Lecturer)  
**Attendees** : 6 Parkinson's patients, 1 MPT, 2 Interns, 1 care taker  
**Event** : Importance of aerobic exercises

### **Objectives of Support Group:**

1. To indulge patients' various forms of aerobic exercises and help them increase their aerobic capacity.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

### **Activities of Support Group:**

Session begun by explaining the importance of aerobic capacity in our body and explaining the effect of Parkinson's Disease on aerobic capacity in body. Dr. Riddhi Nair took brief

discussion with PwP on importance of aerobic exercises and discussed their daily routine of exercises. Later Dr. Krupa headlong the session further by teaching aerobic exercises to PwP, along with music. Adequate rest pauses were given and it was indeed enthusiastic meet. Session by giving vote of thanks to Dr.Krupa and Riddhi by PwP for an indeed joyful meet.



**People with Parkinson's during the session**

Handwritten signature of the Faculty in charge.

**Faculty in charge  
Dept. of NeuroPhysiotherapy**

Handwritten signature of the HOD.

**HOD  
Dept. of NeuroPhysiotherapy**

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## **Parkinson's Disease Support Group Meeting September 2020**

**Date** : 23<sup>rd</sup> September, 2020  
**Mode of Conduct** : Online  
**Time** : 2:30 PM – 4.30 PM  
**Meeting** : Dr. Amrita Ghosh (PT)

**Coordinator**

**Constitution of Support Group:**

**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe

**Faculty Member** : 1 (Associate Professor)

**Attendees** : 9 Patients with Parkinson's Disease , 5 Interns

**Event** : Awareness regarding 'Tele-rehabilitation' during Pandemic .

**Objectives of Support Group:**

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in home exercise therapy sessions during Pandemic.
3. To increase awareness about disease status and management strategies
4. To provide comprehensive rehabilitation through tele-rehabilitation to patients with Parkinson's Disease in Navi Mumbai.

**Activities of Support Group:**

An individual with Parkinson's Disease requires physical activity (exercise) daily. As the Pandemic (Covid-19) has commenced in India from March 2020, it becomes mandatory for the patients to be at home for their own well-being. Hence comes the need of developing virtual home exercise program.

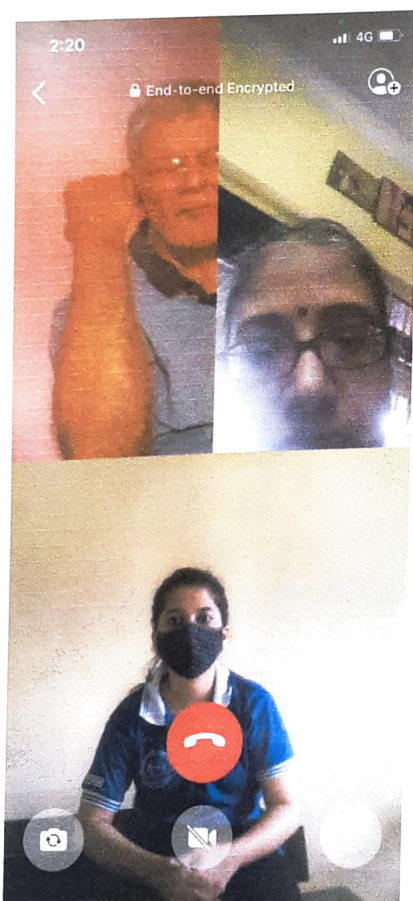
MGM School of Physiotherapy, Navi Mumbai organized tele-rehabilitation session to demonstrate the exercises (which can be performed at home) on 23<sup>rd</sup> September 2020 through WhatsApp video conference for nine Parkinson's patients.

The session began with a group discussion where the participants were encouraged to address their problems during pandemic and they were accorded with possible best solutions. Following which, they were enlightened about the benefits of home exercise program.

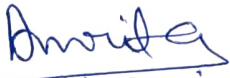
Thereafter the following exercises were demonstrated with simplest instructions according to the condition of each patient.

- 1) Bridging
- 2) T-Bar Exercise
- 3) Active Range of Motion Exercise
- 4) Strengthening Exercise
- 5) Self-stretching Technique
- 6) Demonstration of Good Posture
- 7) Breathing Exercise
- 8) Balance Exercise
- 9) Frenkel's Exercise
- 10) Squatting


The patients were notified to contact MGM School of Physiotherapy Navi Mumbai in case of any discomfort or problem with the exercises. The session concluded with vote of thanks.



