



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

# Newsletter

ISSUE 7, September 2018

**WELCOME TO THE 7TH NEWSLETTER OF THE RIBURST  
STUDY (REDUCING THE INTERNATIONAL BURDEN OF  
STROKE USING MOBILE TECHNOLOGY)**

## **PROGRESS OF THE STUDY**

Demographic data for the participants are as below:

**Mean Age**  
45.95 (SD 19.58)

**Sex**  
Female 48.5%  
Male 51.5%

**Ethnicity**  
European 76.4%  
Malay/Indo/SEA 5.0%  
African 5.5%  
Latin American 2.4%  
Indian 3.9%  
Chinese 1.1%  
Other 5.7%

**Country**  
Russia 37.6%  
New Zealand 8.9%  
Malaysia 5.0%  
Italy 5.7%  
Nigeria 4.5%  
Brazil 11.7%  
India 3.2%  
United Kingdom 2.1%  
Australia 1.9%  
France 5.6%  
Other 13.8%

**Download numbers**  
151,000

**New collaborator**  
Dr Hipolito N'zwalo, Portugal

*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. Ramesh Sahathevan  
Ballarat Health Services  
Florey Institute of Neuroscience and Mental Health  
Faculty of Medicine, Dentistry and Health Sciences  
University of Melbourne  
Australia



Casey Hair  
Clinical Nurse Specialist/Victorian Stroke Telemedicine Site  
Coordinator  
Ballarat Health Services  
Victoria  
Australia

Dr. Ramesh Sahathevan, MD, M.Med, Ph.D., FRCPI, FRACP, is a consultant physician and neurologist at Ballarat Health Services (BHS), honorary Principal Research Fellow with the Florey Institute of Neuroscience and Mental Health and Senior Fellow, Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne. In addition, he is a faculty member of the Lundbeck International Neuroscience Foundation and a member of the World Stroke Organization (WSO) Education Committee. He also sits on the WSO/Lancet Neurology commission on stroke.

Ramesh has a special interest in the fields of stroke and cognitive dysfunction, both in terms of clinical practice and research. His practice also reflects his interest in neurology in the elderly. His PhD (Melbourne, 2012) was based on his research into post-stroke cognitive dysfunction. His current research is in the field of stroke prevention and acute stroke care, and post-stroke delirium.

Prior to joining the BHS, Ramesh was Consultant physician and neurologist/lecturer at the Universiti Kebangsaan Malaysia Medical Centre in Kuala Lumpur.

He was introduced to the Stroke Riskometer by Prof. Feigin in 2014 and willingly took on the task of principal editor of the Malay language version of the app, that was launched on World Stroke Day in 2016. He has helped introduce the Malay Stroke Riskometer to stroke physicians in Singapore, Brunei and Indonesia.

He continues to promote the Stroke Riskometer and RIBURST in Ballarat. Over the last year Ramesh and his colleague, Ms. Casey Hair, have worked on a tiered programme to introduce the app and RIBURST to healthcare workers at the BHS and the community at large. Casey is clinical nurse specialist in stroke and the BHS site coordinator for the Victorian Stroke Telenetwork service.

'The Stroke Riskometer app is a game-changer in epidemiological research and I am excited to be a part of it'.

