



Neuropsychology Supporting Stroke Recovery & Reintegration

Patient: Female, 61

Referral Question:

Post-stroke cognitive and emotional functioning

Background:

Following a left-sided ischemic stroke, the patient participated in inpatient and outpatient rehab, but was still experiencing some residual difficulties related to language, problem-solving, and mood. Her neurologist referred her for neuropsychological evaluation 9 months post-stroke to assess cognitive and emotional functioning guide treatment planning.

Findings:

Testing revealed persistent mild deficits in expressive language (including word-finding and verbal fluency), as well as mild executive dysfunction and emotional lability. She was diagnosed with mild vascular neurocognitive disorder (e.g., MCI due to vascular etiology), in the context of her recent stroke, with ongoing psychological/emotional symptoms. She and her family were provided with psychoeducation about how the stroke had impacted her cognitive and emotional functioning. Recommendations were made for continued speech-language therapy, cognitive-behavioral strategies, compensatory strategies, and guidance for family support.

Outcome:

Patient continued to benefit from rehabilitation therapies, with a renewed focus on utilizing compensatory strategies to get back to daily tasks that are important to her.

Family received targeted guidance and strategies for supporting the patient cognitively, emotionally, and functionally.

Clinicians used the neuropsychological evaluation results to guide counseling and speech-language therapies.

"It was helpful to get a clearer picture of my abilities and areas that are harder for me now."

- Patient