Individuals with Parkinson's Disease during the exercise demonstration session

  
Faculty in charge  
Dept. of NeuroPhysiotherapy  
MGM School of Physiotherapy



  
HOD  
Dept. of NeuroPhysiotherapy  
MGM School of Physiotherapy



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#### **Best Practice of MGM School of Physiotherapy, Navi Mumbai**

##### **Spinal Cord Injury Support Group**

###### **Need of Support Group:**

Spinal cord injury (SCI) is a traumatic event that impacts a patient's physical, psychological, and social well-being. Abrupt onset of spinal cord injury (SCI) is tragic and has a profound impact on the individuals and their families. In India, approximately 1.5 million people live with SCI. Approximate 20,000 new cases of SCI are added every year (Singh, 2012).

Spinal Cord Injury Support Group (SCISG) was an initiative taken by MGM School of Physiotherapy, Navi Mumbai in 2018 with an intention to cater to varied needs of people with Spinal Cord Injury under one roof. This activity has strengthened workload of Department of Neuro Physiotherapy which is beneficial for students as stakeholders in terms of academics and research related activities of department. Feedback from our stakeholders of SCISG was taken to understand and improve quality of our services we provide them. Following is the report of feedback taken from people with Spinal Cord Injury attending our SCISG at regular intervals.

**Constitution of Support Group:** Spinal cord Injury Support Group in our Institute now has 30 patients and still growing!

Each support group session has following participants:

**Patients with Spinal Cord Injury : 28**



**Faculty: 2**

**BPT Students: 8-10**

**MPT Scholars: 2**

**Activities of Support Group:** Support group meetings conducted are in form of group sessions which are conducted monthly, where experts from various fields are invited to deliver talk on problems encountered by Spinal Cord Injury patients, for e.g. Bowel and Bladder issues, psychological issues, role of physical activity, Employment, Rights of persons with disability, musculoskeletal pains, diet and nutrition specific to Spinal cord Injury. Neurophysicians, Psychiatrists, nutritionist, urologists, physiotherapist and social workers also answer individual queries in these sessions and need based one-to one therapy is provided . Patients are encouraged to attend regular therapy sessions provided to inmates at Smt. Kamla Raheja Rehabilitation Centre for Paraplegics, Vashi.

**Feedback from beneficiaries:** Feedback was sought and received from our stakeholders of SCISG namely patients with spinal cord Injury and their caregivers, BPT Students (IV BPT and interns) and MPT Scholars, was taken to understand and improve quality of our services we provide them.

**Outcome of Support Group:**

- **Patient Care:**

- 1) MGM Department of Neurophysiotherapy provides comprehensive care under single roof at Smt. Kamla Raheja Rehabilitation Centre for Paraplegics, Vashi.
- 2) This activity effectively improved Health Related Quality of Life (HRQOL) of patients with Spinal cord Injury.

- **Student Learning:** Enhanced learning at graduate and masters level through focused patient centric clinical training.

- **Research Activities:**

Sr. No.	Title of Project	Level	Student and Supervisors	Status of Publication
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1.	Energy expenditure and levels of exertion in spinal cord injury patients using various assistive devices and walking technique	MPT Scholar	Gayathri N, Meruna Bose	To be submitted
2.	Developing an incremental wheelchair propulsion test for evaluation of cardiorespiratory endurance in people with spinal cord injury	MPT Scholar	Stanley Jones, Bela Agarwal	To be submitted
3.	Reliability and Validity of 30 meter incremental wheelchair propulsion test.	MPT Scholar	Deepak Tandel , Bela Agarwal	To be submitted
4.	Depression and coping strategies adopted by the caregivers of persons with spinal cord injury.	Intern	Matondkar Ankita Prakash, Meruna Bose	To be submitted
5.	Effects of sports on cardiovascular system and mental status in spinal cord injury patients	Intern	Meruna Bose	To be submitted

# **Spinal Cord Injury Support Group**



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Date: / /2018

#### SPINAL CORD INJURY SUPPORT GROUP FEEDBACK FORM

*Thank you for being a part of our support group!!*

We value your feedback, and the answers you provide will be beneficial for us to improve services we provide. Information provided will be kept confidential. Your satisfaction is important to us. Please take a moment to complete this form.

		<i>Strongly Agree</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
		(5)	(4)	(3)	(2)	(1)
1.	My knowledge and understanding about Spinal Cord Injury has improved					
2.	I feel venue /location for Support Group meetings is accessible					
3.	I feel frequency of Support Group meetings is adequate					
4.	I am able to apply various symptom management techniques discussed during Support Group meetings in my day to day living with Spinal Cord Injury					
5.	I feel attending Support Group meetings help me cope better with Spinal Cord Injury					
6.	I will recommend other people with Spinal Cord Injury to join Support Group					

Any other comments:

