



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

Newsletter

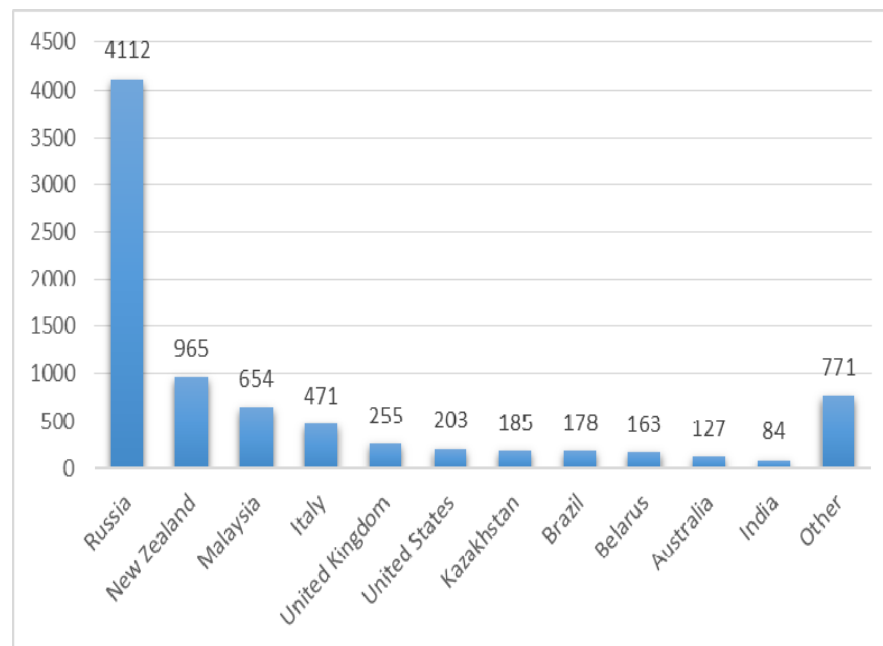
ISSUE 2 MARCH 2017

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

PROGRESS OF THE STUDY

Data collection has been progressing steadily but we need to increase the study participation rate, as of over 100,000 app downloads to date we have just over 8,150 study participants.

Demographic data for the participants are as below:



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NEW STUDY COLLABORATORS SINCE THE LAST NEWSLETTER

Jaime Diaz Guzman, Hospital '12 de Octubre", Medellin, Spain

Nathalie Lahoud, Lebanese University, Lebanon

Veronika Svobodova, Robert Mikulik, Hana Pokorna, St Anne's University Hospital, Czech Republic

Patrik Michel, Centre Hospitalier Universitaire Vaudois and Lausanne University, Switzerland

S. Nishan Silva, Ministry of Health, and International Institute of Health Sciences, Sri Lanka

Irina Gontschar, Republican Research and Clinical Center of Neurology and Neurosurgery, Belarus

Amytis Towfighi, Keck School of Medicine, University of Southern California, USA

We note that the name of one of the Steering Committee members was accidentally left off the list in the last newsletter. Apologies to Professor Miia Kivipelto (Sweden).

Researcher profiles



Professor Maurice Giroud
Head of the Dijon Stroke Registry
Past-Dean of the Faculty of Medicine
Dijon University of Burgundy, France



Professor Maurice Giroud is a certified French neurologist and clinical epidemiologist, specialised in stroke medicine with the implementation of the first French stroke registry based on the population of the city of Dijon (150,000 inhabitants) since 1985.

The population-based Dijon Stroke Registry has been running for more than 30 years, and provides important data on the trends of incidence and mortality rates and vascular risks factors by gender and by periods.

