

A trial to evaluate an extended rehabilitation service for stroke patients

# EXTRAS News

Issue 1: January 2013

## EXTRAS sites open to date:

### 1. Northumbria

*Northumbria Healthcare NHS Foundation Trust.*

### 2. Leeds

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

### 3. Newcastle

*Newcastle upon Tyne Hospitals NHS Foundation Trust.*

## EXTRAS recruitment to date:

**9** participants

## Thanks and goodbye to Katie

The co-ordinating centre says thanks and goodbye to Katie Barrick who, as many of you know, worked with us in 2012 to develop the extended rehabilitation service. Katie only joined us for a year and has returned to full time clinical practice as a physiotherapist.



Happy New Year 2013 and welcome to the first newsletter for the EXTRAS study.

As many of you know, 2012 was a very busy year for EXTRAS as the study was set up and the first research sites launched.

A huge **thanks** to all of you involved to date in making the study happen.

The first site to open to EXTRAS was Northumbria Healthcare NHS Foundation Trust on 5<sup>th</sup> November 2012. Two hospitals in this Trust are taking part (Wansbeck General Hospital and North Tyneside General Hospital) and it was the Wansbeck team who recruited the **first patient**. Well done to Wansbeck – in particular to Gail Storey, stroke specialist research nurse, who recruited this first patient.

Wansbeck Hospital has now recruited 3 patients and North Tyneside Hospital is not far behind at 2 patients.

Leeds opened to EXTRAS on 6<sup>th</sup> December 2012 and got off to a flying start recruiting 3 patients just before Christmas.

The first site to open in 2013 is Newcastle who started EXTRAS on 2<sup>nd</sup> January 2013. Newcastle has just recruited their first patient who is also the first patient for 2013!

**Thanks again** to all who have been involved in EXTRAS to date.

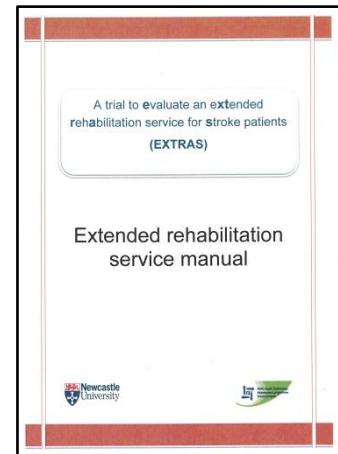
We will shortly be adding further sites and will be contacting those of you who have expressed an interest in taking part.

## What is EXTRAS?

EXTRAS is a clinical trial to evaluate a 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.



The 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.

EXTRAS is a 5 year project and aims to recruit 510 stroke patients/carers from 12 or more NHS stroke services.

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