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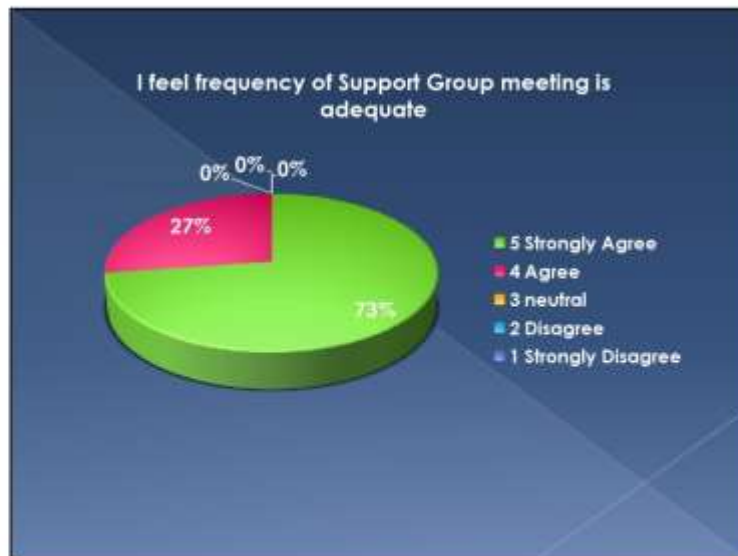
*Thank you for your valuable feedback!!*

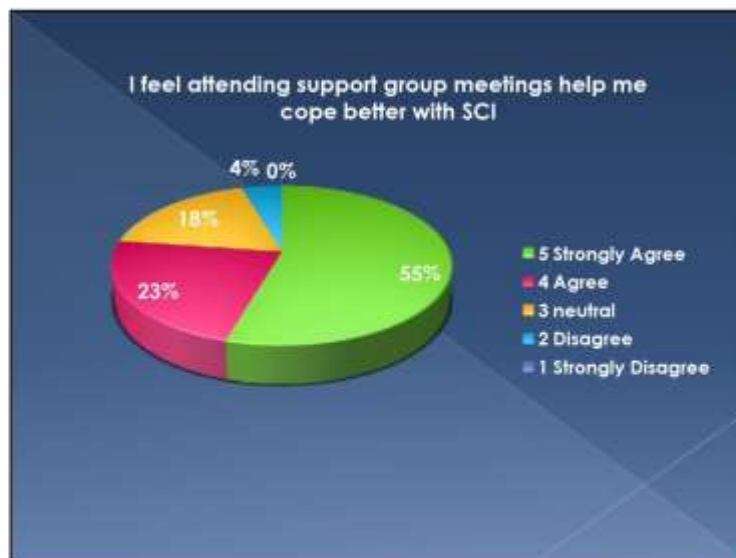
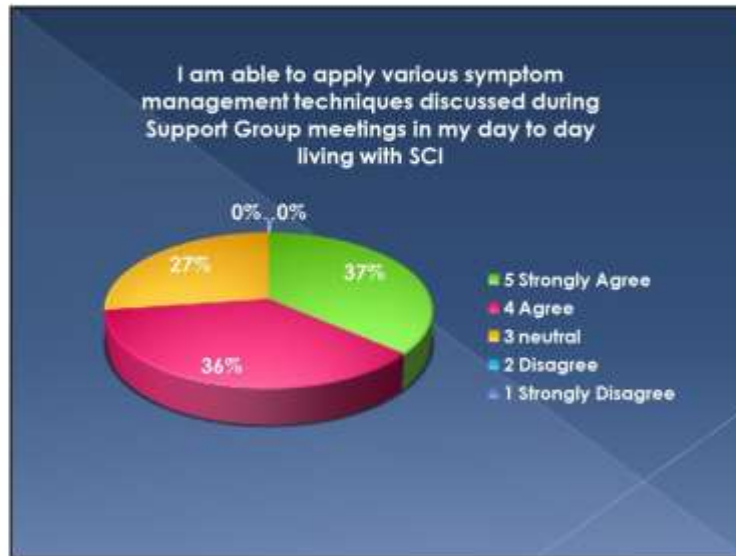
## Spinal Cord Injury Support Group (SCISG) Feedback 2018

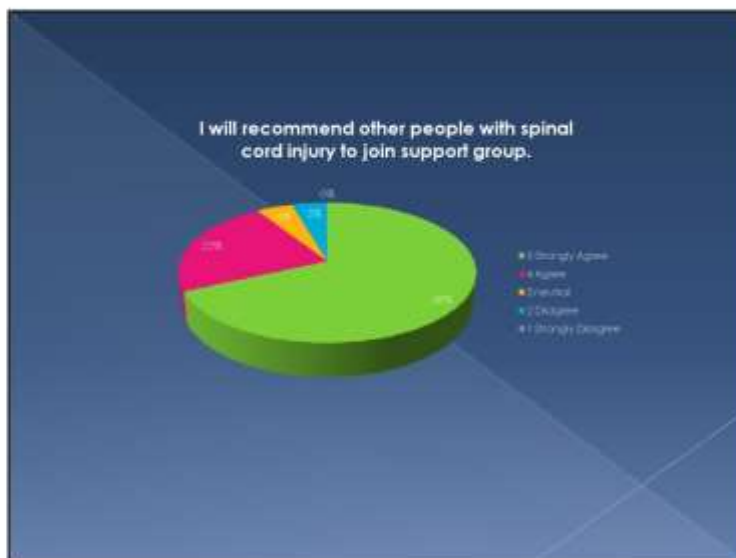
Department of Neuro Physiotherapy  
MGM School of Physiotherapy,  
Navi Mumbai

