

EXTRAS News

Issue 7: April 2016

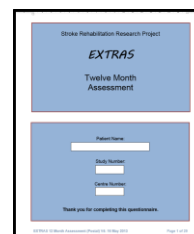
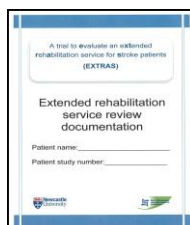
EXTRAS recruitment and randomisation.

EXTRAS centre	Recruited	Randomised
Northumbria	77	60
Newcastle	36	27
Leeds	132	81
Pennine	23	15
South Tyneside	28	27
Cornwall	68	61
Southampton/Solent	21	21
Portsmouth	29	27
Plymouth	60	60
Norfolk	57	56
Staffordshire	21	18
Hull/Humber	8	8
Bournemouth	32	32
York	11	11
Sherwood Forest	24	22
Somerset	19	19
Wigan	10	10
Cardiff	18	18
Total	674	573

Welcome to Spring 2016 and issue 7 of the EXTRAS newsletter.

Its hard to believe that EXTRAS is now into its 4th year – the first sites opened in November 2012. Recruitment completed in June 2015 and randomisation in October 2015. The total number of participants recruited and randomised at each EXTRAS centre are shown in the panel to the left.

Continuing onwards are the EXTRAS extended rehabilitation service reviews and the research outcome assessments. The extended rehabilitation service continues until [April 2017](#). Outcome assessments will be completed in [September 2017](#).



Of course, monitoring visits, SAE reporting and data cleaning continue as well.....so still quite a lot keeping both the site teams and coordinating centre team busy.

Coming soon:

1. Recruitment and baseline dataset to be finalised.

Here in the co-ordinating centre we plan to finalise the recruitment and baseline datasets very soon – we're likely to have a few queries that we'll ask sites to address – thanks for patience in advance.

2. Rehabilitation service mapping.

As part of the trial parallel process evaluation, our qualitative researcher, Eleanor Stevens, will soon be in touch with sites to conduct a brief survey about services available to stroke survivors in each EXTRAS region.

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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.

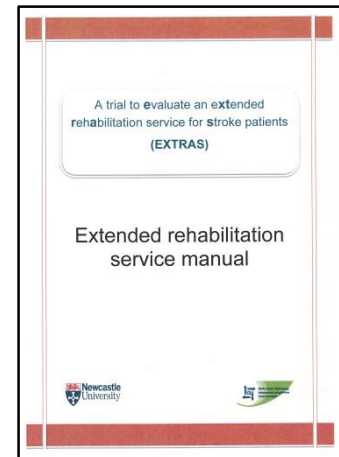
Total
18 centres
21 NHS Trusts

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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