

# SMART

Stroke Self-Management Rehabilitation Trial

# Newsletter

Issue No. 2, April 2014

Dear Team,

Since our last newsletter, we have gradually seen growing numbers of participants enrolling into the trial across existing recruitment sites. We look forward to continuing growth in participants numbers, particularly given the recent change to trial inclusion criteria. Survivors of stroke can now be recruited up to 3 years following the event. This change in criteria has certainly helped to facilitate recruitment in New Zealand. We are sure many of you will find recruitment more feasible following this change. We take this opportunity to also thank those collaborators who make time within their busy schedules to join us at our quarterly teleconference meetings. Many key decisions around the trial and related protocols are discussed during these meetings and we welcome input from everybody.

I look forward to our next teleconference to be scheduled for May, and meanwhile thank all of you and your teams for your continued efforts and valuable contributions. The contributions of each and every one of you are recognised as invaluable to the success of this pilot trial!

Best wishes,

Dr Kelly Jones

SMART Study Manager

## Insight from the Emory University Team

**Alex Acenbrak:** "My role has been to help in recruitment and to conduct weekly phone calls with the participants. It has been a pleasure to talk with the participants, but it has also opened my eyes to the difficulties of fostering patient adherence and compliance."

**Ali Watt:** "I have enjoyed communicating with the participants and discussing their challenges and triumphs throughout their personal journey with stroke. It has been exciting to contribute to this international study and experience the collaboration of health care providers around the world."

**Lindsay White:** "Being an evaluator has afforded me a deeper understanding of the importance of discussing potential psychological and caregiving issues early in the rehabilitation process. I believe the experience has also better prepared me to address these topics."

**Carmen Turcott Wurtz:** "My role has been organization and data collection and this study has showed me how we need to address not only the physical but also the mental and emotional aspects of a patient's condition."

**Michelle Phillips:** "My role as an evaluator has given me a great deal of insight on how to talk about mood with patients. Asking those hard questions is an important aspect that cannot be overlooked in our field and I feel very fortunate to bring the training I have received from this study into my career in the future."



Dr. Sarah Blanton and Team, Emory University, USA

250

200

150

100

50

33

Participant  
Recruitment

# Grant Application and Manuscript Submitted

## National Health and Medical Research Council (NHMRC) Project Grant—Australia

The SMART team here in New Zealand would also like to take this opportunity to acknowledge the tremendous efforts of collaborators in the preparation of the recently submitted NHMRC Grant. Led by Professor Amanda Thrift of Monash University, this grant seeks funding to support for a full scale, international, multi-centre SMART trial. Thanks to all of you who were involved—your contributions were invaluable! Following peer review and the rebuttals process around July/August, we look forward to hearing the final outcome late September 2014. Well done again to all involved!



Prof. Amanda Thrift

## Methodology of the Stroke Self-Management Rehabilitation Trial (SMART-DVD): An International, Multi-Site Pilot Trial—Manuscript submitted to International Journal of Stroke

A manuscript outlining the methodology of the SMART trial has recently been submitted to the International Journal of Stroke on behalf of the SMART study group. While the manuscript was not accepted due to changes in the scope of the journal, alternative avenues for publications are now being pursued. We will be sure to keep you all posted on progress. Thank you to all of you who contributed to this paper, including: Rohit Bhattacharjee, Narina Jenkinson, Courtney Wright, Alex Acenbrak, Michelle Phillips, Ali Watt, Lindsay White, Carmen Turcott Wurtz and Alina Gheorghe.

## Reminders:



• Thank you to those sites who have already sent through data entry for initial checking at the Co-ordinating Centre. We look forward to receiving data entry examples from all remaining sites.

Table of the stage reached by each site.

| Site                                   | Planning Stage | Ethical Approval Obtained | Recruiting |
|--|----------------|---------------------------|------------|
| <b>USA</b>                             |                |                           |            |
| Emory University                       |                |                           | ✓          |
| <b>Canada</b>                          |                |                           |            |
| Dalhousie University                   |                |                           | ✓          |
| <b>UK</b>                              |                |                           |            |
| University of Glasgow                  | ✓              |                           |            |
| <b>Nigeria</b>                         |                |                           |            |
| University of Ilorin Teaching Hospital |                |                           | ✓          |
| Ahmadu Bello University                | ✓              |                           |            |
| <b>India</b>                           |                |                           |            |
| Christian Medical College, Ludhiana    |                |                           | ✓          |
| <b>Australia</b>                       |                |                           |            |
| Griffith University                    |                |                           | ✓          |
| Monash University                      |                | ✓                         | ✓          |
| <b>New Zealand</b>                     |                |                           |            |
| Waitakere Hospital                     |                |                           | ✓          |
| Waikato Hospital                       |                |                           | ✓          |
| North Shore Hospital                   |                |                           | ✓          |
| Palmerston North Hospital              |                |                           | ✓          |

## Conferences of interest:

2014



New Zealand Applied Neurosciences Conference  
September 18 -20 | AUT North Shore Campus | Auckland, New Zealand

This year's conference features prominent invited speakers from USA, Australia and New Zealand

Main topics: Basic Neuroscience  
Clinical Neuroscience and Neurorehabilitation Research  
Population and Health Economic Research of Neurological Disorders

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