### My knowledge and understanding about SCI has improved













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## **Spinal Cord Injury Support Group Meeting**

### **August 2019**

**Date** : 28<sup>th</sup> August, 2019  
**Venue** : Sharan Paraplegic Foundation, Vashi  
**Time** : 2:30 PM – 4.30 PM  
**Meeting** : Dr. Shrutika Parab (PT)

#### **Coordinator**

#### **Constitution of Support Group:**

**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 1 (Lecturer)  
**Attendees** : 15 SCI patients, 3 MPT students  
**Event** : Positive Outlook in Life (Possibilities Workshop)

#### **Objectives of Support Group:**

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

#### **Activities of Support Group:**

The session was held to let the patients realize their inner potential and to provide guidance on how to channelize their energy into a something constructive. The spokesperson for the session were Mr Kailash who himself is a visually impaired individual and Mr Kabir who assisted Mr Kailash in conducting various activities. The session started with an very interesting activity where the patients were handed a small sheet of paper and asked whether they could pass their entire body through it. Given the size of that paper it seemed practically impossible at first but then Mr Kailash gave away a trick about how it was actually possible. After this activity, another activity was conducted where each member was given a small mirror and asked to look into the mirror and name 3 best qualities about

themselves. The overall motive of the session was for the patients to understand their inner powers and change their outlook on life and consider the various possibilities and opportunities that the future holds for them. The session ended with Mr Kailash and Mr Kabir giving an affirmation for attracting positive energy in life.



**Individuals with SCI during the session**

A handwritten signature in black ink, appearing to be 'Soul'.

**Faculty in charge  
Dept. of NeuroPhysiotherapy**

A handwritten signature in black ink, appearing to be 'Kabir'.

**HOD  
Dept. of NeuroPhysiotherapy**





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## **Spinal Cord Injury**

### **Support Group Meeting September 2019**

**Date:** 25<sup>th</sup> September 2019

**Venue:** Sharan Paraplegic center, Vashi

**Time:** 10:30AM-11:30AM

**Meeting coordinator:** Dr. Shrutika Parab (PT)

Maya (Social Worker)

**Constitution of support group:** Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe.

**Faculty member:** 1 Lecturer

**Attendees:** 15 spinal cord injury patients, 2 MPT student, 2 Interns

**Event:** Zumba sessions for SCI patients.

#### **Objectives of Support Group:**

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies.
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

#### **Activities of support group:**

Session began with warm up session including breathing exercises, neck and upper limb mobility exercises. ZIN® instructor (ZIN Shreya) conducted a Zumba session consisting of



slow to moderate speed of active upper limb steps and passive lower limbs lifting whilst sitting on the wheelchair, the session lasted for 30 minutes and was routine of 5 Zumba songs; followed by cool down process inclusive of breathing exercises, neck and upper limb stretches. Session was concluded by thanks giving by patients to instructor and doctor for such an energetic and enjoyable routine.



**SCI patients during session**

**Faculty in charge**

**Dept. of NeuroPhysiotherapy**

**HOD**

**Dept. of NeuroPhysiotherapy**





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## **Spinal Cord Injury Support Group Meeting November 2019**

**Date:** 6<sup>th</sup> November 2019

**Venue:** Sharan Paraplegic center, Vashi

**Time:** 10:30AM-11:30AM

**Meeting coordinator:** Dr. Shrutika Parab (PT)

Maya (Social Worker)

**Constitution of support group:** Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe.

**Faculty member:** 1 Lecturer

**Attendees:** 14 spinal cord injury patients, 2 MPT student, 3 Interns

**Event:** Wheelchair Yoga sessions for SCI patients.

### **Objectives of Support Group:**

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies.
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

### **Activities of support group:**

Session began with warm up session including breathing exercises, neck and upper limb mobility exercises. 12 Yoga asana were performed by the patients in group which were modified so that it could be performed on the wheelchair. Each asana was performed with a

repetition of 10 with 30secs hold time; followed by cool down process inclusive of deep breathing exercises. Volunteers were placed between 2 -3 patients in order to help patients facing difficulty in performing the asana and to avoid falls or discomforts. Session was conducted for 1 hour. Session was concluded by thanks giving by patients to instructor and doctor for such an energetic and enjoyable routine.