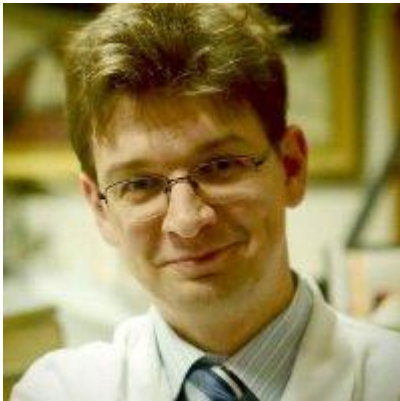
Professor Giroud was the first head of the Stroke Medicine Diploma in 1998, the Dean of the Faculty of Medicine of Dijon in 2000, the head of the French Stroke Society in 2004, and the head of the National Institute of Health Survey in 2010. He participated in the implementation of the National Stroke Plan in France in 2010. He received the first prize of The Victory of Medicine in 2010 for the organisation of the Stroke and Tele-Stroke Network in the region of Burgundy, classified in 2015 as a pilot region in France for Tele-Stroke by the Health Ministry.

Professor Giroud co-organised the 2nd International Congress on Neurology and Epidemiology in 2011 in Nice (France) and was an active member of the European Registries of Stroke.

With his collaborator, Professor Yannick Béjot, Professor Giroud is disseminating the French version of Stroke Riskometer - a tool able to factor in modern lifestyle and hereditary risk factors, to monitor the risk of stroke at 5 and 10 years in young and old people, and to learn about the first signs of stroke onset using the FAST acronym.

They also promote the interests of the RIBURST study and are able to measure the trend of the burden of stroke using the Stroke Riskometer.

Researcher profiles



Dr Michael Kravchenko
Senior Research Fellow, Laboratory of
Epidemiology and Prevention of Neurological
Diseases
Moscow, Russian Federation

Dr Kravchenko is a certified neurologist and clinical epidemiologist, and has been with the Research Centre of Neurology since 2005. He graduated from the Pirogov Russian National Research Medical University in 2002 and then undertook advanced training in neurology and clinical epidemiology in the Research Centre of Neurology. In 2004-2007 Dr Kravchenko carried out his PhD study on “Features of arterial hypertension in residual period of stroke”. He takes part in laboratory projects in the field of epidemiology and prevention of cerebrovascular diseases as a study designer, computer database programmer and statistician. He also performs ultrasound sonography of carotid and vertebral arteries with various functional tests.

Since 2010, Dr Kravchenko is a PI in a multicentre population-based prospective study of the cerebrovascular risk factors in middle-aged people.

In 2014 Dr. Kravchenko joined the Stroke Riskometer study. He was one of the editors of the Russian version of the app and suggested many improvements during thorough testing of the app’s functionality. Dr Kravchenko is now one of the RIBURST study PIs in Russia. He has established connections with other research centres which coordinate state prevention programmes in Russia. The Stroke Riskometer should soon be included in national prevention guidelines.

Dr. Kravchenko established an internet forum for the international SR community (<http://strokeriskometer.mybb.us/>) and also a Stroke Riskometer page on Researchgate project (<https://www.researchgate.net/project/Stroke-Riskometer>). The latter attracts a lot of researchers from all over the world.

Dr. Kravchenko developed an algorithm for using the Stroke Riskometer in clinical practice and implemented it in his clinic. This allowed the inclusion of about 800 patients in the RIBURST study during the first two months.

Translated versions of the app

English

Android Lite: <https://play.google.com/store/apps/details?id=com.autel>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.StrokeRiskometerPro>

iOS Lite: <https://itunes.apple.com/nz/app/stroke-riskometer/id725335272?mt=8>

iOS Pro: <https://itunes.apple.com/nz/app/stroke-riskometer-pro/id725335289?mt=8>

Russian

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.russian>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.StrokeRiskometerPro.russian>

iOS Lite:

