



NHS
**National Institute for
Health Research**

Issue 5

West Midlands Stroke Research Network Newsletter

Welcome to the Fifth edition of the quarterly WMSRN Newsletter!
We aim to update you on our work and the people in our region who make it happen.

Each edition will include details on which NHS organisations are taking part in studies and how they are getting along with recruiting patients. This edition will show progress for the final quarter of the NHS financial year against our predicted expectations.

This quarter we will be celebrating achieving our target of 500 patients recruited to portfolio studies for the financial year. We will be providing feedback on our Stakeholder Event, held in January 2009. This quarter's trial in focus is RETURNS.

We close this financial year by wishing you all Health, Wealth and Happiness. We hope you enjoy this newsletter and would very much appreciate your suggestions and feedback.

Kind Regards to All

Kate Wilde

West Midlands Stroke Research Network Manager

Consultant Lead: Dr Christine Roffe. Network Manager: Dr Kathryn Wilde
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The West Midlands Stroke Research Network is part of the National Institute for Health Research and is funded by the Department of Health

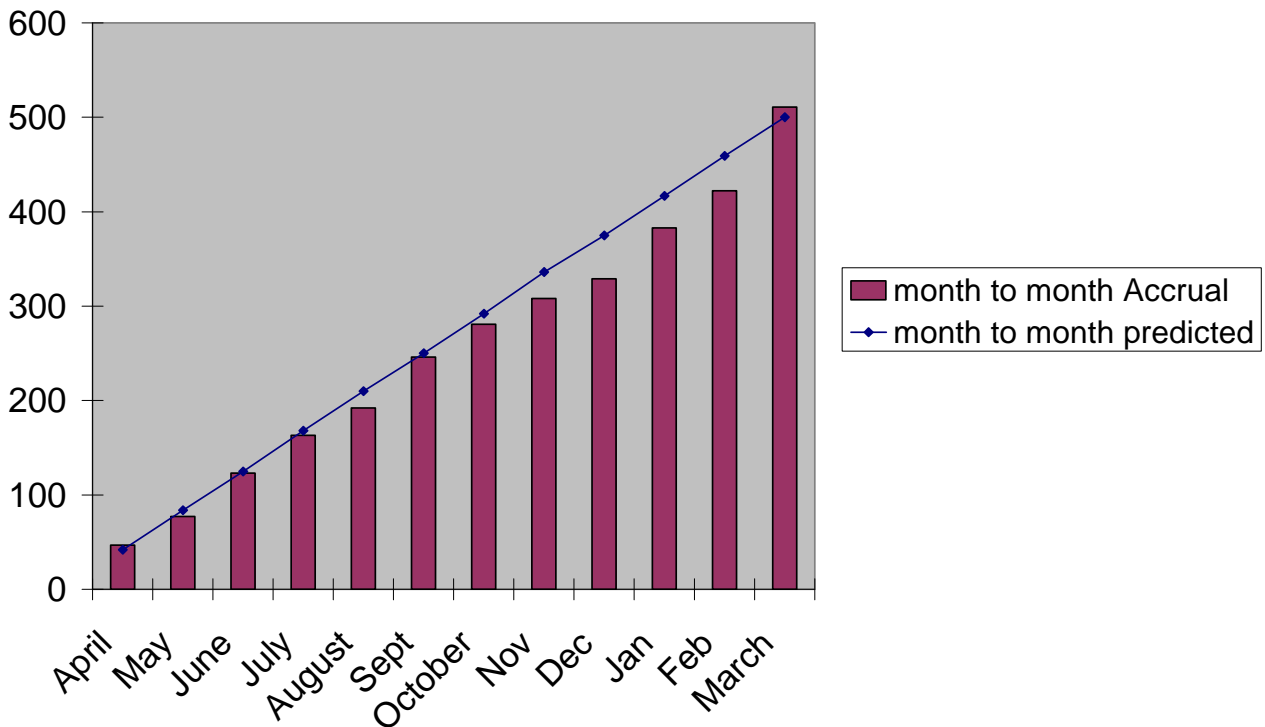
Recruitment In WMSRN

As last quarter, we will continue to report on how recruitment is going.

