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THE RIBURST STUDY (Reducing the International BURden of Stroke using mobile Technology)

Newsletter 10, June 2019

Welcome to the 10th issue of the RIBURST study newsletter

Progress of the study

The study is progressing very well, with more than 19,000 participants. The app has been downloaded approximately 200,000 times, from 78 countries, and has been translated into 12 of the world's most-spoken languages. It is currently a flagship project for the World Stroke Organization, and the WSO together with the *International Journal of Stroke*, AUT University and other experts are developing a large social media campaign to profile the app on the World Stroke Day in October 2019.

Demographic data for the participants are as below:

Mean Age	Sex
45.45 (SD 14.13)	Female 49.2%
	Male 51.5%
Ethnicity	Country
European 71.8%	Russia 34.5%
Malay/Indo/SEA 5.1%	New Zealand 8.5%
African 6.1%	Malaysia 4.4%
Latin American 3.5%	Italy 7.2%
Indian 5.2%	Nigeria 3.2%
Chinese 2.2%	Brazil 12.2%
Other 6.2%	India 3.8%
	United Kingdom 1.8%
	Australia 2.1%
	France 7.2%
	Other 15.1%



News from ESOC 2019

Valery Feigin met with Ramesh Sahathevan, Casey Hair, Anita Jane Wiseman and Mia Grupper at the ESOC 2019 Conference in Milan last month, to develop a social media campaign to profile the app for the World Stroke Day in October.

The WSO directors/executives are enthusiastic and want to be active in raising awareness about stroke and stroke prevention using the Riskometer.

The *International Journal of Stroke* has commissioned a paper on the RIBURST Study. Dr Rita Krishnamurthi (NISAN, AUT) together with the core writing group will be leading the paper and all RIBURST Study investigators will be invited to review the paper draft and join the paper as co-authors in due course.

Gramado Declaration - Priorities to reduce the burden of stroke in Latin American countries

Last year, stroke experts and representatives of the Ministries of Health of 13 Latin American countries met

at the 1st Latin American Stroke Ministerial meeting in Gramado, Brazil, to discuss the problem and identify ways of cooperating to reduce the burden of stroke in the region. The meeting culminated with the adoption of the special Gramado Declaration, signed by all Ministerial officials who attended the meeting. With agreed priorities for stroke prevention, treatment, and research, an opportunity now exists to translate this Declaration into an action plan to reduce the burden of stroke.

The Gramado Declaration advocates implementation of the app-based motivational population-wide primary stroke prevention strategy into practice of all Latin American countries.

Researcher profile



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Professor Graeme J Hankey, MBBS, MD, FRCP, FRCPedin, FRACP, FAHA, FESO, FAAHMS, FWSO is Professor of Neurology, The University of Western Australia; and Neurologist, Sir Charles Gairdner Hospital, Perth, Australia.

His main research interests include epidemiological studies and clinical trials of interventions to prevent and treat stroke. He is presently co-principal investigator of the Assessment of Fluoxetine In sTroke RecoverY (AFFINITY) trial in Australia, New Zealand and Vietnam, and a principal investigator of the Health In Men Study (HIMS).

Professor Hankey is an associate editor of *Circulation*, editorial consultant for *The Lancet* and *The Lancet Neurology*, consulting editor for the *International Journal of Stroke*, Section Editor of *JACC*, and member of the editorial boards of *Stroke*, the *Cochrane Stroke Review*

Martins, S.C., Sacks, C., Hacke, W., Brainin, M., et. al. (2019). Priorities to reduce the burden of stroke in Latin American countries. *The Lancet Neurology*

[https://doi.org/10.1016/S1474-4422\(19\)30068-7](https://doi.org/10.1016/S1474-4422(19)30068-7)

Group, Cerebrovascular Diseases, Neuro-epidemiology, Journal of Thrombosis and Thrombolysis, and International Review of Thrombosis.

He has authored or co-authored >850 publications including 11 books and was named as a Highly Cited Researcher in 2017 and 2018 by the Web of Science Group, Clarivate Analytics for ranking in the top 1% of researchers in the world in the field of Clinical Medicine.

He is honoured to be a member of the steering committee of the Reducing the International Burden of Stroke Using Mobile Technology (RIBURST) and Stroke Riskometer app Study. He recommends the Stroke Riskometer app to all of his patients and friends throughout the world, to download the latest version of the app onto their smartphone, take 2-3 minutes to complete the validated assessment of stroke risk (relative and absolute), and read the invitation to participate in the RIBURST study, which requires completing the Riskometer at the time, and once again in 12 months to track changes in their risk factor profile and predicted stroke risk. There are also sections on the app for education about stroke, and management of risk factors. The app is widely endorsed by scientific societies, award-winning, and promises to reduce the mean level of stroke risk factors among all users and thus, the general population, and thereby reduce the incidence and burden of stroke throughout the world.



Aggregated country data available

If any RIBURST study investigator would like to receive aggregated data for their country, you can request this information for your country from alexandr.merkin@aut.ac.nz. Please note this is only possible if there are 2,000 or more study participants recruited from your country.

Translated versions of the app

Translation of the app into the Croatian language has been completed. Translations into the Bulgarian, Czech and Swedish languages is almost complete.

Prof. Yoshihiro Kokubo (Japan) is working on ethics approval to release a Japanese version of the app.

Don't forget to check out the NISAN webpages:

- iOS version: <https://nisan.aut.ac.nz/Stroke-Riskometer/available-languages>
- Pro version: <https://nisan.aut.ac.nz/Stroke-Riskometer/stroke-riskometer-pro-version>

Releases and app updates

The NISAN team is working on the new updated English version of the app that would have a much-improved interface, condensed screens (7 instead of 20), in-app purchase function, updated goal setting and monitoring progress functions.

Success stories

We invite RIBURST members to submit details of their 'success stories' of the use/implementation of the app to bvangils@aut.ac.nz, for inclusion in future editions of the newsletter and sharing with the entire group.

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