#### ASANAS PERFORMED:

- 1) Breathing Exercises- focusing on abdominal movements
- 2) Bithilasana (cow pose)
- 3) Marjarasana (cat pose)
- 4) Gomukhasana
- 5) Ardha Matdysyindrasana(trunk twist)
- 6) Hastapadasana(forward bend and reach)
- 7) Paschimotanasana(forward bend)
- 8) Urdhura hastasana(upward salute)
- 9) Garudasana (eagle pose)
- 10) Viparita Veerbhadradasana(spinal extension and rotation)
- 11) Ekapada Rajakapot asana (chair pigeon pose)
- 12) Sukhasana(meditation)



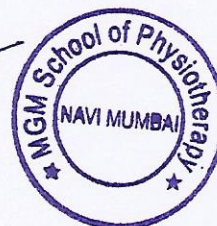
SCI patients during session

Faculty incharge

Dept. of NeuroPhysiotherapy

HOD

Dept. of NeuroPhysiotherapy



# **Stroke Support Group**



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## **Best Practice of MGM School of Physiotherapy, Navi Mumbai**

### **Stroke Support Group**

#### **Need of Support Group:**

Stroke is one of the leading causes of death and disability in India. Estimated adjusted prevalence rate of stroke range, 84-262/100,000 in rural and 334-424/100,000 in urban areas and incidence rate is 119-145/100,000 (Pandian et al. 2013).

Stroke Support Group (SSG) was an initiative taken by MGM School of Physiotherapy, Navi Mumbai in 2015 with an intention to cater to varied needs of people with Stroke under one roof. Stroke directory has been maintained by Institute since then which now has 300+ patients as service takers. This activity has strengthened workload of Department of Neuro Physiotherapy which is beneficial for students as stakeholders in terms of academics and research related activities of department. Feedback from our stakeholders of SSG was taken to understand and improve quality of our services we provide them. Following is the report of feedback taken from 51 people with Stroke attending our SSG at regular intervals.

**Constitution of Support Group:** Stroke Support Group in our Institute had started with n=10 stroke patients, which now has increased to 300+ and still growing!

Each support group session has following participants:

**Patients with Stroke :** 10-12

**Faculty:** 2

**BPT Students:** 8-10

**MPT Scholars:** 2



**Activities of Support Group:** Support group meetings conducted are in form of group sessions which are conducted bimonthly, where experts from various fields are invited to deliver talk on problems encountered by Stroke patients, for e.g. speech difficulties, psychological issues, issues related to mobility and balance, diet and nutrition specific to Stroke. Neurophysicians, speech therapist, Psychiatrists, nutritionist, occupational therapist, physiotherapist also answer individual queries in these sessions and need based one-to one therapy is provided . Patients are encouraged to attend regular therapy sessions provided in Neurorehabilitation OPD of MGM Hospital, Kamothe, Navi Mumbai.



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## **Stroke Support Group Meeting September 2019**

- Date** : 18<sup>th</sup> September 2019  
**Venue** : Neurorehabilitation OPD, MGM Hospital, Kamothe  
**Time** : 11:30 am- 1:30 pm  
**Meeting Coordinator** : Dr. Meruna Bose, Dr. Pooja Dogra (PT)  
**Constitution of Support Group:**  
**Departments** : Department of Neuro Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 2  
**Attendees** : 4 Stroke patients and their caregivers, 1 MPT student, 4 Interns  
**Event** : Awareness regarding effect of Yoga on function and quality of life in Stroke patients

### **Objectives of Support Group:**

1. To increase awareness regarding various benefits of Yoga in Post Stroke patients
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by Mr Girish Nehete, Assistant Professor and Yoga teacher at AYUSH Ministry- QCI certified Level 2.
4. To provide comprehensive rehabilitation to patients with Stroke in Navi Mumbai and Raigad district.

**Activities of Support Group:** Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a meet for awareness regarding Yoga and its effects on function and Quality of life in Stroke patients. Agenda of the meeting was to make patients aware regarding the importance of Yoga and breathing exercises after stroke. Mr. Girish Nehete enlightened all on benefits of Yoga in daily life and also post stroke. He also gave brief idea about different types of Asanas which will help the patients in improving balance and basic mobility. Asanas demonstrated were Virbhadrasana, Tadasana, Vrukshasana targeting balance, mobility and weight bearing on the lower extremities along with upper limb movements. Pranayama was performed by patients for better breathing and concentration guided by Mr. Girish. Few self-stretching techniques were taught to patients.