The graph below shows the number of patients recruited to SRN studies in the first, second, third and fourth quarters and compares this with the yearly expectation of 500 patients. Despite many difficulties and obstacles along the way, we have achieved target. This is due to the hard work and dedication of everyone to enable us to recruit a record 78 patients across the West Midlands in March.



NUMBER OF PATIENTS RECRUITED QUARTER 1, 2, 3 & 4



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Trials in WMSRN Area

CLOTS (Clots in Legs Or Teds after Stroke?)

- Does early and routine application of compression stockings reduce the risk of above knee deep venous thrombosis (DVT) in the weeks after an acute stroke? Are full length graduated compression stockings more effective than below knee graduated compression stockings in reducing the risk of DVT?
- There are 11 hospitals participating in the West Midlands and results of the first part of the trial will be published in May 2009

ENOS (Efficacy of Nitric Oxide patches and blood pressure reduction regimens after Stroke).

- This study questions whether blood pressure should be actively reduced after a stroke but additionally explores whether a Nitric Oxide patch is more efficacious than use of an oral antihypertensive. This patch can be used even when a patient has swallowing difficulties.
- There are five hospitals participating in this trial in the West Midlands and we are hoping more will in 2009/10

IST3 (International Stroke Trial 3)

- This trial is looking at extension of the time frame and the age range for use of alteplase (Clot busting drug) in thrombolysis of cerebral infarcts. The drug is currently only licensed to be used up to 3 hours after the onset of stroke symptoms. This trial looks at the merit of extending this to 6 hours.
- There are now seven hospitals participating in this trial in the West Midlands.

BUCS (The Birmingham Cognitive Screen)

- This research is looking into a questionnaire tool that assesses attention and executive brain function after brain injury.
- This study currently takes place at four hospitals in the West Midlands and we are hoping another 3 will join in soon

RETURNS

- This study explores rehabilitation concentrating on turning co-ordination.
- Patient are recruited through Birmingham University from the local Primary care community.

DNA Lacunar

- This study collect genetic material on lacunar type strokes
- Patients are recruited from University Hospital Coventry and Warwickshire at present.

ROCKET

- This study is looking at an alternative therapy to Warfarin for Atrial fibrillation.
- Patient are recruited from two hospitals in the West Midlands.

LOTS care and LUNS

- This study explores long term planning and treatment for stroke patients after discharge.
- The LUNs project is evaluating the questionnaire used to evaluate unmet needs in the LOTs trial.
- Three centres are recruiting patients to LUNs and 3 are recruiting patients to LOTS in the West Midlands

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TRA 2 P

- This study is looking at an alternative anti-platelet therapy and runs at University Hospital Coventry and Warwickshire

SOS

- Is routine oxygen supplementation beneficial in the first few days after stroke?
- This study is running at three centres across the West Midlands but we are hoping participation will increase greatly in 2009/10.

Trial In FOCUS



ReTurnS

Aims

This study aims to see if turning co-ordination after a stroke can be improved by using external stimuli. Previous studies have shown that external cues signalling a turn may improve turning ability by focusing attention on the required movement. Are visual cues more effective than auditory cues? Are there differences depending on the exact location and type of stroke injury the brain has sustained? Better understanding of the response of stroke patients to turns in walking will give a better insight into the condition and produce more structured rehabilitation therapy strategies.

Inclusion Criteria

Patients recruited to this study should be at least 6 months post stroke and be able to walk ten metres without assistance from another person or an orthopaedic aid. Stroke needs to be the only underlying cause of neuro-muscular impairment and the patient should not suffer from an orthopaedic or rheumatic condition. The patient should not be visually impaired or have expressive or receptive language problems that might prevent them understanding the visual and auditory cues and verbal instructions given.

Procedure

Patients are asked to walk down straight pathways and pathways with 45 degrees turns in, left or right. Patients will initially be left to 'self initiate' the walking turns. Analysis will be repeated using visual cues such as flashing lights, or verbal cues. A Gait analysis is performed using a 3 dimensional motion analysis system. How a patient manages to self initiate turns and how they respond to visual and auditory cues is evaluated.

For more information, contact Kristen Hollands k.hollands@bham.ac.uk.



