

Global Conference on Physiotherapy, Physical Rehabilitation & Sports Medicine

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The role of self-management in the training of mobility after stroke: a pilot study

Abstract:

Objective: To evaluate the feasibility of implementing a self-management intervention to improve mobility in the community for stroke survivors.

Methods: A two-phase sequential mixed methods design was used (a pilot randomised controlled trial and focus groups). Participants were adult stroke survivors within six months post discharge from hospital with functional and cognitive capacity for self-management. The intervention included education sessions, goal setting and action planning, group sessions, selfmonitoring and follow up. The control group received usual care and both groups enrolled for 3 months in the study. Feasibility outcomes (recruitment and retention rates, randomisation and blinding, adherence to the intervention, collection of outcome measures, and the fidelity and acceptability of the intervention). Participants assessed at baseline, 3 months and 6 months for functional mobility and walking, self-efficacy, goal attainment, cognitive ability, and general health. A descriptive analysis was done for quantitative data and content analysis for the qualitative data. Findings of quantitative and qualitative data were integrated to present the final results of the study.

Results: Twenty-four participants were recruited and randomised into two groups (12 each). It was feasible to recruit from hospital and community and to deliver the intervention remotely. Randomisation and blinding were successful. Participants were retained (83%) at 3 months and (79.2%) at 6 months assessments. Adherence to the intervention varied due to multiple factors. Focus groups discussed participants' motivations for joining the programme, their perspectives on the intervention (fidelity and acceptability) and methodology, perceived improvements in mobility, facilitators and challenges for self-management, and suggestions for improvement.

Conclusion: The self-management intervention seems feasible for implementation for stroke survivors in the community. Participants appreciated the support provided and perceived improvement in their mobility. The study was not powered enough to draw a conclusion about the efficacy of the program and a future full-scale study is warranted.

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Biography: Dr. Ahmad Sahely, DPT, PhD, is a dedicated physiotherapist and academic at Jazan University, Saudi Arabia. He earned his Doctor of Physical Therapy and completed a PhD focused on advanced rehabilitation techniques. At Jazan University's College of Applied Medical Sciences, he combines clinical expertise with academic excellence as a specialist in musculoskeletal and neuromuscular rehabilitation. Dr. Sahely has led numerous initiatives to enhance physiotherapy education and practice, integrating evidence-based interventions in both classroom and clinical settings. He serves on several institutional committees, contributing to curriculum development, academic accreditation, and clinical research oversight. An active researcher, Dr. Sahely's work explores innovative approaches to improving patient outcomes through targeted exercise protocols, postural correction, and manual therapy. He regularly presents at national and regional conferences and has published in peer-reviewed physiotherapy journals. Passionate about mentoring, he supervises graduate students and supports collaborative research projects aimed at advancing rehabilitation science in the Kingdom and beyond.