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AUT NATIONAL INSTITUTE FOR
STROKE AND APPLIED NEUROSCIENCES

RIBURST Study (Reducing the International BURden of Stroke using mobile Technology)

Newsletter 14, June 2021

Welcome to the 14th issue of the RIBURST newsletter

We hope all of you are staying safe and well during the COVID-19 pandemic.

Progress of the study

As of June 2021, there are 15,218 participants in the study, with 223 new participants since September 2020. We are hoping that the number of new participants will increase now that the updated app has been released.

Updated app released

The updated iOS version of the Stroke Riskometer app has been released. It has been translated into 19 languages: Bengali, Bulgarian, Croatian, Czech, English, French, German, Greek (Cyprus), Hindi, Italian, Malay, Mandarin (Chinese), Nepali, Portuguese (Brazil), Portuguese (Portugal), Russian, Spanish, Swedish, Thai.

You can download the updated app free of charge from the App Store.

<https://apps.apple.com/nz/app/stroke-riskometer/id1514083245>, or via the QR code:



The Android version has been submitted to Google Play, and we are waiting for the release.

The new features of the app include:

- Completely free of charge to use and share.
- Major improvement of User Interface (UI) and User Experience (UX).
- Updated graphs with the opportunity to track changes in a user's risk factors.
- Novel push-notifications.
- Ability to share the test results with users' doctors and others.

The app currently fulfils the criteria of the General Data Protection Regulation (GDPR) – the new EU law on data protection and privacy in the European Union and the European Economic Area.

Launch of the Stroke Riskometer in Croatia

The Stroke Riskometer was launched in Croatia at the end of 2020, and was promoted via newspapers, social media and several actions in medical and academic societies, through public and scientific meetings.

The neurologist who coordinated the launch is Dr. Hrvoje Budinčević, a neurologist with subspecialisation in intensive care medicine and cerebrovascular diseases. He works at the Sveti Duh University Hospital in Zagreb (Croatia) where he is deputy head of the Department of neurology and head of stroke and intensive care unit (department). He is an

assistant professor of neurology at J.J. Strossmayer University in Osijek (Croatia). His main research interest is stroke prevention and treatment.



New posters

Please see 2 posters in the Czech language, attached to the end of this newsletter.

Researcher profile

This month, we are profiling Professor Tissa Wijeratne, Western Health, Victoria, Australia



Tissa Wijeratne is a senior Neurologist, Professor in Neurology and Chair of the Department of Neurology and Stroke at Western Health (Victoria, Australia). He holds chair positions on the International Working Group for Young Neurologists and Trainees (2008 – present), Chair, Special Interest Group for Headaches and Migraines, World Federation of NeuroRehabilitation and the Global Policy and Advocacy committee (2018–present) with the World Federation of Neurology.

Tissa maintains a full-time clinical commitment as leader of the fastest growing and least funded stroke & headache service in Australia (Western Health). He established this state-of-the-art neurology service, which has been pioneering headache care in Australia since 2006. To further assist headache professionals and the community, Tissa masterminded the birth of the Australian and New Zealand Headache Society in 2014 and the James Lance-Peter Goadsby Annual Migraine Oration and Symposium 2018.

A firm believer in the power of education and equity in healthcare, Tissa is committed to bridging the divide between “rural and urban” and the “developing and developed world”. His vision is to simply ensure patients have access to the best practitioners, healthcare and facilities even when limited resources are available.

Tissa has contributed to the development of stroke services in Sri Lanka. He established the Sri Lankan chapter for Pain (in collaboration with his colleagues in Kandy, Sri Lanka), IASP and set the foundation towards a massive pain education programme throughout Sri Lanka.

Tissa founded the David Marsden Memorial Annual Movement Disorders Symposium and successfully advocated for free membership of Movement Disorders Society for neurologists from low to middle income countries, as well as free membership for all medical students worldwide to the American Academy of Neurology.

He is one of the most active academic neurologists in Australia in the field of COVID-19 and brain and leads the COVID-19 and Brain research group in Australia.

He coined the term “Post Covid-19 Neurological Syndrome-PCNS” with several pivotal publications on the topic and currently involved in studying the mechanisms of the disease in PCNS and associated clinical trials in Victoria, Australia.