Events Feedback

Research and Development in Stroke Conference

Scarman House, University of Warwick Conference Centre
23rd January 2009

The West Midlands Stroke Research Network and The Coventry and Warwickshire Cardiovascular Network would like to express their thanks to all that attended, presented and took part in our Research and Development in Stroke Conference 23rd January 2009 at the University of Warwick Conference Centre.

87 people attended in the day and I think all would agree it was useful and informative.

Focus groups were held on the day in order to collect research ideas and priorities, mainly from stroke survivors, their carers and other members of the public. Professionals were also asked to comment what the priorities were for training Non-speech and language professionals to screen swallowing in stroke patients. The comments collected will form part of an ongoing project with the West Midlands Deanery to unify education standards in this area.



Dr Christine Roffe (Clinical Lead for WMSRN) and Dr Tony Kenton (Clinical Lead for Stroke for the Coventry and Warwickshire cardiovascular Network), introduce the day.

Mrs Pam Taplin. This incredible lady was unable to speak at all after her stroke and is now able to provide inspiration to others through *Speakability*



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Dr Damian Jenkinson, our Key Note Speaker, from the Stroke Improvement Programme

Good Food!

Good Company!



Some closing words from our Chairman, Dr Peter Mayer

One last photo opportunity!

From left to right:
Dr Tony Kenton, Dr Christine Roffe, Rachael Rowe (Network manager for the Coventry and Warwickshire Cardiovascular network) and Dr Richard McManus (Lead for Primary Care and deputy Clinical Lead for WMSRN)



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NEWS of research work being carried out around the world. Articles can be found online on the newspapers website. News has been selected by Norman Phillips, a stroke survivor from Coventry and one of our editors. The WMSRN does not endorse any of these stories or the periodicals in which they are published.

Daily Telegraph 23 Mar 2009

Music may help stroke victims regain sight

Loneliness 'can increase the chances of dying after a stroke'

Daily Telegraph 30 Mar 2009

Polypill 'significantly reduces the risk of heart disease and strokes'

Daily Mail – 16th February 2009

Space helmet' that can tell you've had a stroke

Daily Mail 09th March 2009

Tiny 'ping pong balls' could repair stroke-damaged brains

Other News links include:

The Stroke Association: www.stroke.org.uk

The Department of health stroke page

http://www.dh.gov.uk/en/Healthcare/NationalServiceFrameworks/Stroke/DH_075733

Patient UK news : <http://news.patient.co.uk/> then search by subject and link directly to each news item at its source website.

American Heart Association & American Stroke Association Stroke Newsletter at

<http://stroke.ahajournals.org/>

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Other News & Up and Coming Events



Birmingham Brain Attack 2009

Date (Fridays)	Time	Venue	Topic	Speaker(s)	Target Audience
8 th May 2009	9.30 a.m.- 1.30 p.m.	Moot Room, Law Building, University of Birmingham	Consenting stroke patients	Kate Wilde Kathryn Law	Stroke Research Network PIs and researchers
5 th June 2009	11 a.m. – 2 p.m.	Lecture Theatre Moseley Hall Hospital	Public Information session on rehabilitation	Cath Sackley Kris Holland Trudy Pelton Wai-Ling Bickerton	Patients, Public and health professionals
4 th Sept 2009	9.30 a.m.- 1.30 p.m.	Lecture Theatre, Moseley Hall Hospital	GCP and Mental Capacity Act	Tanya Symons	Stroke Research Network PIs and researchers
6 th Nov 2009	11 a.m. – 2 p.m.	Seminar room, Moseley Hall Hospital	Equality and Diversity	Kate Wilde Jo McCormack	Stroke Research Network PIs and researchers

Strokes in Coventry

Drop in cafe
for help support and advice.
Every Friday 12-2pm .

contact strokesincoventry@googlemail.com
at Warwick Road United Reformed Church
Warwick Row
www.strokesincoventry.com

4th UK Stroke Forum Conference

1-3 December 2009 Glasgow
Registration opens April 2009

Call for Abstracts
opens 27 April 2009
closes 27 June 2009

Kindly supported by
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Glasgow
Scotland with style

Contact Details Tell Us About Your Event!

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