AUT NATIONAL INSTITUTE FOR STROKE AND APPLIED NEUROSCIENCES

Newsletter

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WELCOME TO THE FOURTH 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 11,000 participants.

Demographic data for the participants are as below:

Mean Age
45.53 (SD 19.34)

Sex
Female 48.5%
Male 51.5%

Ethnicity
European 76.9%
Malay/Indo/SEA 5.2%
African 4.6%
Latin American 2.1%
Indian 4.4%
Chinese 1.5%
Other 5.3%

Country
Russia 44.6%
New Zealand 10%
Malaysia 6.1%
Italy 5.5%
Nigeria 3.8%
United Kingdom 2.4%
United States 2%
Brazil 3.9%
Kazakhstan
Belarus 1.7%
Australia 1.4%
India 3.7%
Other 14.9%

Download numbers
122,000

What's inside

Researcher profile

Bo Norrving
Lund University
Sweden

Bo Norrving is Professor in neurology at Lund University, Sweden. He has authored >300 publications on clinical stroke research including several seminal papers e.g. the Swedish Aspirin Low Dose Study, and the world's largest study of stroke in the young. He is a founder of Riksstroke, the world's 1st national stroke registry, and member of the advisory group for ICH 11 at WHO. He was the President of the World Stroke Organization (WSO) 2008-2012, and continued as Immediate Past President until 2016, being the WSO liaison person with WHO and the UN.

Bo chairs the WSO Global Policy Committee, and also the Swedish Stroke policy and quality register research group at Lund University, which has several ongoing projects based on data from Riksstroke, and in many studies also using data record linkage to other national registers and data bases.

Bo is a strong advocate for the Stroke Riskometer concept and has been involved with the RIBURST project from the start. "We know that stroke to a large extent can be prevented, and we need the strongest tools to get there" he says.

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 translation should be live very soon.
- Czech translations have been sent to the developers and we should be seeing the first prototypes at the beginning of 2018.
- The German version is currently is being tested by collaborators.

Releases and app updates

New English iOS and Android versions
Based on the feedback that has been received, the iOS English version of the app has been updated. A new version (English) will be released shortly with information about vascular age and the addition of a basic goal-setting section.

New Chinese iOS and Android versions
Based on the feedback that has been received, the new Mandarin version of the app has a reduced number of videos in the Pro version. As Google is not allowed in China, the Chinese versions of the app are now available on the Baidu website.

New Russian iOS and Android versions
New Russian versions of the app include better (simplified) questions.
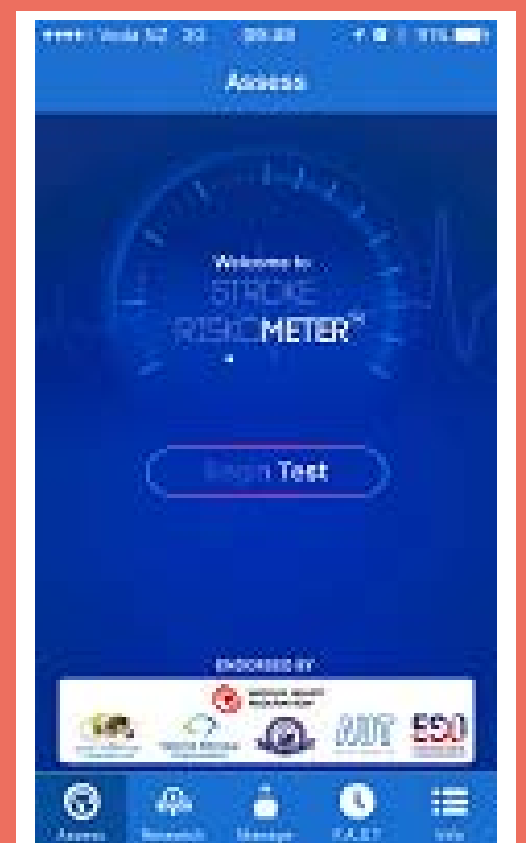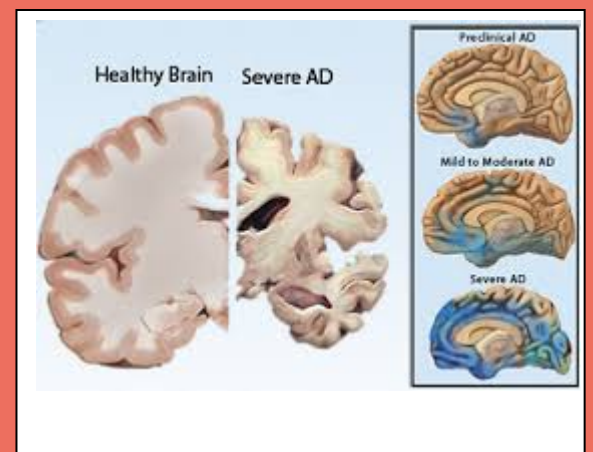
Proposed new releases
Discussions are underway to purchase the app/software for Kuwait, Brunei and Kazakhstan.

