



Trainee & Program Details

Training Program

Rehabilitation Medicine (Adult) 2025

Training Program Phase *

Specialty consolidation

Date of Observation *

12/07/25

Learning Capture Details

Type of Learning *

Clinical experiences

Title*

Interdisciplinary cognitive rehabilitation after stroke in an inpatient setting

Select the primary learning goal *

01. Professional behaviours

Learning Capture Details

Description of Activity *

During my inpatient rehabilitation term, I was involved in the care of a patient with post-stroke cognitive impairment and expressive aphasia. I worked closely with the speech pathologist, occupational therapist and neuropsychologist to create a tailored cognitive rehabilitation plan. The team developed structured activities to improve attention, memory and communication skills, while supporting the patient's emotional adjustment to functional loss. This experience took place over several weeks and provided the opportunity to observe how different disciplines contribute to recovery through consistent, goal-oriented therapy.

What did you learn? *

I learned how to assess cognitive impairments in the context of stroke rehabilitation and how to interpret neuropsychology findings to guide treatment plans. I gained a deeper understanding of how to structure rehabilitation goals using SMART principles and how different therapy modalities support cognitive and emotional recovery. This experience also reinforced the importance of continuity and consistency across team members to maximise patient engagement and outcomes.

How will you apply this learning in the future? *

I will use this experience to take a more proactive role in setting interdisciplinary rehabilitation goals and ensuring alignment across the care team. I plan to contribute more confidently to case conferences by synthesising input from allied health into a clear, coordinated management plan. I will also advocate for early cognitive screening and family involvement in goal-setting, recognising how these elements support person-centred rehabilitation.

Assessor Feedback (optional)

Feedback From *

Dr Xanthe Rahman

Assessor Role *

Supervisor

Personal Message

Dear Dr Rahman, I'd be grateful if you could provide feedback on my experience supporting post-stroke rehab planning.

Feedback Requested Date

14/07/25

Feedback *

This is a well thought out reflection on how different team members contribute to stroke rehabilitation. You clearly understood your role and the importance of working together to support the patient. To take it further you could describe how you saw the patient respond or improve during therapy. Overall this is a great example of learning at the Consolidation Phase level.