

SMART

Stroke Self-Management Rehabilitation Trial

Newsletter

Issue No. 1, December 2013



Dr Kelly Jones
Study Manager

Welcome to our first SMART newsletter! Given the location of SMART collaborators' sites and associated time differences, a quarterly newsletter will provide us with another means of keeping you all up to date on overall progress.

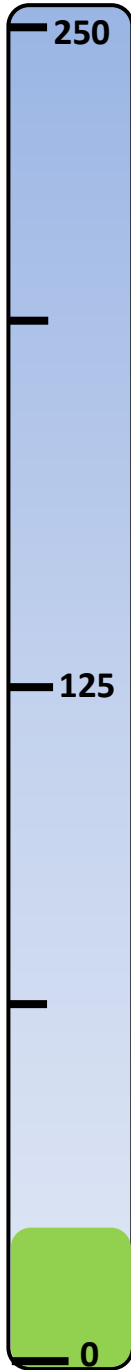
We will be inviting sites to contribute to issues of the newsletter for a more in depth update on progress, and we value your input and comments. This year has essentially been a 'set-up' year with sites confirming processes towards pursuing ethical approval and developing key relationships to support recruitment.

We look forward to speaking with many of you after the New Year and wish you all a safe and happy holiday season, with your loved ones.

Best wishes,

International collaborators have undertaken tremendous efforts to inaugurate the SMART study in their area. The following table indicates the stage each site has reached.

Site	Planning Stage	Ethical Approval Obtained	Recruiting
USA			
Emory University		✓	
Canada			
Dalhousie University			✓
UK			
University of Glasgow	✓		
Nigeria			
University of Ilorin Teaching Hospital	✓		
Egypt			
Cairo University	✓		
India			
Govind Ballabh (G B) Pant Hospital, New Delhi	✓		
Christian Medical College, Ludhiana		✓	
Sri Lanka			
Dr Padma Gunaratne	✓		
Australia			
Griffith Health Institute, Griffith University, Queensland		✓	
Monash University, Melbourne	✓		
New Zealand			
Waitakere Hospital			✓
Waikato Hospital			✓
North Shore Hospital			✓
Palmerston North Hospital			✓



Participant Recruitment

“The general feedback from the 13 participants recruited so far has been extremely positive. Some participants found the contents of the DVDs exceptionally relevant and useful and were even keen to share it with other friends or family who had also suffered from stroke. Furthermore, the DVDs have typically been requested at the end of the trial, by stroke survivors who had been assigned to the non-treatment group. Anecdotally, the SMART trial has provided very encouraging results.”

Thivasha Naidoo-Melis, *SMART Research Assistant, New Zealand*



SMART Collaborators' Map:

- Emory University, **USA**
- Dalhousie University, **Canada**
- University of Glasgow, **UK**
- University of Ilorin Teaching Hospital, **Nigeria**
- Cairo University, **Egypt**
- **India:**
 - G.B.Pant, New Delhi
 - Christian Medical College, Ludhiana
- Dr Padma Gunaratne, **Sri Lanka**
- **Australia:**
 - Griffith University
 - Monash University
- **New Zealand:**
 - Waitakere Hospital
 - Waikato Hospital
 - North Shore Hospital
 - Palmerston North Hospital

As mentioned by Kelly, 2013 has been the start-up year for the SMART trial, presenting the opportunity for many sites to gain ethical approval for the study and to build relationships with hospital teams, rehabilitation specialists, and outpatient services alongside many other health specialists. This has all been done in an effort to support the recruitment for the trial, which is currently underway in Nova Scotia, Canada and in three hospital sites in New Zealand, with a fourth site now underway.

The methodology of the SMART trial was recently presented at the International Congress of Neurology and Neuroepidemiology in Abu Dhabi. As a result we have been approached by two new sites in Nigeria and researchers in Russia who are interested in translating the self-management DVD.

The positive response to the trial is extremely encouraging. I would like to thank all the collaborators and your teams for all your on-going efforts and persistence shown throughout the SMART Trial introduction period. I am looking forward to working together in the upcoming year.

Wishing you all safe, peaceful holidays and a very Merry Christmas!

Best wishes,

Valery J. Feigin



Prof Valery Feigin
Principal Investigator

Introducing some of the SMART team



Dr Rita Krishnamurthi



Prof Steven Wolf



Dr M. Mohan Mehndiratta



Imogen Watson and Dr Anna Ranta



Dr J.D. Pandian



Dr Marilyn MacKay-Lyon



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