Tissa is the Chair, Public Awareness and Advocacy Committee, World Federation of Neurology at present. He chairs the World Brain Day with well over 75 million people from all over the world taking part in World Brain Day activities at present.

Tissa is a leading advocate for global stroke prevention and key collaborator of the Stroke Riskometer and the RIBURST study from the inception. He is working on Sinhalese translation of Stroke Riskometer at present.

“The best stroke is the stroke one never had. We must do our best to prevent every single stroke as best as we can. We must empower people and motivate them to work hard on prevention at the community level. The Stroke Riskometer is a powerful tool to help us get there”, Tissa says.

Important publications

R. Krishnamurthi, A. George, A. Merkin, et al. (2020). Can we stop the stroke tsunami? Mitigating the barriers, amplifying the facilitators. *Journal of the Royal Society of New Zealand*. doi: 10.1080/03036758.2020.1798477

Clinical Practice Guidelines: Management of Ischaemic Stroke

In our covering email (18 June 2021), you will find a copy of the guidelines issued by the Malaysian Society of Neurosciences, 2021.

See page 49 - we suggest that you consider adding similar Stroke Riskometer recommendations to your country's Stroke Guidelines.

New resources

We have created a new webpage related to clinical trials using the Stroke Riskometer: <https://nisan.aut.ac.nz/Stroke-Riskometer/clinical-trials>. Here you can request permission to use the Stroke Riskometer in your trial, register your trial and find details of other trials that have been/are being conducted using the Stroke Riskometer app.

New webapp

We are excited to advise that we are developing a new desktop app and webapp based on the stroke Riskometer app, named PreventS. This is a medical device to be combined with electronic patient management and digital assistive systems for risk assessment and prevention of stroke and other non-communicable diseases. It is for clinicians who can use it in conjunction with existing electronic patient management systems of outpatient clinics and hospitals. By communicating with the electronic patient

management system of the health provider, PreventS allows semi-automatic collection of information on stroke risk factors and calculates an absolute and relative 5-year risk of stroke and generates patient-tailored recommendations for primary and secondary stroke prevention for the individual patient. The PreventS app deals with three major problems in primary stroke prevention: lack of a tool, lack of time from the side of clinicians and lack of knowledge and motivation from the side of individuals/lay people.

PreventS is currently being finalised and tested. As part of the testing, we have established the PRIME study (A Clinicians' and Patients' Survey to examine PreventS for Primary Stroke Prevention), which will examine clinicians' and patients' impressions of the usability of the PreventS webapp for stroke prevention and to optimise the PreventS system/interface based on their feedback. We have developed a Study Protocol/ Manual of Procedures and are in the process of obtaining approval from our university Ethics Committee – required as in New Zealand, as we will also interview some real patients who went through the PreventS

assessment at the Waitematā District Health Board.

In the international arm of the PRIME study, we have clinicians from 18 countries, representing all continents, who have agreed to participate in the study.

Success stories

We invite RIBURST members to submit details of their 'success stories' of the use/implementation of the app to bvangils@aut.ac.nz, for inclusion in future editions of the newsletter and sharing with the entire group.

Contact information

RIBURST project manager:
T: +64 9 921 9999 ext. 7809
E: riskometer@aut.ac.nz

NISAN (National Institute for Stroke and Applied Neuroscience)
Secretariat: Brigitte van Gils
T: +64 9 921 9174
E: bvangils@aut.ac.nz
W: <https://nisan.aut.ac.nz>

Mrtvice je akutní stav, při kterém do mozku přestane proudit okysličená krev. Během života postihne každého čtvrtého z nás, v České republice **ročně zasáhne 25 tisíc osob**. Dobrá zpráva je, že **v 80 % případů je mrtvici možné předejít**, a to mimo jiné vhodným životním stylem a léčbou onemocnění, která pravděpodobnost vzniku mrtvice zvyšují.

OHROŽUJE VÁS NĚKTERÝ Z TĚCHTO ŠKODLIVÝCH FAKTORŮ?



