

Stroke Research Team Newsletter

November 2017



We have had a very successful and busy year with more projects and programmes gathering pace.

Having engagement from the real experts (patients, carers, practitioners and the public) is vital in research.

This is to make sure it is relevant, designed and delivered in the right way, and is shared and supported to make the right changes to practice.

This newsletter provides a snapshot of some of the projects that we are working on within the Stroke Research Team at the University of Central Lancashire.

There may be opportunities to get involved in these projects in different ways through emails, telephone calls, or by attending meetings and events.

Some people may be involved for a short time, or as a one-off. Other people are involved in a project longer term. We can work out what would be best for you.

If you are interested in getting involved, or simply want to find out more, please get in touch!

Dame [Caroline Watkins](#)

Professor of Stroke and Older Peoples' Care
University of Central Lancashire, Preston



New opportunities to get involved

Peer support and stroke

We are developing research into support groups and other peer support for stroke survivors and carers. We want to find out what works best, when and for whom and how to get more people involved.



To find out more about this work, or to get involved contact:

[Clare Thetford](#)



CThetford@uclan.ac.uk



01772 895428

Testing swallowing early after a stroke

Current guidelines suggest that patients should have their swallowing tested very soon after a stroke. However, in practice this does not always happen! We would like to explore why this is and develop a strategy to improve it. We would love to hear your views on this research idea at **a meeting on November 21st 1 – 3pm** (lunch provided). The meeting will be held at the University of Central Lancashire.

If you are interested in attending this meeting, please contact:

[Brigit Chesworth](#)



BChesworth@uclan.ac.uk



01772 893725

End of life care

We are developing research to help improve end-of-life care after stroke. We are currently seeking patients, carers and other key stakeholders who are interested in being involved in this work.

To find out more about this work, or to get involved contact:

Munirah Bangee



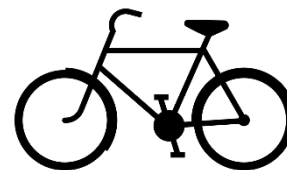
MBangee2@uclan.ac.uk



01772 895527

Using electric bikes after a stroke

This year we have been working with a local electric bikes company. Early in the summer we held an [open day](#) at the university sports arena. People who have experienced a stroke had the chance to try different types of adapted and electric bikes. We will be shortly recruiting to a new piece of research looking at use of electric bicycles for people after stroke.



To find out more about this work, or to get involved contact either:

[Louise Connell](#)

✉ LACConnell@uclan.ac.uk

☎ 01772 895119

[Jessie Janssen](#)

✉ JJanssen@uclan.ac.uk

☎ 01772 894560

Post-traumatic stress disorder

A stroke can cause physical difficulties, however many people also experience emotional changes, which they need support to cope with. For some, stroke may lead to post-traumatic stress disorder (PTSD), a condition which can be triggered after a distressing experience. This study will look at how many people develop PTSD after stroke, and how this changes over time. We need patients, carers and members of the public to be involved in developing and guiding this project.



The first meeting will be held at UCLan on **Friday 17th November**, 12.30-3.00pm.

If you are interested in attending this meeting, please contact:

Emma Holland

✉ EHolland1@uclan.ac.uk

☎ 01772 892799

Hydration early after a stroke

We are in the early stages of developing research around the identification and management of dehydration after stroke. We need to identify the issues most important to those affected by stroke. We are currently seeking volunteers with an interest in the topic to join these initial discussions. In this way we aim to ensure that, at every stage of the study, the needs and expectations of stroke survivors, and their carers, are met.



To find out more about this work, or to get involved contact:

Colette Miller



CMiller5@uclan.ac.uk



01772 893693

Updates from ongoing studies and activities

Accelerating Delivery of Psychological Therapies after Stroke (ADOPTS)

Our ADOPTS study is looking at improving the psychological support people receive following a stroke. We have been working with a group of stroke survivors and carers who have advised us on what is important for us to consider in the project. This will ensure the work is suitable and relevant for those that it will impact on most. The group have:

- Reviewed questionnaires to check they are suitable for stroke survivors;
- Helped to decide the best way to ask interview questions for stroke survivors and carers;
- Developed information resources that are now being used in local hospitals and stroke services.

Over the past two years, the group has met one afternoon every 3-6 months, and their input has been invaluable. This work is funded by the [NIHR CLARHC NWC](#).

Head Positioning in Acute Stroke Trial (HeadPoST)



This study compared lying flat or sitting up for 24 hours after a stroke. The UCLan Clinical Trials Unit was the UK's regional coordinating centre for the study. The study found that lying flat for 24 hours after a stroke is no better than sitting up. As lying position did not affect outcomes, this suggests that clinicians can be guided by patients' condition, preferences and levels of comfort during the initial management of care. [Read more...](#)

Leisure after stroke

This year we worked with colleagues at [Myerscough College](#) who were researching the Stroke Association's '[Get into Golf](#)' pilot programme. We are also planning a national survey of changes in leisure after a stroke. The findings will help us to understand gaps in opportunities to return to valued leisure activities, and also ways in which we can support people to get involved in new activities.



Action in India

UCLan has been awarded £1.9 million from the National Institute for Health Research (NIHR), to support the delivery of best practice stroke care in India. The study will build on existing practice to develop research that will help developing countries, and also inform best practice globally. [Read more...](#)

Mega Brain arrives at UCLan

Our larger-than-life walk-through exhibit has arrived. Keep an eye out for us at upcoming events such as the [UK Stroke Forum Conference](#) and at the [Lancashire Science Festival 2018](#).

