



**AUT NATIONAL INSTITUTE FOR  
STROKE AND APPLIED NEUROSCIENCES**

# Newsletter

ISSUE 6, June 2018

**WELCOME TO THE 6TH NEWSLETTER OF THE RIBURST STUDY (REDUCING THE INTERNATIONAL BURDEN OF STROKE USING MOBILE TECHNOLOGY)**

## **PROGRESS OF THE STUDY**

The study is progressing well with more than 13,100 participants.

Demographic data for the participants are as below:

**Mean Age**

45.84 (SD 19.56)

**Sex**

Female 48.5%

Male 51.5%

**Ethnicity**

European 76.7%

Malay/Indo/SEA 5.1%

African 5.7%

Latin American 2.1%

Indian 3.7%

Chinese 1.4%

Other 5.3%

**Country**

Russia 38.6%

New Zealand 9%

Malaysia 5.2%

Italy 4.8%

Nigeria 4.7%

Kazakhstan 1.9%

United States 1.8%

Brazil 11.8%

India 3.3%

France 5.6%

Other 13.3%

**Download numbers**

148,000+

*What's  
inside*

PROGRESS OF  
THE STUDY

PAGE 1

RESEARCHER  
PROFILE

PAGE 2

TRANSLATED  
VERSIONS OF THE  
APP

PAGE 3

RELEASES AND  
APP UPDATES

PAGE 4

MEDIA RELEASES  
AND NEWS

PAGE 5

# Researcher profile



Dr. Paola Santalucia  
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Messina, Italy



Dr Paola Santalucia is the Medical Director of the Emergency Neurology-Stroke Unit and Neurovascular Rehabilitation at the IRCCS Neurolesi Centre Bonino Pulejo -Piemonte Hospital, Messina, Italy.

Paola is a specialist in neurology and cardiology, dealing mainly with the cardio-cerebrovascular pathology in clinical and ultrasonographic fields. She coordinates a group of neurologists involved in the management of neurological emergencies with specific research and clinical attention to cerebrovascular patients both in the hyperacute phase in the emergency setting and in Stroke Unit as well as the subsequent neuromotor rehabilitation pathway.

During a fellowship in the United States, Paola participated as a sub-investigator in numerous international clinical trials such as: rt-PA NINDS Stroke Trial, ATLANTIS (Alteplase Thrombolysis for Acute Noninterventional Therapy in Ischemic Stroke), Lubeluzole Stroke Study, Citicoline Stroke Study, VISP (Vitamin Intervention for Stroke Prevention, Activated Protein C Resistance and Stroke in the Young, Atorvastatin Stroke Study, ACE (Aspirin Carotid Endarterectomy, HSP (Hemorrhagic Stroke Project), and ePRoFESS (Prevention of Regimen for Effectively avoiding Second Stroke).

Paola holds a Certificate of Advanced Simulation Instructor in Medicina and is engaged in the design and implementation of theoretical-practical courses for acute stroke therapy with simulation methodology. She is a founding member and Past-President of the WSA (Women Stroke Association), a non-profit association of multidisciplinary professionals dealing with the cardio-cerebrovascular pathology in women. She is coordinator of a multicenter epidemiological study related to cerebrovascular disease in women and is the author of scientific publications and book chapters in the cerebrovascular field of ultrasound.

Paola is the Vice-President of ALT (Association against Thrombosis and Cardiovascular Disease, Onlus), a non-profit organization committed to education initiatives and campaign in the cardiovascular field in order to reduce the impact of the cardiovascular disease at a population level. ALT endorsed the Italian version of the Stroke Riskometer and is very actively involved in the media promotion of the Application.

ALT supports and promotes research projects in the cardiovascular field (i.e. the Ypsis Study for the Stroke in the Young) and Paola is the PI for the RIBURST study in Italy.

## Translated versions of the app

Please refer to the NISAN website to see details of the current translations available.

- iOS version: <https://nisan.aut.ac.nz/Stroke-Riskometer/available-languages>
- Pro version: <https://nisan.aut.ac.nz/Stroke-Riskometer/stroke-riskometer-pro-version>
  
- The Croatian translations have been submitted for publication and will be available within a week.
- Czech prototypes have been developed and are being tested.
- An agreement has been signed with the Bulgarian collaborators and app development will begin shortly.



# Releases and app updates

## Success stories of the use/implementation of the app

We invite RIBURST members to submit details of their 'success stories' to [bvangils@aut.ac.nz](mailto:bvangils@aut.ac.nz), for inclusion in future editions of the newsletter and sharing with the entire group.

## Proposed new releases

Discussions are underway to purchase the app/software for Kuwait, Brunei and Kazakhstan.

