



IKURA RORO AKO O TE ROHE O TAMAKI MAKAUARAU WHANUI

ARCOS IV

Auckland Regional Community Outcome Stroke

This study is
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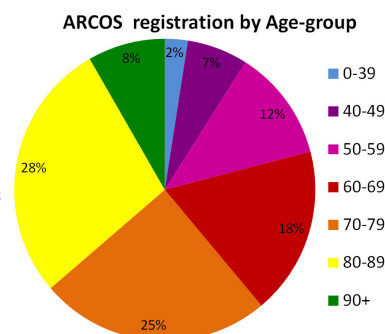
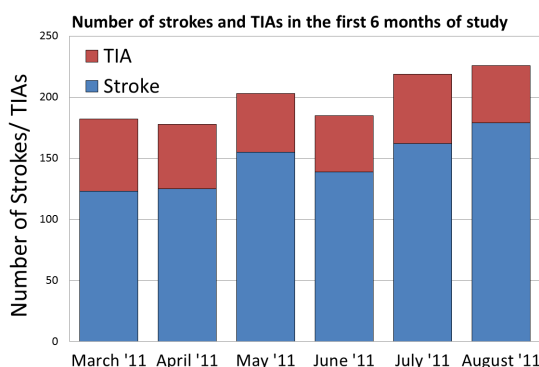


March 2012

ARCOS IV Incidence Study

It has been one year since the ARCOS IV programme launched at the National Institute for Stroke and Applied Neurosciences (NISAN), based at the AUT North Shore campus. The programme, led by Professor Valery Feigin, involves three distinct study designs, providing a multi-perspective evidence-base to assess and reduce stroke burden in New Zealand.

The incidence study aims to identify all cases of stroke and transient ischemic attack (TIA) for Auckland regional residents, over the age of 16, that occurred between March 1st 2011 and February 29th 2012. The recruitment period is now complete and we are busy cross checking our sources to ensure complete case ascertainment of all strokes and TIAs.



Since the study began, we have identified over 2000 cases of stroke and TIA with 52% of these being female and 48% males. The bar graph (left) shows preliminary findings of the first 6 months of the study with the proportion of TIAs to stroke remaining reasonably consistent. The majority of cases of stroke and TIA (79%) have thus far been shown to occur in people aged 60 years of age and above.

Contact Information

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Motivational Interviewing Stroke Trial



The MiST study is a randomised control trial that aims to determine whether Motivational Interviewing can help to reduce the risk of secondary stroke. Participants are Auckland or Hamilton residents who have suffered their first ever stroke. Once consented they are randomly allocated to either the intervention or usual care group, which must be done within 28 days of their stroke.

Recruitment began alongside the incidence study and will continue for a further 18 months. To date, there are 115 participants who will be followed up for 12 months post-stroke. Those participants in the intervention group will have four motivational interviews over this time, both in person and over the phone.

Qualitative Study



Life After Stroke: Experiences and Recovery

The qualitative component of the ARCOS IV programme is led by Professor Kath McPherson and recruitment began in January of this year. This study examines the long-term impact of stroke by talking to people about their experiences of stroke and what may have helped or hindered their recovery. The aim is to interview up to 40 people who have suffered a stroke and who are participating in the ARCOS Incidence study. Participants are also asked to nominate a family member to take part in order to help us understand how the stroke may have affected them.

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