Newsletter

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AUT NATIONAL INSTITUTE FOR STROKE AND APPLIED NEUROSCIENCES

WELCOME TO THE 8TH NEWSLETTER OF THE RIBURST STUDY (REDUCING THE INTERNATIONAL BURDEN OF STROKE USING MOBILE TECHNOLOGY)

PROGRESS OF THE STUDY

The study is progressing well with more than 14,000 participants.

Demographic data for the participants are as below:

Mean Age
45.45 (SD 19.46)

Sex
Female 50.2%
Male 49.8%

Ethnicity
European 76.5%
Malay/Indo/SEA 5.0%
African 5.6%
Latin American 2.4%
Indian 3.9%
Chinese 1.1%
Other 5.6%

Country
Russia 36.5%
New Zealand 8.7%
Malaysia 4.9%
Italy 5.8%
Nigeria 4.4%
Brazil 12.5%
India 3.2%
United Kingdom 2.0%
Australia 2.1%
France 6.0%
Other 13.9%

Download numbers
157,377

New collaborators

- Dr André Peeters, Catholic University of Louvain, Belgium
- Dr Paulus Anam Ong, Hasan Sadikin Hospital- Universitas Padjadjaran Bandung-Indonesia

Researcher profiles
Our collaborators in the Czech Republic

Prof. Robert Mikulik, MD, PhD, FESO
- Head of Stroke Program, St. Anne's University Hospital Brno Czech Republic
- ESO-EAST Chair
- Past member of ESO Executive Committee
- Member of Czech Stroke Society Board

Prof. Mikulik was one of pioneers in using thrombolytic treatment in the Czech Republic, where this treatment has been used since 1998. He has been National Coordinator for thrombolytic treatment program in the Czech Republic since that time. Today the Czech Republic has one of the highest thrombolytic rates in the world (25% population-based rate in 2017).

Prof. Mikulik is engaged in continual stroke care improvement internationally. He leads the ESO-EAST Project aiming at improving stroke care in 22 countries of Eastern Europe and Central Asia (http://eso-stroke.org/eso-east/). For measuring and improving stroke care quality he initiated and developed the RES-Q Registry of Stroke Care Quality (qualityregistry.eu), which is used by 50 countries from Europe, Asia, Africa and South America. Within 2 years of opening the registry, it has collected data on 60,000 patients from more than 500 hospitals.

In 2016 Prof. Mikulik developed simulation training in stroke treatment logistics together with his colleague V. Svobodova (stroke-simulation.eu). This training helps stroke teams to treat stroke patients faster and safely.

Prof. Mikulik is a co-author of the Stroke Action Plan for Europe 2018-2030, which was developed by experts nominated by the European Stroke Organisation.

In 2011 Prof. Mikulik established the Stroke Research program within the International Clinical Research Center of St. Anne's University Hospital Brno focused on translational research in stroke. This group develops new projects aiming at novel methods in stroke treatment as well as increasing stroke awareness in lay public.

Since 2013 they have deployed the HOBIT Project which teaches school children through an e-learning platform how to respond to stroke symptoms. At present, more than 7,000 school children from 70 Czech schools have passed the HOBIT Program.

Prof. Mikulik is an Associated Investigator for the RIBURST study in the Czech Republic and together with his team he develops strategies for implementing the Stroke Riskometer™ in the Czech population. Testing the Stroke Riskometer™ in high-risk populations is the first focus of the Czech research group.

In May 2017, Prof. Mikulik was awarded with "Spirit of Excellence" Merit by ESO and ANGELS Initiative for his contribution to stroke care.

Researcher profiles

Hana Pokorná
Project Manager, ICRC
St Anne's University Hospital Brno
Czech Republic

Hana has been cooperating with the Stroke Team since her studies at high school, where she conducted a survey about the awareness of stroke among schoolchildren. Now, she is a specialist on stroke awareness programs, particularly responsible for project management, conducting educational campaigns, lecturing on stroke and PR. She leads a school-based program on stroke awareness which has been passed by 7,000 pupils. Hana is also involved in stroke simulation trainings as a methodologist and coordinator. She regularly presents at national and international conferences and deals with networking (European and American partners).

Her university background is management, marketing and economy. In 2015 she completed an internship at the Mayo Clinic in Arizona and in the same year she obtained an international certificate of project management.

Hana is taking care of development and implementation of the Stroke Riskometer™ in the Czech Republic.

Veronika Svobodová, MA
Stroke Program Manager, ICRC
St. Anne's University Hospital Brno
Czech Republic

Veronika Svobodová works as a Manager of the Stroke Research Program at St. Anne's University Hospital Brno (Czech Republic) and as a Manager of ESO-EAST, a project initiated by European Stroke Organisation aiming at improving stroke care in more than 20 Eastern countries. She has designed, funded and managed many research and educational projects related to stroke.

Veronika's background is in management, economy and grant writing. Between 2011 and 2015 she built a Grant Department for a Research Center of St. Anne's University Hospital in Brno and obtained grants in the amount of €20 million. In 2016 she developed simulation programs for stroke together with Prof. Mikulik. Since that time, they have conducted 40 stroke simulation trainings attended by approx. 800 participants from 15 countries. In 2017 Veronika became an establishing member of the Simulation Training Committee within European Stroke Organisation.