Sedavý životní styl



Špatné stravovací návyky



Kouření



Pití alkoholu



Vysoká hladina cholesterolu v krvi



Vysoký krevní tlak



Obezita

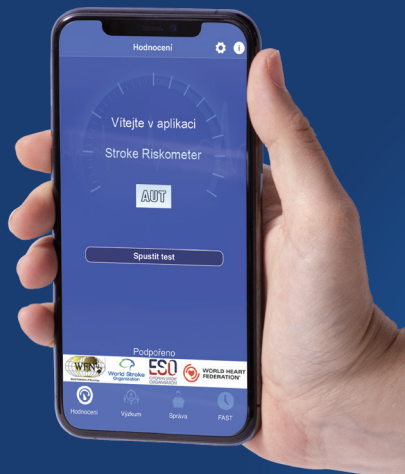


Onemocnění srdce

RISKOMETER RIZIKO ODHALÍ A POMŮŽE VÁM HO SNÍŽIT PREVENČÍ.

**APLIKACE JE
DOSTUPNÁ
ZDARMA
PŘES CHYTRÉ
TELEFONY.**

Pro přístup k prémiovému obsahu stačí jednoduše sdílet aplikaci na sociálních sítích.



**STÁHNĚTE SI APLIKACI,
PRODLUŽTE SI ŽIVOT.**

KONTAKT

riskometer@fnusa.cz
Public Health Group
Cerebrovaskulární výzkumný
tým FNUSA-ICRC

VYVINUTO

Auckland University of
Technology a AUT Ventures Ltd,
Nový Zéland

APLIKACE RISKOMETER



„OD 15 LET KOUŘÍM A STRAVU MOC NEŘEŠÍM.
RISKOMETER MI PŘEDPOVĚDĚL 8× VĚTŠÍ RIZIKO
MRTVICE, NEŽ MAJÍ VRSTEVNÍCI.“

– TEREZA, 25 LET

PODPOŘENO



WORLD HEART
FEDERATION®



WORLD FEDERATION
OF NEUROLOGY



Podpořeno projektem č.
LQ1605 (MŠMT ČR, NPU II).

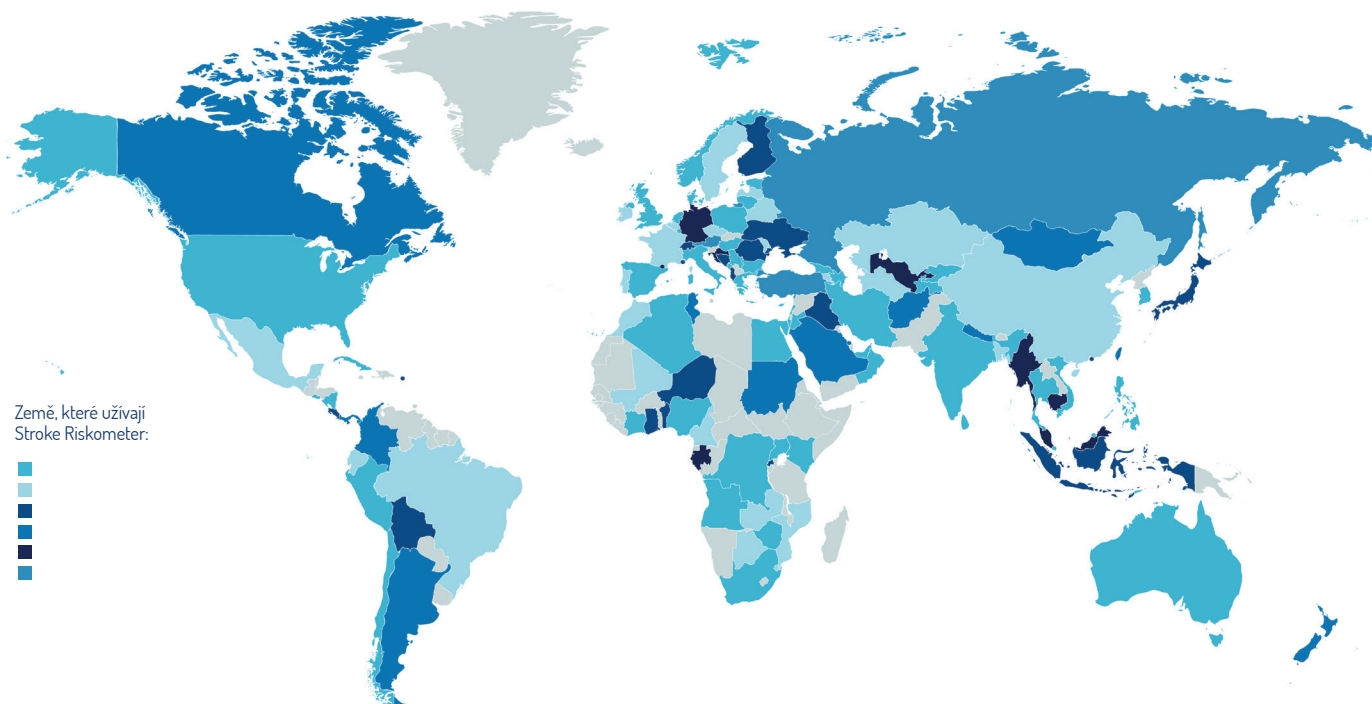
ODHALTE SVÉ RIZIKO A DOSTAŇTE HO POD KONTROLU



RIZIKO POD KONTROLOU

APLIKACE STROKE RISKOMETER JE ZDRAVOTNÍKY OVĚŘENÝ GLOBÁLNÍ NÁSTROJ, KTERÝ NA ZÁKLADĚ DVACETI OTÁZEK VYHODNOTÍ VAŠE INDIVIDUÁLNÍ RIZIKO MRTVICE A POMŮŽE VÁM HO DOSTAT POD KONTROLU.

„Zpětná vazba je jedním z nejsilnějších motivátorů pro udržení zdravého životního stylu. Aplikace Stroke Riskometer nabízí nejmodernější způsob, jak toho dosáhnout. Správný přístup k rizikovým faktorům, na které se aplikace zaměřuje, může přispět nejen ke snížení rizika mrtvice, ale i srdečních chorob a možná také k prevenci nebo oddálení demence,“ prof. MUDr. Vladimír Hachinski, Western University, Kanada.



JAK TO FUNGUJE?

STROKE RISKOMETER JAKO OSOBNÍ DOKTOR, TRENÉR A KOUČ V JEDNOM.



Odpovíte na 20 otázek a Riskometer obratem vypočítá vaše individuální riziko mrtvice za 5 a 10 let.



Výsledek máte do 2 minut ve svém telefonu!



Aplikace vyhodnotí, které rizikové faktory vás ohrožují a poradí, jak se s nimi vypořádat.

CO DÁL APLIKACE NABÍZÍ

- ✓ Video, ve kterých vám lékaři, nutriční terapeuti a odborníci na odvykání kouření z celého světa předají rady, jak své riziko výrazně snížit
- ✓ Možnost nastavit si cíle pro životní styl a kontrolu krevního tlaku
- ✓ Nastavení času pro připomenutí léků
- ✓ Naučíte se zachránit život s metodou FAST

S RISKOMETEREM NIC NERISKUJETE!



PŘÍSPĚJTE K CELOSVĚTOVÉMU SNÍŽENÍ VÝSKYTU MRTVICE

Prostřednictvím Riskometeru se můžete zapojit do mezinárodní studie RIBURST. Díky datům, která poskytnete, zjistí vědci a lékaři víc o rizikových faktorech mrtvice a jak jim co nejlépe předcházet. Ke studii přispěli uživatelé již ze 104 zemí světa.



RIZIKO MRTVICE

„OD 15 LET KOUŘÍM A STRAVU MOC NEŘEŠÍM. RISKOMETER MI
PŘEDPOVĚDĚL 8KRÁT VĚTŠÍ RIZIKO MRTVICE, NEŽ MAJÍ VRSTEVNÍCI.“

– TEREZA, 25 LET

KDE BUDETE ZA PĚT, ZA DESET LET VY?

MOBILNÍ APLIKACE
STROKE RISKOMETER
OBJEKTIVNĚ VYHODNOTÍ
VAŠE RIZIKO MRTVICE
A POMŮŽE VÁM HO SNÍŽIT.



STÁHNĚTE SI APLIKACI,
PRODLUŽTE SI ŽIVOT.