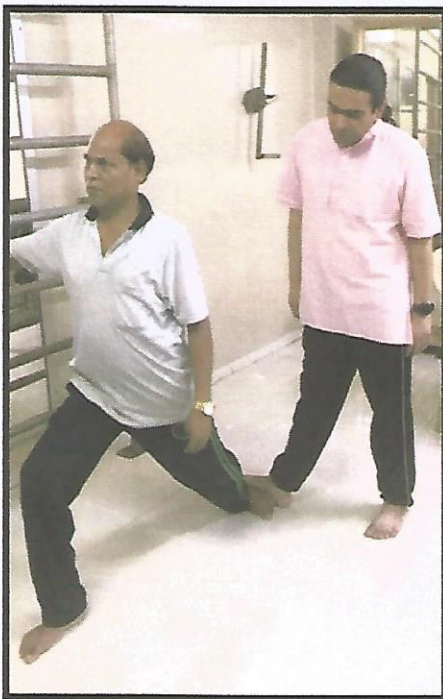
It was an interactive session which concluded with patients clarifying their doubts on asanas to Mr. Girish.



Mr. Girish explaining the patients about benefits of Yoga in daily life and Post Stroke life.



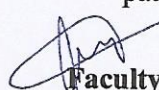
Stroke patients trying to achieve the Virbhadrāsana (Warrior pose) with assistance from the interns.

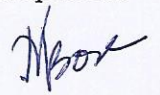


Mr. Girish giving one to one demonstration of Asanas to Stroke patients.

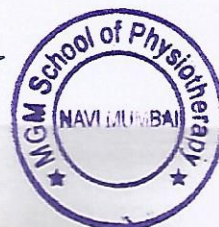


Mr. Girish Demonstrating Pranayam exercises for stroke patients

  
Faculty incharge  
Department of Neuro physiotherapy

  
Head of Department  
Department of Neuro physiotherapy







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## **Stroke Day Celebration**

**Date** : 14<sup>th</sup> October 2019  
**Venue** : MGM Auditorium 2<sup>nd</sup> floor, MGM Hospital Kamothe, Navi Mumbai.  
**Time** : 10:00 am- 5:00pm  
**Meeting Coordinator** : Dr. Meruna Bose, Dr. Amrita Ghosh (PT), Dr. Pooja Dogra (PT), Dr. Jennifer D'Souza (PT)

### **Constitution of Support Group:**

**Departments** : Department of Neuro Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 4  
**Attendees** : 4 Stroke patients, 4 PG students, 11 Interns  
**Event** : Awareness on Stroke Symptoms and Management.

### **Objectives of Celebration:**

1. To increase awareness on Stroke among general population
2. To increase awareness about the first line treatment and hospital care
3. To increase awareness about the importance of early physiotherapy intervention.

### **Activities of Support Group:**

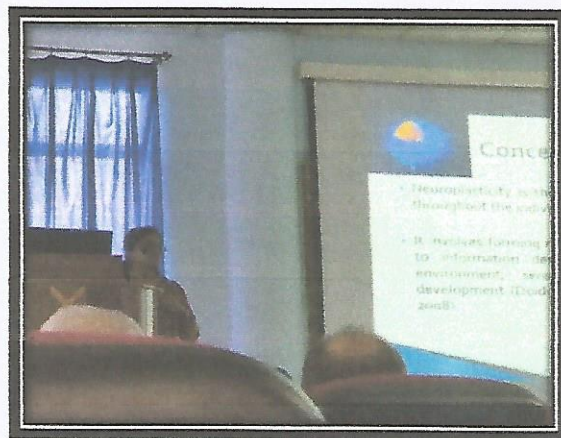
Stroke awareness day was celebrated on 14th October 2019 at MGM Hospital, Kamothe. Awareness about early stroke management and importance of early medical intervention is created among the patients as well as the staff. Dr Arti Kulkarni and Dr Sagar Sinha explained how early medical management affects the course of stroke treatment and how it helps in early prognosis. Dr. D B Bhausare explained how to overcome initial obstacles and recognize the early signs of stroke FAST (Face drooping, Arm weakness, Speech difficulty, Time is brain).

Dr. Kuldip Salgotra who is Medical Superintendent , MGM Hospital Kamothe, , also explained how Initial documentation of Acute stroke case can be done within the time frame and also gave suggestions on how Hospital fee can be managed or adjusted for patients under Pradhan Mantri Yojna, he gave Idea to Develop Stroke OPD and manage Stroke patient in MGM Hospital, Kamothe. Dr. Meruna Bose explained the Stroke Rehabilitation and Importance of Physiotherapy in Stroke condition. She also gave brief idea about the advance rehabilitation measures used for the treatment and how it can be implemented at Clinical practice by giving example of Mirror therapy, Gait Analysis, CIMT Etc. The event was concluded by Prize distribution for Stroke awareness skit which was won by MGM School of Physiotherapy students and vote of thanks given by Dr. Sagar Sinha.

