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YAMAMOTO NEW SCALP ACUPUNCTURE-IN COMPLEX REHABILITATION OF STROKE

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Objectives: The aim of our newer study involving more number of patients were to investigate whether unique form of acupuncture, Yamamoto's New Scalp Acupuncture (YNSA) has an affect, to standard post-stroke motor rehabilitation elevating QoL of patients with higher self-management.

Methods: A prospective, randomized control research was carried out in an outpatient stroke rehabilitation unit with day hospital service again enrolled 520 cases. After inclusion, patients were stratified into control group and acupuncture group, randomly. All of stratified patients participated in gymnastic exercises and conservative pharmacological treatment according western rehabilitation protocol.

Outcome Measures: BI (The Barthel Index), RI (Rivermead Scale Index), the SP-36 questionnaire and VAS were used to follow the results of treatment.

Results: The Barthel Index is increased from 4 ± 2 to 95 ± 4 in the acupuncture group. This index also increased in the control group (from 4 ± 2 to 75 ± 4), but the changes were significantly less than in the acupuncture group. In the acupuncture group,

all the sensory, motor, and functional scores, QoL were improved significantly during the examination period and until 3 years after injury. We also found a significant spontaneous recovery during the 3-year follow-up, but the YNSA treatment facilitated the functional recovery not only in moving but generally in cognitive functions and memory functions. The complementary treatment improved moving function and more flexible joints and ligaments were observed in comparison to the patients' condition prior to treatment.

Conclusions: The summarized data suggests that the YNSA acupuncture might be a useful complementer method to treat residual symptoms of stroke patients and enhance their quality of life, to achieve higher self-management level. As soon as possible after stroke this method should be started if cardio-pulmonal condition of patient is balanced and allowed it. This study was a reproduction of our earlier research with more participants to allow us to prove advantages of early application of permanent acupuncture treatment.

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