

# EXTRAS News

Issue 5: January 2015

**Happy New Year** from the EXTRAS co-ordinating centre! Here is some more EXTRAS news to share.

## 1. Likely new change to the EXTRAS recruitment period

I'm sure you will remember that we recently extended the EXTRAS recruitment period until 31 March 2015 – but this was subject to further change. The recruitment period is now likely to be **further extended to 30 June 2015**. Whilst recruitment continues to go very well, to ensure that 510 patients are randomised to a treatment group, we need to recruit approximately 600 patients. We want to keep recruitment open until June 2015 to be sure we achieve this. We will confirm the new recruitment end date as soon as we can. For now, please keep recruiting!



## 2. EXTRAS study centres

The last EXTRAS study centre is now open. Cardiff opened to recruitment in December 2014. The team have hit the ground running, recruiting 1 participant in December and 7 in early January. Well done Cardiff! For all EXTRAS study centres see page 3.

## 3. Patient recruitment

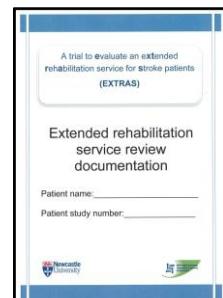
Recruitment continues to go very well. See pages 4 + 5 for centre recruitment numbers to end of December 2014. The total recruitment is **476 patients**. In order to recruit 600 patients by June 2015, we need to recruit 25 patients per month. **It would be really great if each centre could achieve their planned 2-4 patients per month as we head into these last few recruiting months.** We'll be awarding a number of **prizes** to high recruiters in the next few months!

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## 4. Delivery of the EXTRAS extended rehabilitation service

This continues to go very well. Soon we're going to start to examine the data from the reviews so we can understand the types of rehabilitation issues being addressed.



## 5. Outcome assessments

Jacky is now very busy doing both 12 and 24 month outcome assessments. Thanks to all of you who help Jacky with any details she needs.

## 6. EXTRAS data management

Both Anne and Richard remain very busy behind the scenes with the EXTRAS data. The data quality is very good – so thanks to everyone working to input the data and respond to co-ordinating centre queries.



Jacky Price (outcome assessor)



Richard Frances (database manager)



Anne Harrison (project administrator)

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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.*

Thanks to all recruiting,  
treating and admin staff at all  
EXTRAS study centres

## Recruitment data to end of December 2014: centres 1-9

	Northumbria	Newcastle	Leeds	Pennine	S Tyneside	Cornwall	S'ton/ Solent	Portsmouth	Plymouth
Nov-12	2								
Dec-12	3			3					
Jan-13	1	1	2						
Feb-13	2	0	1	0					
Mar-13	2	2	7	2					
Apr-13	3	2	4	1					
May-13	3	1	5	1					
Jun-13	5	1	3	0					
Jul-13	1	1	5	1					
Aug-13	6	0	5	1	2	1			
Sep-13	1	2	4	3	1	4			
Oct-13	3	0	5	1	0	5	0		
Nov-13	5	0	5	1	3	1	2	0	3
Dec-13	1	0	7	0	0	3	1	2	5
Jan-14	1	2	10	1	3	2	1	1	4
Feb-14	2	0	4	2	1	1	2	1	4
Mar-14	4	0	9	1	1	2	1	0	5
Apr-14	2	1	0	0	1	6	2	1	4
May-14	2	0	4	0	3	4	3	0	3
Jun-14	2	0	4	0	1	3	1	0	4
Jul-14	3	2	4	0	0	1	3	1	3
Aug-14	4	0	4	0	1	6	3	0	3
Sept-14	3	1	4	2	0	4	1	1	4
Oct-14	1	0	2	0	2	3	0	1	3
Nov-14	1	3	5	1	2	2	0	2	1
Dec-14	0	0	3	1	0	3	0	1	2
<b>Total</b>	<b>63</b>	<b>19</b>	<b>109</b>	<b>19</b>	<b>21</b>	<b>51</b>	<b>20</b>	<b>11</b>	<b>48</b>

## Recruitment data to end of December 2014: centres 10-18 and total

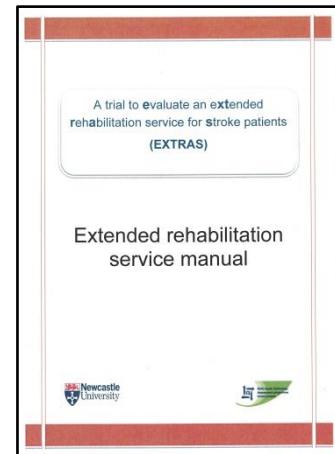
	Norfolk	Staffordshire	Bournemouth	Hull/Humber	York	Sherwood Forest	Somerset	Wigan	Cardiff	Total
Nov-12										2
Dec-12										6
Jan-13										4
Feb-13										3
Mar-13										13
Apr-13										10
May-13										10
Jun-13										9
Jul-13										8
Aug-13										15
Sep-13										15
Oct-13										14
Nov-13										20
Dec-13	1	2								22
Jan-14	1	5								31
Feb-14	5	2	0							24
Mar-14	1	1	4	0						29
Apr-14	1	2	4	2						26
May-14	4	2	2	0	0					27
Jun-14	2	0	3	2	1					23
Jul-14	3	0	1	1	1	2				25
Aug-14	3	0	1	0	1	1	2	1		30
Sept-14	5	4	3	1	1	2	2	2		40
Oct-14	3	2	2	0	0	2	0	0		21
Nov-14	4	0	0	0	0	2	1	2		26
Dec-14	2	0	1	0	3	3	2	1	1	23
<b>Total</b>	<b>35</b>	<b>20</b>	<b>21</b>	<b>6</b>	<b>7</b>	<b>12</b>	<b>7</b>	<b>6</b>	<b>1</b>	<b>476</b>

## 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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