<https://itunes.apple.com/nz/app/%D1%80%D0%B8%D1%81%D0%BA%D0%BE%D0%BC%D0%B5%D1%82%D1%80-%D0%B8%D0%BD%D1%81%D1%83%D0%BB%D1%8C%D1%82%D0%B0-lite-%D0%B1%D0%B0%D0%B7%D0%BE%D0%B2%D0%B0%D1%8F-%D0%B1%D0%B5%D1%81%D0%BF%D0%BB%D0%B0%D1%82%D0%BD%D0%B0%D1%8F-%D0%B2%D0%B5%D1%80%D1%81%D0%B8%D1%8F/id1042980631?mt=8>

iOS Pro: <https://itunes.apple.com/nz/app/%D1%80%D0%B8%D1%81%D0%BA%D0%BE%D0%BC%D0%B5%D1%82%D1%80-%D0%B8%D0%BD%D1%81%D1%83%D0%BB%D1%8C%D1%82%D0%B0-pro-%D0%BF%D1%80%D0%BE%D1%84%D0%B5%D1%81%D1%81%D0%B8%D0%BE%D0%BD%D0%B0%D0%BB%D1%8C%D0%BD%D0%B0%D1%8F-D0%B2%D0%B5%D1%80%D1%81%D0%B8%D1%8F/id1042610333?mt=8>

Spanish

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.spanish>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.pro.spanish>

iOS Pro: <https://itunes.apple.com/nz/app/stroke-riskometer-pro/id1206310778?mt=8>

French

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.french>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.pro.french>

iOS Lite: <https://itunes.apple.com/nz/app/riskom%C3%A8tre-de-lavc-lite/id1181781425?mt=8>

iOS Pro: <https://itunes.apple.com/nz/app/riskom%C3%A8tre-de-lavc-pro/id1181782451?mt=8>

Italian

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.italian>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.pro.italian>

iOS Lite: <https://itunes.apple.com/nz/app/il-rischio-di-ictus/id1170388165?mt=8>

iOS Pro: <https://itunes.apple.com/nz/app/il-rischio-di-ictus-pro/id1170379562?mt=8>

Bengali

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.bengali>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.pro.bengali>

iOS Lite: <https://itunes.apple.com/nz/app/stroke-riskometer-bengalilite/id1169920323?mt=8>

Brazilian Portuguese

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.brazilian>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.pro.brazilian>

iOS Lite: <https://itunes.apple.com/nz/app/riscometro-de-avc/id1111154608?mt=8>

iOS Pro: <https://itunes.apple.com/nz/app/riscometro-de-avc-pro/id1102374844?mt=8>

Malay

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.malay>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.malay.pro>

iOS Lite: <https://itunes.apple.com/nz/app/strok-riskometer/id1169470251?mt=8>

iOS Pro: <https://itunes.apple.com/nz/app/strok-riskometer-pro/id1169443433?mt=8>

Chinese

Android Lite: <https://play.google.com/store/apps/details?id=com.autel.chinese>

Android Pro: <https://play.google.com/store/apps/details?id=com.autel.pro.chinese>

iOS Lite:

<https://itunes.apple.com/nz/app/%E4%B8%AD%E9%A3%8E%E9%A3%8E%E9%99%A9%E5%9F%BA%E7%A1%80%E6%B5%8B%E8%AF%84%E7%89%88/id1141274065?mt=8>

iOS Pro:

<https://itunes.apple.com/nz/app/%E4%B8%AD%E9%A3%8E%E9%A3%8E%E9%99%A9%E5%B9%B2%E9%A2%84%E6%B5%8B%E8%AF%84%E7%89%88/id1138232006?mt=8>