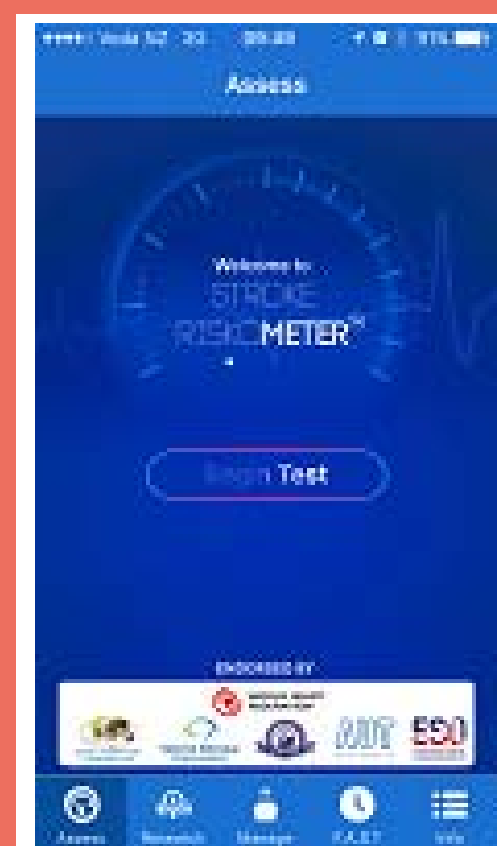
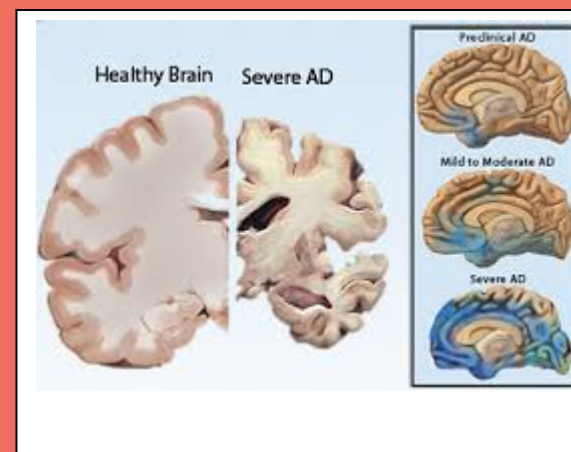
## The MARS (Mobile Applications to Reduce Stroke) pilot Randomised Control Trial

The study has been completed and submitted for publication.

The study found that a full-scale trial is feasible, with 90% of participants completing all the final assessments. There was a trend towards positive behaviour changes in the app group compared to UC. There was also an absolute 6% increase in the proportion of people correctly identifying two or more risk factors of stroke in the app group, compared to a decrease of 3% in the UC.

Participant feedback about the app was, on the whole, extremely positive, with participants stating that using the app was definitely beneficial in promoting their understanding of stroke and its risk factors and encouraged them to take steps to improve health behaviour.

The study did identify that users were unlikely to use the app more than once, so funding is not being sought to run focus groups to see how the app can be updated to prompt users to use the app with greater frequency.



# Media releases and news

## Editable advertising posters

At the end of this newsletter you will find a copy of a poster recently prepared for the Pharmacy Guild of New Zealand. We would encourage you to develop similar posters in your country, which could be placed in pharmacies, hospitals and outpatient clinics.

There are advertising posters available for download in English, French and Russian, for you and for recruitment of study participants in your area. Please see: <https://nisan.aut.ac.nz/Stroke-Riskometer/downloadable-posters>. You can modify these as you see fit, e.g. by adding the QR of the app in your language and adding local details.

## NISAN Stroke Riskometer webpage

Remember, the NISAN Stroke Riskometer webpage contains a lot of relevant information. See: <https://nisan.aut.ac.nz/Stroke-Riskometer>.

## Developments from Brazil

Brazil remains the world leader in stroke awareness and prevention campaigns. In March this year, Dr Sheila Martins, Universidade Federal do Rio Grande do Sul, got the opportunity to talk about the World Stroke Campaign - 10 steps for stroke prevention - on a National TV channel (30 minute programme). Stroke fellow Ana Claudia talked about prevention and showed the video (with music and dance) across the country during WSC 2017. Dr Roberto Kalil (the most famous cardiologist in Brazil - the cardiologist of all presidents in the last 20 years) also participated in the programme and at the end everybody danced the 10 steps for prevention. The programme had a huge audience (480,000 homes). Ana showed the Stroke Riskometer, and this campaign has resulted in more than 20,000 downloads in Brazil.

The link to the video can be found here: (<https://globoplay.globo.com/v/6535671/programa/>).

- 11m09s- stroke riskometer
- 12m08s- video of the music and people dancing during WSC 2017
- 28m - Ana, cardiologist and journalists dancing



Sheila is currently negotiating with the Brazilian Ministry of Health regarding the national implementation of the Stroke Riskometer in Brazil.

## News from Eastern India and Bangladesh

In March 2018, an article on Stroke Awareness and Prevention was issued in a popular newspaper, for a large section of the approx. 300 million Bengali-speaking people of Eastern India and Bangladesh. The writer, Debabrata Chakraborty, is a renowned artist in the Statesman and a popular Bengali writer. This is a new way to spread the message of World Stroke Campaign (#WSD 2017).



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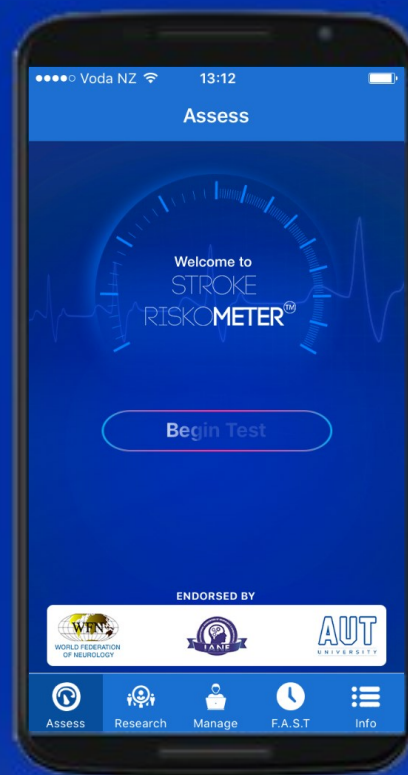
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<https://nisan.aut.ac.nz>

# Know your risk and how to prevent a stroke

The Stroke Riskometer™ is an easy to use tool for assessing your individual risk of stroke, and what you can do to reduce the risk.



## Stroke is a silent killer.

One in **SIX** people will have a stroke in their lifetime.

**90%** of strokes are preventable.

Use the app to find your risk of stroke and see how you can minimise your risk **today!**

Talk to your community pharmacist for more information on preventing a stroke

Developed by:

