

Advancing neurorehabilitation through a family-centric approach

Nirmal Surya^{1,*}, Hitav Someshwar²

¹Consultant Neurologist, Department of Neurology, Bombay Hospital and Medical Research Center, Mumbai, India

²Assistant Professor, Physiotherapy School & Center, Topiwala National Medical College & BYL Nair Ch. Hospital, Mumbai, India

*Author for correspondence:
Email: nirmal_surya@yahoo.com

Received date: February 26, 2024
Accepted date: March 04, 2024

Copyright: © 2024 Surya N, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Citation: Surya N, Someshwar H. Advancing neurorehabilitation through a family-centric approach. J Rehabil Res Pract. 2024;5(1):4-5.

Editorial

Neurorehabilitation has witnessed remarkable strides in recent years, with an increasing recognition of the pivotal role that family plays in the rehabilitation process. In this editorial, we explore the paradigm shift towards family-based neurorehabilitation and its implications for fostering holistic patient care [1].

Traditionally, neurorehabilitation primarily focused on individualized therapeutic interventions. However, the evolving understanding of neurological disorders emphasizes the intricate interplay between an individual's condition and their familial environment. Recognizing the impact of family dynamics on rehabilitation outcomes has led to a more inclusive and comprehensive approach [2].

Family-based neurorehabilitation involves active collaboration between healthcare professionals, patients, and their families. This collaborative model acknowledges the crucial role families play in providing support, motivation, and a conducive environment for recovery. Engaging families in the rehabilitation process empowers them to contribute meaningfully to the patient's journey toward recovery [3].

The benefits of a family-centric approach extend beyond the emotional support provided. Families serve as a bridge between clinical interventions and daily life, facilitating the seamless integration of rehabilitation strategies into the patient's routine. This integration enhances the sustainability and effectiveness of neurorehabilitation programs [2,3].

Moreover, involving families in the rehabilitation process fosters a deeper understanding of the patient's condition, challenges, and progress. This heightened awareness enables families to actively participate in decision-making, tailoring interventions to meet the unique needs of the individual. As a result, the rehabilitation process becomes more personalized and adaptive, optimizing outcomes and promoting long-term well-being [4,5].

International collaboration in research and clinical practice is crucial for advancing family-based neurorehabilitation. Sharing diverse experiences and best practices across borders allows for a richer understanding of cultural nuances and diverse family structures. This global perspective is instrumental in developing universally applicable frameworks that enhance the inclusivity and effectiveness of family-centric neurorehabilitation programs.

In conclusion, embracing a family-centric approach in neurorehabilitation represents a paradigmatic shift that aligns with the evolving understanding of neurological disorders. By recognizing and harnessing the supportive role of families, we can redefine the landscape of neurorehabilitation, promoting comprehensive and sustainable pathways to recovery. This editorial calls for continued international collaboration to refine and implement family-based neurorehabilitation strategies, ultimately improving the quality of care and outcomes for individuals facing neurological challenges worldwide.

References

1. Rasmussen MS, Howe EI, Andelic N, Soberg HL. Associations between protective resources and family functioning after traumatic brain injury: A cross-sectional study using a structural equation modeling approach. *NeuroRehabilitation*. 2023;52(1):47-58.
2. Nirmal Surya. "Family Based Rehabilitation: Need of the Hour in Developing Countries". *EC Neurology*. 2019;11:947-8.
3. Perez-San Gregorio MA, Blanco-Picabia A, Murillo-Cabezas F, Dominguez-Roldan JM, Sanchez B, Nunez-Roldan A. Psychological problems in the family members of gravely traumatised patients admitted into an intensive care unit. *Intensive Care Medicine*. 1992;18:278-81.
4. Kreutzer JS, Marwitz JH, Sima AP, Godwin EE. Efficacy of the Brain Injury Family Intervention. *The Journal of Head Trauma Rehabilitation*. 2015 Jul 1;30(4):249-60.
5. Rasmussen MS, Andelic N, Nordenmark TH, Arango-Lasprilla JC, Soberg HL. The family as a resource for improving patient and family functioning after traumatic brain injury: A descriptive nonrandomized feasibility study of a family-centered intervention. *Cogent Medicine*. 2019 Jan 1;6(1):1607433.