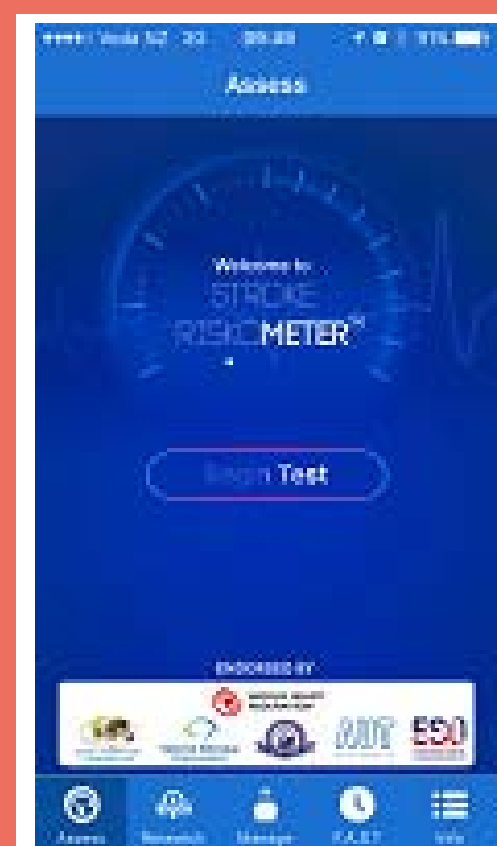
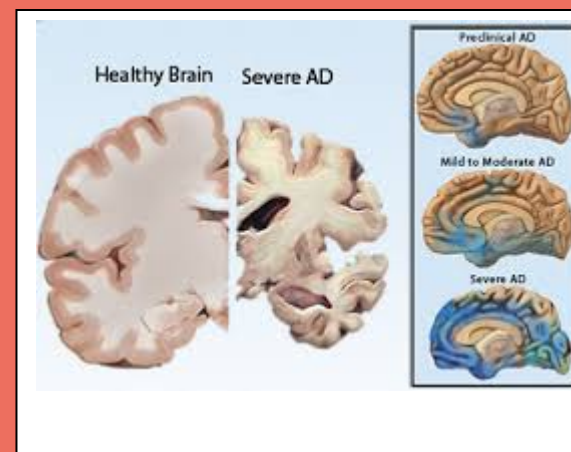
Releases and app updates

The Italian app has recently been released and the Spanish version has been submitted for approval.

The MARS (**M**obile **A**pplications to **R**educe **S**troke) pilot trial is progressing well in New Zealand. Recruitment has been completed and assessments are ongoing. We plan to complete the study around July-August 2017.

The MARS study is also based on the Stroke Riskometer (the same as RIBURST), and people have provided feedback about using the app:

- Has used and read through everything. Likes that the app gives tips and ideas for improving risk factors.
- App is good and easy to use – put him on the right path.
- The app is useful – it keeps her on track.
- Finding the app interesting to use and interesting risk factors that he didn't know about. Impressed with the app – “excellent”.
- The app is good at making you aware – has explored everything in the app.
- Info given in the app is good – esp. ideas on how to reduce risk.
- Likes seeing progress in the app and seeing that risk is decreasing.



Media releases

NINDS (National Institute of Neurological Disorders and Stroke), Maryland, USA, has added information on the RIBURST study to the Know Stroke Facebook page. You can see it here: <https://www.facebook.com/KnowStroke/>

Professor Valery Feigin was featured in the World Stroke Organization blog spot of 3 February, 2017. For details, see:

<http://worldstrokeorganization.blogspot.co.nz/2017/02/stroke-prevention-needs-overhaul.html?platform=hootsuite>

The Italian version of the Stroke Riskometer was launched recently. The launch was a great success and the 78 media articles can be found here:

http://www.trombosi.org/filemanager/cms_alt/files/Rassegna_Stampa_2017/PRESS.ALT_appriskometer20170228.pdf

The app has also been promoted through through the ALT (ALT - Associazione per la Lotta alla Trombosi e alle malattie cardiovascolari – Onlusour) newsletter 4,621 ALT contacts (members, benefactors and general population).

After this one-off media release there were over 30,000 downloads of the app and the total number of downloads is now well over 100,000. The Italian collaborators will discuss with their Ministry of Health the possibility of having the Pro version made freely available to all Italian citizens.



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