## 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 released.

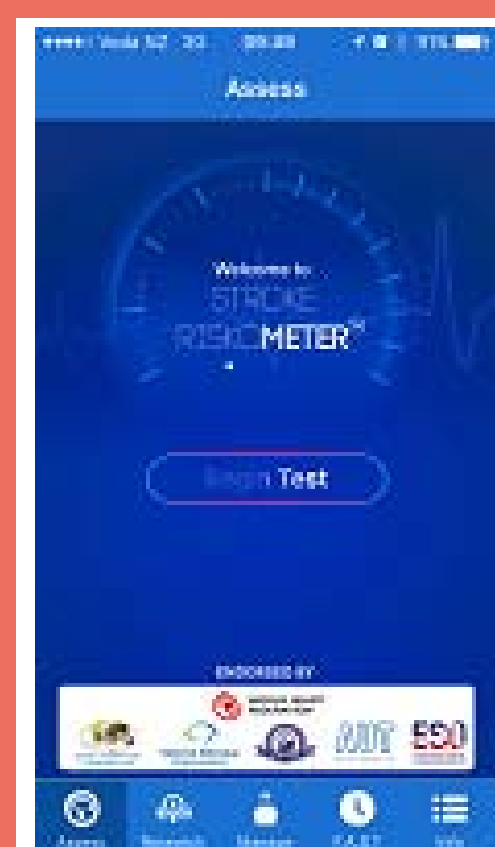
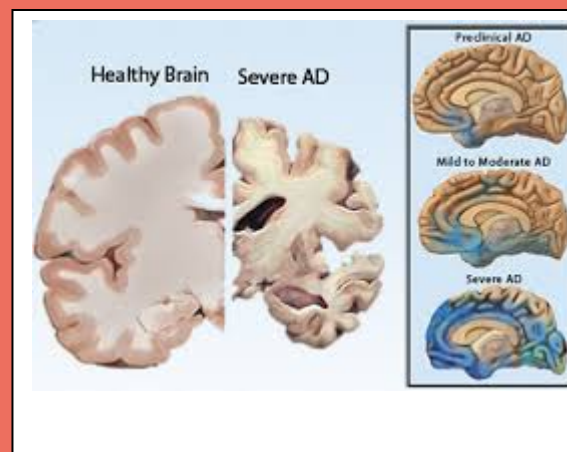
- iOS Pro:  
<https://itunes.apple.com/us/app/stroke-riskometer-pro-croatian/id1414161882?ls=1&mt=8>
- iOS Lite:  
<https://itunes.apple.com/us/app/stroke-riskometer-croatianlite/id1414773823?ls=1&mt=8>
- Android Lite:  
<https://play.google.com/store/apps/details?id=com.autel.croatian>
- Android Pro:  
<https://play.google.com/store/apps/details?id=com.autel.pro.croatian>



## 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.



# 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. Posters for the app have been distributed across the 600+ pharmacies under the guild. 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.

## New article

Feigin, V.L., Norrving, B., Sudlow, C.L.M., & Sacco, R.L. (2018). Updated criteria for population-based stroke and transient ischemic attack incidence studies for the 21<sup>st</sup> century. *Stroke*, 49. doi: 0.1161/STROKEAHA.118.022161.

## 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

Valery Feigin has just returned from Brazil where he attended and spoke at the 1st Latin American Ministerial Meeting on Stroke. There were 52 delegates from Latin America, representing 11 countries (+ Ecuador in teleconference), plus experts from WSO and AHA/ASA exchanging experiences. Valery presented some of the Global Burden of Disease stroke data and strategies for primary stroke prevention. The meeting was of great success and culminated in the adoption of a special Gramado Declaration outlining strategies and priorities in stroke treatment, care and prevention. The meeting was very supportive of the Stroke Riskometer approach to primary stroke prevention. The meeting summary will be published in *The Lancet*.



Sheila Martins (left front), Valery Feigin (right, rear).



## News from Australia

Ramesh Sahathevan and Casey Hair were interviewed for a news report in July. The reporter wanted to do a story on medical apps and heard of the Riskometer. The link to the Facebook page can be found here: <https://www.facebook.com/pg/WINNewsBallarat/posts/>

The story was aired on Wednesday 25/7/2018.



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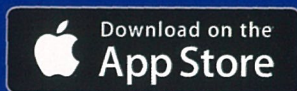
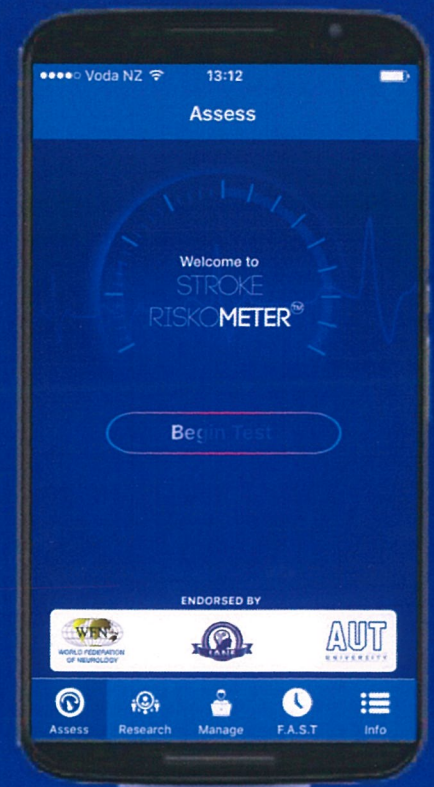
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Visit the NISAN website:  
<https://nisan.aut.ac.nz>

# 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:



AUT NATIONAL INSTITUTE FOR  
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