The MARS (Mobile Applications to Reduce Stroke) pilot Randomised Control Trial
This study is based on the Stroke Riskometer (the same as RIBURST). This trial is progressing well in New Zealand. Recruitment has been completed and assessments have finished. The team are waiting for the final assessments from the secondary study site and analyses will begin very shortly.

Countries (and PIs) where the Stroke Riskometer is used for research
Australia (M. Thrift), Brazil (S. Fisher), Bulgaria (K. Dokova), France (M. Giroud), Iran (M. Farhoudi), Italy (P. Santalucia), New Zealand (V. Feigin), Malaysia (N. Ibrahim), Mexico (J. Romo-Martinez), Russia (M. Kravchenko).

Media releases and news

Editable advertising posters
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.

NISAN Stroke Riskometer webpage
Remember, the NISAN Stroke Riskometer webpage contains a lot of relevant information. See: https://nisan.aut.ac.nz/Stroke-Riskometer.
A new video on dementia prevention by Professor Vladimir Hachinski (Canada) is also available on the NISAN website: https://nisan.aut.ac.nz/

Stroke Riskometer in Malaysian postgraduate study
A 3rd year postgraduate trainee in Family Medicine at Universiti Kebangsaan Malaysia is writing a proposal on a pilot study on *Influence of Stroke Riskometer in Making Lifestyle Changes among Urban Dwelling Stroke Caregivers*. They will be looking at the use of the app in moderate to high risk patients.

World Stroke Day 2017
- Between 5 October – 5 November, we had about 20,000 additional downloads of the app from over 70 countries, with the bulk (95%) of the downloads from Russia, France and Italy.
- French collaborators arranged for Stroke Riskometer posters to be displayed in 37 railways stations of Burgundy and Franche Comté (3 million inhabitants). They were also trying to get a page dedicated to the app in the national newspaper "Le Monde". The poster is attached at the end of this newsletter.
- The *Stroke Bulletin* (from the Stroke Foundation of Bengal), issued just before World Stroke Day mentioned the app. http://strokefoundation.in/newsletter/stroke-bulletin-in-english-jul-sep-2017/
- The stroke Riskometer featured on the WSO World stroke day campaign website: http://www.worldstrokecampaign.org/
- Valery Feigin was interviewed about stroke and stroke prevention by the national Russian TV health programme, which has an audience of about 100 million people.

Contact information

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https://nisan.aut.ac.nz

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Votre risque de faire un AVC dans les 5 ou 10 ans
Les solutions pour faire baisser ce risque

Vous n'avez pas de Smartphone
ou vous voulez en savoir plus sur la prévention des AVC ?

▶ *consultez votre médecin généraliste* ◀

Cette Application est validée et diffusée par :
les Sociétés Savantes de Neurologie et de Cardiologie,
la Fédération Mondiale de Neurologie, la Fédération Mondiale de Cardiologie,
l'Organisation Mondiale des AVC, l'Organisation Européenne des AVC

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