Currently Veronika is mostly focused on health care quality improvement, implementation science, simulation training and research management. She contributed to lectures at national and international stroke and neurology conferences, as well as teaching courses.

Veronika has initiated involvement of the Czech Republic and the Stroke Research Team of St. Anne's University Hospital in RIBURST. She prepared two grant applications together with her colleagues supporting deployment of the Riskometer™ in the Czech Republic. The first grant application was prepared together with Dr. M. Kravchenko from Russia. This grant would enable Dr. Kravchenko to build a RIBURST team in St. Anne's University Hospital and conduct the RIBURST study in the Czech Republic. The second grant would test the effectiveness of the Riskometer™ in high-risk population in the Czech Republic. Both grants are still under evaluation. Veronika and her colleagues hope the grants will succeed and will contribute to using the Riskometer™ by the Czech population.

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

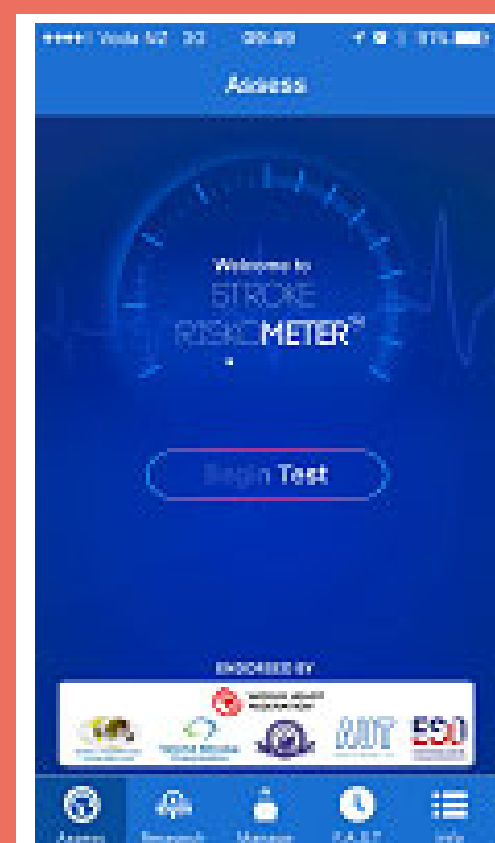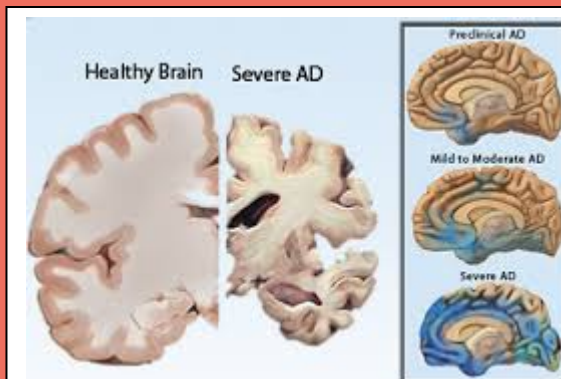Permission has been given for the translation of the app into Swedish.

There are discussions underway for a Bahasa Indonesian translation.

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, 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

Feign, V., Krishnamurthi, R., Hale, L., Barker-Collo, S., Theadom, A., Bhattacharjee, R., George, A., Arroll, B., Ranta, A., Waters, D., Wilson, D., Sandiford, P., Gall, S., Parmar, P., & Bennett, D. (2018). Mobile technology for primary stroke prevention: a proof-of-concept pilot randomised controlled trial- a brief report. *Stroke* (forthcoming)

NISAN Stroke Riskometer webpage
Remember, the NISAN Stroke Riskometer webpage contains a lot of relevant information. See: https://nisan.aut.ac.nz/Stroke-Riskometer.

Contact information

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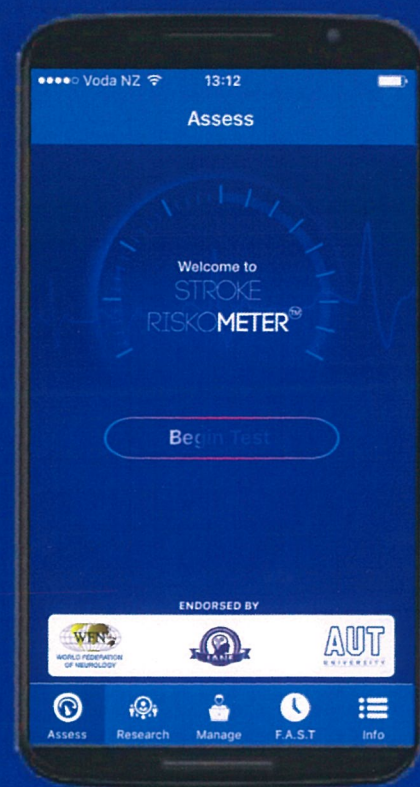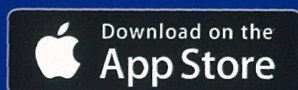E: rbhattac@aut.ac.nz

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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.

Download on the App Store

GET IT ON Google Play

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

AUT VENTURES

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