

# Rehabilitation Approach to Posterior Reversible Encephalopathy Syndrome: A Case Report

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## **Case Diagnosis:**

Posterior reversible encephalopathy syndrome (PRES)

## **Case Description:**

An 87-year-old female with history of hereditary angioedema, lymphoma in remission, hypertension, and hyperlipidemia complains of 2 months of confusion and blurry vision. MRI brain revealed a small right subdural hematoma, and edema consistent with posterior reversible encephalopathy syndrome (PRES). Patient was transferred to community rehabilitation center for acute rehabilitation.

Her rehabilitation course was compromised by cognitive deficits and right homonymous hemianopsia. Speech therapy utilized communicative strategies to improve receptive and expressive language skills with good outcome. Physical and occupational therapies focused on functional mobility and navigating the environment using different approaches including constant verbal cueing, reorientation, and manual tapping for directional cues which was most successful.

Based on the standardized IRF functional outcome scale, she made a 5-point improvement in her self-care score and 15-point improvement in her mobility score, leading to complete functional improvement of 20 points over a 16-day stay, or a functional efficiency of 1.25.

## **Discussion:**

PRES is a rare disease with a lack of standardized rehabilitation treatment program. Our plan included a multidisciplinary approach involving physical and speech therapists who used less conventional methods and achieved measurable improvement in our patient's functional level. As PRES has variable outcomes, it's important to recognize best treatment options early so the patient may benefit fully from therapy sessions.

## **Conclusions:**

Since there are no direct treatment guidelines for PRES, we found that utilizing multiple approaches, such as: communicative strategies, and manual tapping facilitated a good outcome. This case highlights the need for further investigation to ultimately improve the rehabilitation outcomes of these patients.