

Lesson One - The Hemiplegia Experience

Lesson Overview

This lesson will give participants a fully immersive hemiplegia experience. By ‘walking in the shoes’ of a person living with hemiplegia, participants will increase their understanding and gain empathy for the physical challenges this presents in daily living.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the difference between hemiplegia and hemiparesis
- Understand how hemiplegia impacts daily life and activity
- Experience what it is like to living with hemiplegia and the physical impact on movement
- Learn modifications to accommodate the lack of movement

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	<ul style="list-style-type: none">• <i>Hemiplegia</i> slide presentation• <i>Hemiplegia Note Page</i>• <i>Hemiplegia Note Page - Answer Key</i>	<ol style="list-style-type: none">1. Print/photocopy <i>Hemiplegia Note Page</i> (one per participant)2. Prepare the <i>Hemiplegia</i> slide presentation for viewing	10-15 minutes
LEARN	<ul style="list-style-type: none">• Hemiplegia Simulator• <i>Instructions for Use</i>• <i>Hemiplegia Experience Checklist</i>	<ol style="list-style-type: none">1. Print/photocopy <i>Hemiplegia Experience Checklist</i> for each participant	30 minutes
REVIEW	<ul style="list-style-type: none">• <i>Hemiplegia Quiz</i>• <i>Hemiplegia Quiz - Answer Key</i>	<ol style="list-style-type: none">1. Print/photocopy <i>Hemiplegia Quiz</i> (one per participant)	5 minutes

Name: _____ Class: _____

Hemiplegia Note Page

1. What is hemiplegia?
2. What are some common types of hemiplegia?
3. 'Hemi' means _____ and 'plegia' means _____.
4. Injury to the left side of the brain results in _____.
Injury to the right side of the brain results in _____.
5. What is the most common cause of hemiplegia? _____
6. Name five ways that hemiplegia impacts the body:

Instructions for Use

Contents:

- 1 cane
- 1 arm sling
- 1 wrist brace
- 1 knee immobilizer
- 1 eye patch
- 1 package of ear plugs
- 1 storage case

Instructions for use:

1. Check the contents of the package to ensure that every piece listed is included.
2. Work with a partner for assistance in putting on the Hemiplegia Simulator
 - a. Choose which side you wish to 'immobilize' (we suggest your dominant side)
 - b. Unfasten the straps of the knee immobilizer, wrap around from the back of the leg to the front and refasten the straps so they fit snugly around the leg and knee.
 - c. Insert the ear plug into the ear canal by pulling up on the upper lobe and inserting gently but snugly.
 - d. Tie an adjustable knot in the elastic of the eye patch (recommend a slip knot or taut-line hitch). Place the eye patch over the eye on the chosen side.
 - e. Wrap the wrist brace around the chosen wrist, securing tightly
 - f. Put the arm sling on, securing it in place. Use adjustment pieces to make it longer or shorter as needed.
 - g. With the free arm, hold the cane, having partner adjust the height as needed.
3. You are now ready to begin completing the tasks.



Hemiplegia Experience Checklist

Instructions: Do each task (or as many as possible) while wearing the Hemiplegia Simulator. Record your observations.

Task	Rating of difficulty to complete the task 1(easy) – 5 (hard)					What did you observe about your body as you completed the task?
	1	2	3	4	5	
Personal hygiene (teeth): Pick up a toothbrush and pretend to brush						
Personal hygiene (toileting): Try to use the restroom						
Ambulation: Walk across a room						
Dressing: Zip a jacket						
Dressing: Button a shirt						

The Hemiplegia Experience Curriculum with the Hemiplegia Simulator

Dressing: Tie your shoes						
In the Kitchen: Pour a glass of water from a pitcher						
In the Kitchen: Opening a can or jar						
Housework: Fold some laundry						
Housework: Wash a dish						

Document additional tasks below: