

Where can I learn more about this trial? This summary of the FASTER trial results and other information is available online at <https://nisan.aut.ac.nz/our-research/stroke-research>

A link to the full research paper will be added to this webpage once the findings have been published. Please remember that researchers look at the results of many studies to find out which treatments work best for patients. If you have any questions about the results, please feel free to speak with the lead researcher on this project –

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We also take this opportunity to acknowledge the Health Research Council of New Zealand for funding this study.



On behalf of the research team, thank you again for participating.

You have helped to answer important questions that could go on to benefit people who have a stroke in the future.



Prof. Valery Feigin



Prof. Rita Krishnamurthi



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Dr. Devaki DeSilva



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Fatigue After Stroke Educational RECOVERY PROGRAMME
He Whakamātau Akoranga Whakaoranga
mō te Rūhā ka pā nā te Mate Roro Ikura

Trial findings

Funder:
Health Research Council of New Zealand

Treatment studied:
Fatigue Management Group programme

ANZCTR trial #: ANZCTR12619000626167

Timeframe: October 2019 – January 2023

This study was approved by the Health and Disability Ethics Committee (13/NTB/1) and Auckland University Ethics Committee (13/59).

THANK YOU!

As a participant in the FASTER study, you have helped researchers and the stroke community learn more about helping people with fatigue after stroke.

Your involvement has helped to answer important questions by testing a new group education program. Researchers are now working to share the study findings worldwide. This could not have been achieved without the support and involvement of people with stroke and their families.

The research team thank you for your help and feel it is important for you to know the results of this study. We have prepared this summary of the results for you. We hope it helps you to understand and feel proud of your key role in stroke research.

Can you remind me about the purpose of the study?

Following a stroke many people can experience excessive tiredness, known as fatigue. This study tested a new approach to fatigue management after stroke using a group education programme. The six-week program offered a practical approach to managing fatigue after stroke.

What's happened since I was in the study?

When you finished the study, other people may have just been starting. The entire study took almost 4 years to finish. 200 people from across Hamilton, the Waikato and Auckland took part in the study. All the people in the study were aged 18 years or older, had experienced a stroke in the past 3-24 months and had significant fatigue.

The study finished in January 2023. Since then, the researchers have reviewed all the information and created a report of the results. This is a summary of that report.

Why was the research needed?

Fatigue is common after stroke. It can significantly affect daily life for those with stroke and their family members. Unfortunately, there is no effective treatment available.

Researchers wanted to know if a group education program could help people manage fatigue after stroke. They also wanted to know if this type of program would help people with stroke and their family in other areas, such as sleep, pain, quality of life and mood.

What kind of study was this?

The study compared a one-off stroke education group session to a program of

six weekly sessions focused on fatigue management.

What were the study results?

So far researchers have found that people who completed the six-week program did not have less fatigue than those people who attended a one-off session about life after stroke. Also, both groups of people had similar ratings for sleep, mood, pain, and quality of life at the start and end of the study.

What happens now?

Now the study findings will be shared with other researchers, stroke clinicians and interested parties.

Researchers will also look more closely at the findings to see if the six-week education program helped some people who attended. It is possible that the fatigue management program is helpful for certain types of people after stroke.

In other words, researchers can see if the program was helpful for young or older people, males or females, or people with a certain type of stroke, etc.

IF the program is helpful for some people with stroke, then it will be made available for use throughout New Zealand.