

# SMART

Stroke Self-Management Rehabilitation Trial

# Newsletter

Issue No. 5, August 2015

Dear Collaborators,

It has been quite some time between newsletters as we have been busy here examining the pilot data resulting from all of your hard efforts (see Rohit's draft poster attached to my email), as well getting the second phase of the SMART study underway. As a reminder, this phase involves the collection of additional feedback from survivors of stroke, their informal caregivers and stroke clinicians on the SMART DVD learning tool. Everyone involved in the SMART pilot trial is very welcome to participate in this follow on research as we work together to refine the intervention. Please feel free to contact me to find out more. Meanwhile, other updates include the recent submission of an Expression of Interest to the Health Research Council of New Zealand for a full scale trial, as well as the drafting of our pilot outcomes paper. We also have a new team member working on SMART in NZ (see over page) and we all look forward to speaking with many of you soon.

Keep an eye out for details of our next teleconference meeting.

Best wishes,

Kelly Jones (SMART Study Manager)

## SMART Phase 2 Site update from Ludhiana, India

Thank you for acknowledging the efforts taken for the recruitment in the SMART Phase 2 study. We have so far enrolled 7 caregivers, 2 patient and 3 health care professionals in our study. The study has an immense potential of bringing about an actual difference in the course of the stroke patient management trajectory. The appreciation of the patients and the family members is a reward itself, when they realize that they have not been relegated to the fringes of the society but the medical society is working for their benefit. However, the barrier of language proved to be one of the hindrances in the patient recruitment. Translation of the DVD in regional languages would undoubtedly notch up the patient recruitment and would contribute qualitatively to the stroke management.

Thank you for recognizing my dedication and efforts.

Dr. Deepti Arora, Research coordinator



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(Left) Brittney Duffy completed her undergraduate studies at Vanderbilt University in Nashville, Tennessee (USA) in Psychology and Cognitive Neuroscience. Her research experience includes neuropsychological assessments and involvement in various neuroimaging projects (fMRI and EEG). She has worked with the Educational Cognitive Neuroscience Lab at Peabody College, examining changes in neural substrates underlying reading and mathematical abilities in young children. Subsequently, she moved to the Department of Psychiatry at Vanderbilt University Medical Center examining cognitive deficits in schizophrenia and other psychotic disorders. She is currently working toward a Master's in Clinical Animal Behaviour at the University of Waikato. Recently, she has begun working with AUT and NISAN on the second phase of the SMART Self-Rehabilitation Study.

### **Health Research Council of New Zealand (HRC) Project Grant Application**

Last month, an expression of interest was submitted to HRC requesting funding for a full scale trial of the SMART rehabilitation tool. Kelly Jones is leading this application. We now await the outcome of this EOI. Well done to everyone involved in the development of the EOI.

### **SMART Pilot Findings Paper**

A manuscript reporting the findings from our SMART pilot study is near completion and will be circulated to all collaborators within the next week for comment. Following on from our published methodology paper, the plan is to also submit this paper to the *Journal of Stroke and Cerebrovascular Diseases*. Some additional details may be required from sites concerning recruitment figures to inform the CONSORT Flowchart for the manuscript. Information requests will be circulated with the draft manuscript.



### **Update from Professor Valery Feigin**

Dear All

Much time has been spent in recent months traveling abroad and attending stroke-related conferences. Discussions and presentations at these meetings continue to highlight the clear need for self-management approaches to the management of stroke recovery. Increasing rates of stroke and widening gaps in support following hospital discharge continue to highlight an urgent need for feasible, accessible, effective and economical approaches to stroke rehabilitation. Research efforts, such as our SMART study will ultimately provide survivors of stroke and their informal carers with an empowering and easy to use tool that can offer home-based support. Importantly, I would like to personally thank those of you who are already recruiting participants for SMART Phase 2 focus groups. You are all invited to contribute to on-going efforts to inform the further development of the SMART learning tool as we aim to refine this tool for use on an international scale. Best wishes, Valery