

IHF Stroke Survivors' Day

24 April 2018, Croke Park – Hogan Suite, Level 5, Hogan Stand

Draft Programme

10:30 Arrival, check-in, workshop sign-up, tea and scones

Meeting Chair: Niamh Malone

- | | | |
|-------|--|--|
| 11:30 | Welcome | Tim Collins, IHF |
| 11:40 | Stroke overview/exact topic TBC | Dr Paul Cotter, St Luke's Hospital, Kilkenny |
| 11:55 | Getting back to life after stroke | Dr Tadhg Stapleton, TCD |
| 12:10 | Exercise break | Julie Duffy, IHF |
| 12:20 | Managing fatigue | Michelle Murphy, Rehab Neurological Services |
| 12:35 | Thrombectomy | John Thornton, Beaumont Hospital |
| 12:45 | Stroke survivor's story | Helen Liddy |
| 13:00 | Lunch | |
| 14:00 | Workshops, on topics such as: | |
| | <ul style="list-style-type: none">• Aphasia• Social welfare• Return to work• Fatigue Management• Relationships after stroke• Mindfulness• Music therapy• Diet• Stress management | |