**Pictures of the Activities**



**The interns of School of physiotherapy won Street play competition on stroke.**



**Dr. Meruna Bose, HOD of Neurophysiotherapy Department giving talk on Stroke Rehabilitation**



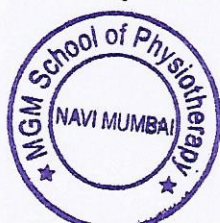
**School of physiotherapy students participating in Stroke awareness skit.**



**Physiotherapy students Performing Skit in Dental college Building.**

**Faculty incharge  
Department of Neuro Physiotherapy**

**Head of Department  
Department of Neuro Physiotherapy**





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## **StrokeSupport Group Meeting September2020**

**Date** : 16<sup>th</sup> September2020  
**Venue** : Neuro OPD,MGM Hospital, Kamothe  
**Time** : 11.30 PM–1:30 PM  
**Meeting** : Dr. Pooja Dogra (PT)  
**Coordinator**

### **Constitution of Support Group:**

**Departments** : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 1 (Assistant Profssor)  
**Attendees** : 8 Stroke patients, 2 MPT students  
**Event** : Awareness regarding 'Tele-Rehabilitation' during Pandemic lockdown.

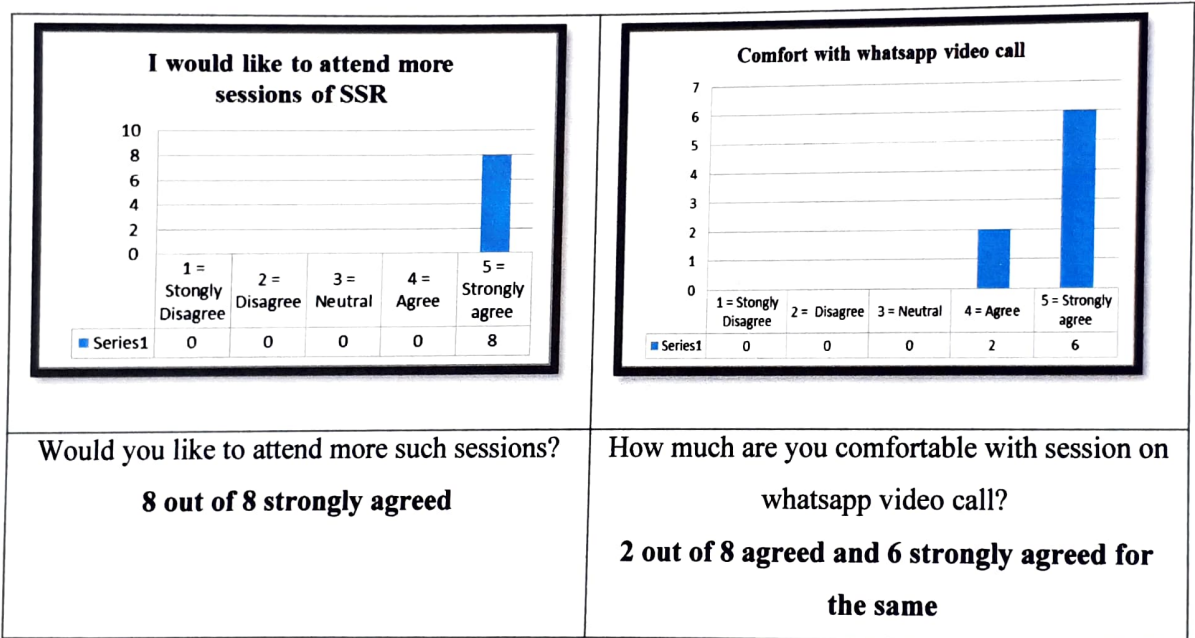
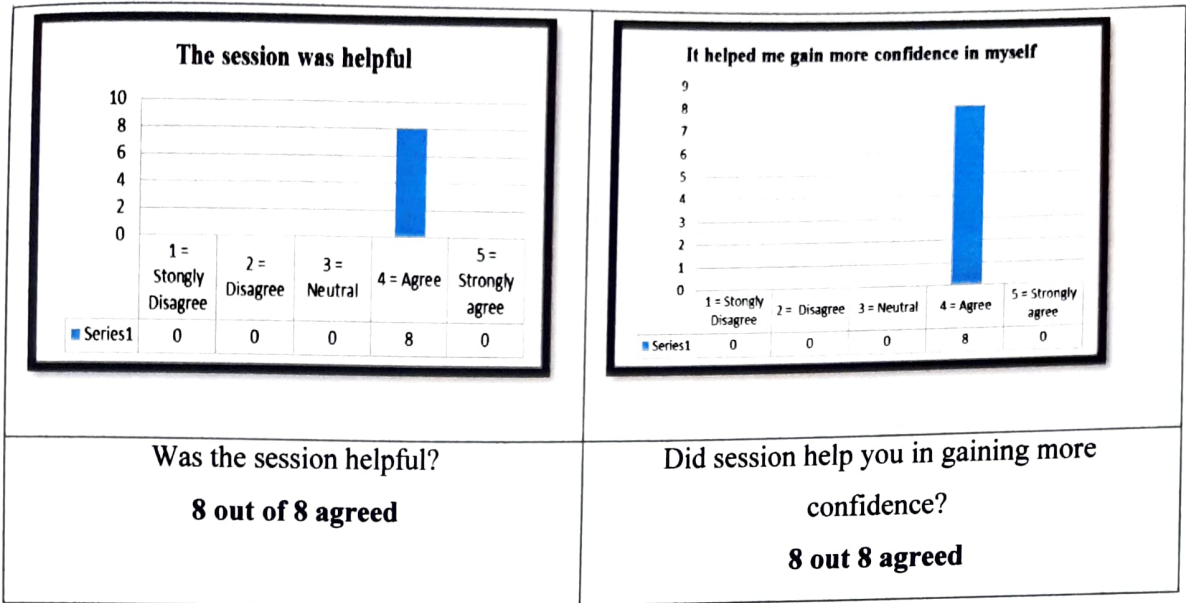
### **Objectives of Support Group:**

