

EXTRAS News

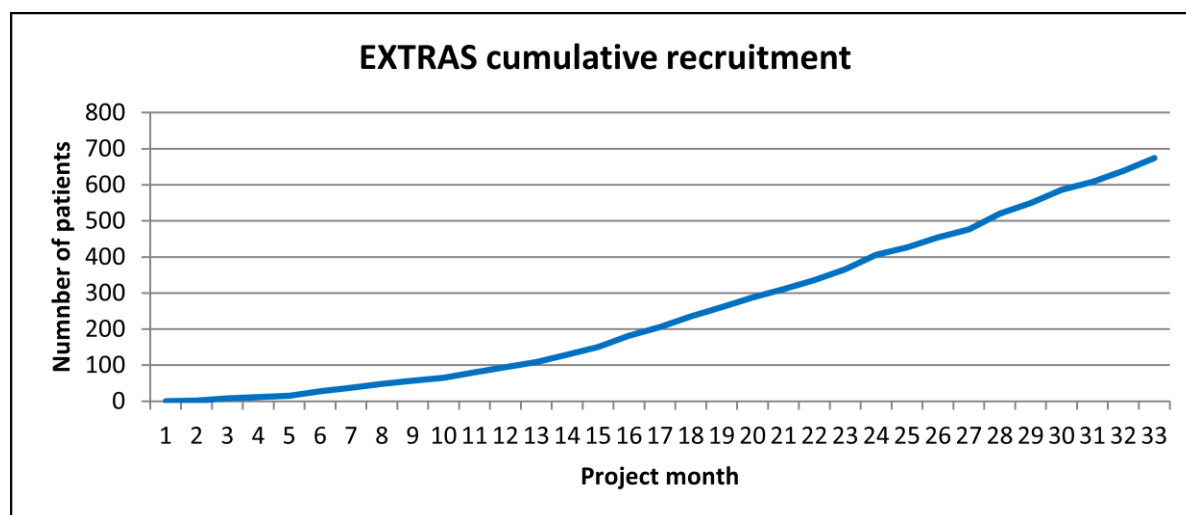
Issue 6: August 2015

It's hard to believe that another 6 months have gone by since the last EXTRAS newsletter!

The most important news is that **recruitment is now complete.**

Grand total = 674 patients recruited

Recruitment started back in November 2012. The research team at Wansbeck General Hospital recruited the very first patient. The very last patient was recruited by the research team in Somerset. For all centre recruitment numbers see the table on pages 3 + 4.



To date, 562 of these 674 patients have been randomised. Our records show that 18 are still waiting to be randomised (they are still under ESD care as yet). The remainder are people who did not get randomised.

We have **exceeded** both our recruitment and randomisation targets which is fantastic news. It should mean that the study results (when we reach this point) are very robust.

A **big thanks** to all involved in recruitment and randomisation.

Continuing onwards are the EXTRAS extended rehabilitation service reviews and the research outcome assessments. The extended rehabilitation service will continue until **February 2017**. Outcome assessments will be completed in **September 2017**.

A trial to evaluate an extended rehabilitation service for stroke patients (EXTRAS)

Extended rehabilitation service review documentation

Patient name: _____

Patient study number: _____

Stroke Rehabilitation Research Project

EXTRAS

Twelve Month Assessment

Patient name: _____

Study number: _____

Date of review: _____

Thank you for completing this questionnaire.

EXTRAS News

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Centres opened in EXTRAS project year 1 (Oct 2012 – Sept 2013):

1. Northumbria

*Northumbria Healthcare NHS
Foundation Trust*

2. Leeds

*Leeds Teaching Hospitals NHS Trust
and Leeds Community Healthcare
NHS Trust*

3. Newcastle

*Newcastle upon Tyne Hospitals NHS
Foundation Trust*

4. Pennine

*Pennine Acute Hospitals NHS Trust
and Pennine Care NHS Foundation
Trust*

5. South Tyneside

South Tyneside NHS Foundation Trust

6. Cornwall

Royal Cornwall Hospitals NHS Trust

Centres opened in EXTRAS project year 2 (Oct 2013 – Sept 2014):

7. Southampton/Solent

Solent NHS Trust

8. Portsmouth/Solent

*Portsmouth Hospitals NHS
Trust*

9. Plymouth

*Plymouth Community
Healthcare*

10. Norfolk

*Norfolk Community Health
and Care NHS Trust*

11. Stafford

*Staffordshire and Stoke on
Trent Partnership NHS Trust*

12. Bournemouth

*Royal Bournemouth and
Christchurch NHS Foundation
Trust*

13. Hull/Humber

*Hull and East Yorkshire NHS
Trust and Humber NHS
Foundation Trust*

14. York

*York Teaching Hospitals
NHS Foundation Trust*

15. Sherwood Forest

*Sherwood Forest NHS
Foundation Trust*

16. Somerset

*Somerset Partnership NHS
Foundation Trust*

17. Wigan

*Wrightington, Wigan and
Leigh NHS Foundation*

Centres opened in EXTRAS project year 3 (Oct 2014 – Sept 2015):

18. Cardiff

Cardiff and Vale University Health Board.

