Randomised controlled trials to evaluate clinical and cost effectiveness of the Stroke Action Falls rehabilitation programme

PA Logan[1,2];E Doig[1];V Booth[2];F Allen[2];A Arjunan[1];M Chatfield[3];T Comans[3];L Connell4; E Cox2;R Durairaj[4];N Foster1;R Gee[6];R Grimley[7];H Gullo[3];R Haydock[2];K Harding[8];F Higton[6];A Hill[8];T Hepburn[2];S Isbel[9];M James[2];N Lannin[10];P Leighton[2];J Liddle[3];N Mahendran[1];R McManus[11];R Movva[1];J Muller[6];C Okafor[3];C Rick[2];C Sherrington[12].

1.STARS Education and Research Alliance, University of Queensland and Metro North Health;2.University of Nottingham;3.The University of Queensland;4.Cairns Hospital;5.University of Lancaster;6.Stroke Survivor;7.Sunshine Coast University Hospital;8.Latrobe University and Eastern Health;9.University of Canberra;10.Monash University;11.University of Sussex;12.University of Sydney.

The background

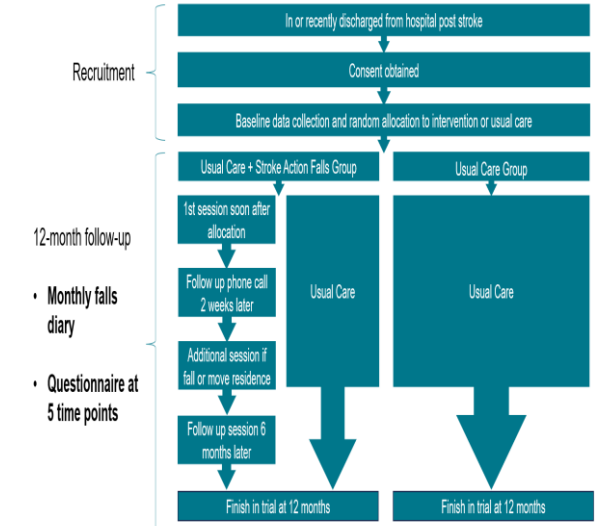
In England alone, each year about 110,000 people have a stroke (NHS England, 2013). Costs for treatment and loss of productivity due to stroke are estimated at £8.9 billion a year (Saka, McGuire & Wolfe, 2009). Falls are one of the most common secondary complications after stroke (Davenport 1996; Langhorne 2000) and their increasing incidence poses a challenge for independent living. Currently, clinical guidelines do not include a falls prevention programme addressing the specific needs of stroke survivors.

A falls prevention intervention called Action Falls was designed and reduced
fall rates in care homes (Logan 2021).

This intervention will now be evaluated for a community dwelling stroke population in two locations, the UK and Australia.

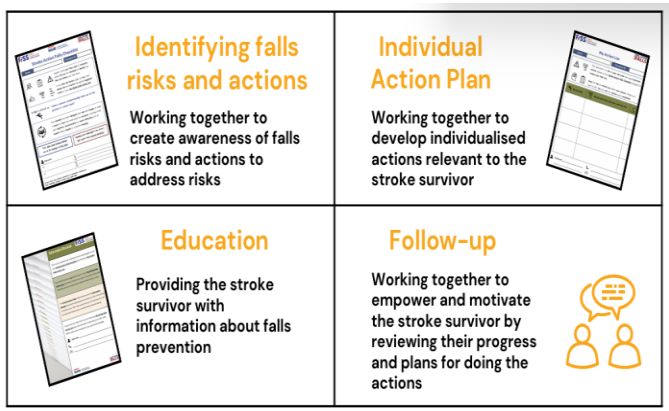
Both countries

Recruitment target: **464** stroke survivors



Australian Government
National Health and Medical Research Council

NHMRC



Barriers and facilitators

- A common problem
- Strong and supported Patient, public, client, consumer involvement (PPI and CCI)
- Teams commitment to adaptation
- Grants led by allied health professionals in both countries
- Joint language
- Financial commitment form organisations
- Willingness to join meetings out of work time
- Shared commitment to improve health
- Clinical Trials Units in both places

Where we are now

- The UK and Australian teams have secured funding from NHMRC and NIHR
- Secured ethical and organisational approvals
- Written a joint protocol,
- Developed a Stroke Action falls manual, aphasia friendly (adapted for tele-delivery in the Australian context);
- Set up Trials Steering and Data monitoring Committees
- Set up parallel REDCap data bases
- Developed a network of trust and shared learning
- Meet monthly to share knowledge

Yes! WE'RE OPEN

6 UK sites open
2 Australian sites open
10 UK participants recruited
4 Australian participants recruited

What about setting up a platform for more fall prevention trials?

Email: Pip Logan pip.logan@uq.edu.au
Email: FISS@nottingham.ac.uk
Email: stars_educationandresearch@health.qld.gov.au

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