1. To increase awareness regarding various benefits of Tele- rehabilitation during Pandemic.
2. To discuss effects of lockdown on patients preexisting condition.
3. Todiscuss the convenient mode for Tele- rehabilitation.

### **Activities of Support Group:**

Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a Tele-meet session to discuss the difficulties faced by Stroke patients during lockdown which happened due to COVID- 19 Pandemic. Patients were asked to share their experience and were explained the importance of tele- rehabilitation. They were explained about the importance of general mobility exercises and breathing exercises which can be conducted over whatsapp video call under therapist's supervision. Patient suggestions and inputs were taken in order to plan tele- rehabilitation protocol for Stroke patients. The session was concluded with patient feedback about the session.

**Feedback analysis for Tele – session**

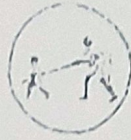


*[Signature]*  
**Dr. Pooja Desai (PT)**  
 Faculty incharge  
 Department of Neuro physiotherapy  
 MGM School of Physiotherapy

*[Signature]*  
**Amrita**  
 Head of Department  
 Department of Neuro physiotherapy  
 MGM School of Physiotherapy



*[Signature]*



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## Stroke Support Group Meeting September 2020

**Date** : 22<sup>nd</sup> October 2020  
**Venue** : Neuro OPD, MGM Hospital, Kamothe  
**Time** : 10.30 AM – 12:00 PM  
**Meeting** :  
**Coordinator** : Dr. Pooja Dogra (PT)

### Constitution of Support Group:

**Departments** : Department of Neurophysiotherapy, MGM School of Physiotherapy, Kamothe  
**Faculty Member** : 1  
**Attendees** : 3 Stroke patients, 2 MPT students  
**Event** : Chest rehabilitation through tele-rehabilitation

### Objectives of Support Group:

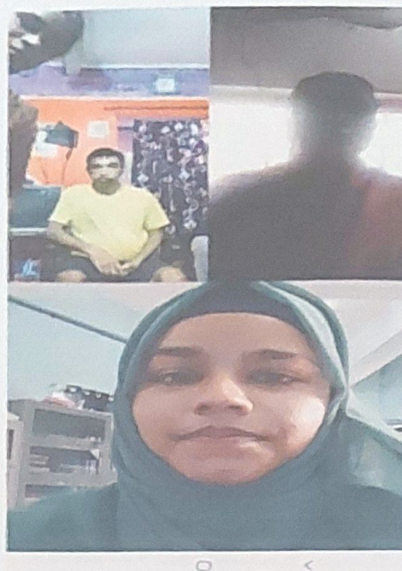
1. To increase awareness and teach patient various chest rehabilitation exercises.
2. To discuss effects of lockdown on patients preexisting condition.

### Activities of Support Group:

Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a Tele-meet session to discuss the breathing difficulties faced by Stroke patients during lockdown which happened due to COVID-19 Pandemic. Patients were asked about any breathing difficulties they are facing or chest conditions they had during lockdown. They were given general mobility exercises and breathing exercises through instructions over whatsapp video call under therapist's supervision. Patient suggestions and inputs were taken in order to plan tele-rehabilitation protocol for next Stroke Support Group. The session was concluded with patient feedback about the session.



**Pictures of Support Group:**



Patient counseling done by Faculty as well as MPT , MGM School of Physiotherapy



Patients demonstrating breathing exercise, Limb mobility exercises during Tele- Rehabilitation session

**Faculty incharge**  
**Department of Neuro physiotherapy**  
**MGM School of Physiotherapy**

**Head of Department**  
**Department of Neuro physiotherapy**  
**MGM School of Physiotherapy**