Total

18 centres

21 NHS Trusts

EXTRAS recruitment data: centres 1-10

	Northumbria	Newcastle	Leeds	Pennine	S Tyneside	Cornwall	S'ton/Solent	Portsmouth	Plymouth	Norfolk
Nov 2012	2									
Dec 2012	3		3							
Jan 2013	1	1	2			Centres	not	opened		
Feb 2013	2	0	1	0						
Mar 2013	2	2	7	2						
Apr 2013	3	2	4	1						
May 2013	3	1	5	1						
Jun 2013	5	1	3	0						
Jul 2013	1	1	5	1						
Aug 2013	6	0	5	1	2	1				
Sept 2013	1	2	4	3	1	4				
Oct 2013	3	0	5	1	0	5	0			
Nov 2013	5	0	5	1	3	1	2	0	3	
Dec 2013	1	0	7	0	0	3	1	2	5	1
Jan 2014	1	2	10	1	3	2	1	1	4	1
Feb 2014	2	0	4	2	1	1	2	1	4	5
Mar 2014	4	0	9	1	1	2	1	0	5	1
Apr 2014	2	1	0	0	1	6	2	1	4	1
May 2014	2	0	4	0	3	4	3	0	3	4
Jun 2014	2	0	4	0	1	3	1	0	4	2
Jul 2014	3	2	4	0	0	1	3	1	3	3
Aug 2014	4	0	4	0	1	6	3	0	3	3
Sept 2014	3	1	4	2	0	4	1	1	4	5
Oct 2014	1	0	2	0	2	3	0	1	3	3
Nov 2014	1	3	5	1	2	2	0	2	1	5
Dec 2014	0	0	3	1	0	3	0	1	2	2
Jan 2015	2	4	4	1	0	3	0	3	4	6
Feb 2015	2	4	4	0	3	1	1	5	2	3
Mar 2015	2	2	4	0	1	0	0	3	2	12
Apr 2015	3	3	3	1	1	3	0	1	3	-
May 2015	4	2	3	1	0	6	0	1	1	-
June 2015	1	2	5	1	2	4	0	5	-	-
Total	77	36	132	23	28	68	21	29	60	57

EXTRAS recruitment data: centres 11-18 and total

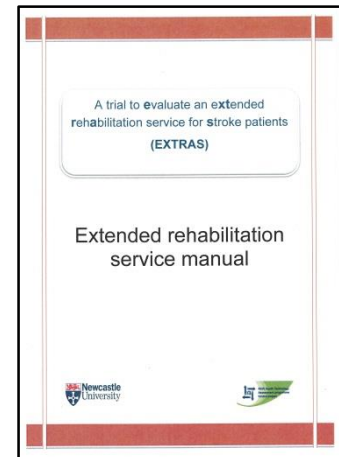
	Staffordshire	Bournemouth	Humber	York	Sherwood Forest	Somerset	Wigan	Cardiff	Total /Month
Nov 2012									2
Dec 2012									6
Jan 2013									4
Feb 2013		Centres	not	opened					3
Mar 2013									13
Apr 2013									10
May 2013									10
Jun 2013									9
Jul 2013									8
Aug 2013									15
Sept 2013									15
Oct 2013									14
Nov 2013									20
Dec 2013	2								22
Jan 2014	5								31
Feb 2014	2								24
Mar 2014	1	4	0						29
Apr 2014	2	4	2						26
May 2014	2	2	0	0					27
Jun 2014	0	3	2	1					23
Jul 2014	0	1	1	1	2				25
Aug 2014	0	1	0	1	1	2	1		30
Sept 2014	4	3	1	1	2	2	2		40
Oct 2014	2	2	0	0	2	0	0		21
Nov 2014	0	0	0	0	2	1	2		27
Dec 2014	0	1	0	3	3	2	1	1	23
Jan 2015	0	1	0	1	2	3	1	8	43
Feb 2015	0	0	0	1	2	1	0	1	30
Mar 2015	1	0	0	0	2	3	1	3	36
Apr 2015	0	0	0	0	2	1	0	1	22
May 2015	0	5	2	0	2	1	1	2	31
June 2015	0	5	0	2	2	3	1	2	35
Total	21	32	8	11	24	19	10	18	674

What is EXTRAS?

EXTRAS is a clinical trial to evaluate a new longer term stroke rehabilitation service.

One third of patients have long term disability after stroke but specialist stroke rehabilitation usually last no more than a few months. Patients who have on going rehabilitation needs once specialist stroke rehabilitation finishes may be referred to a range of other health care professionals or services, but most do not offer specialist stroke rehabilitation. One of the reasons why specialist stroke rehabilitation is not provided over a longer period is because it is not yet known if it is beneficial. The EXTRAS clinical trial will determine whether a new extended stroke rehabilitation service is beneficial to patients and carers.

Stroke patients and carers who agree to participate in the trial are randomly allocated to either receive a new extended stroke rehabilitation service or continue with usual NHS care. The new extended rehabilitation service begins when routine Early Supported Discharge (ESD) ends. It involves on going contact, usually by telephone, with a senior ESD stroke therapist or nurse for 18 months after ESD finishes.



A senior stroke therapist or nurse will contact patients and carers at 1, 3, 6, 12 and 18 months after discharge from ESD to review their progress and rehabilitation needs. Rehabilitation goals will be agreed and the therapist or nurse will give advice on how to progress towards these goals. The advice may be verbal advice, for example, exercises to practice at home, or, if required, referral to local rehabilitation services may be arranged.

The effectiveness of the new extended rehabilitation service will be evaluated by comparing the health (e.g. functional abilities and quality of life) of patients and carers who received the new service with those who received usual NHS care.

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