

EXTRAS News

Issue 8: March 2017

EXTRAS extended rehabilitation service - final 18 month dates

EXTRAS centre	Final 18 month review date
Pennine (Bury)	13/11/2014
Pennine (Rochdale)	04/10/2015
Hull/Humber	26/02/2016
Southampton/Solent	18/08/2016
Norfolk	20/09/2016
Staffordshire	08/11/2016
Plymouth	12/11/2016
Northumbria (North Tyneside)	17/12/2016
Wigan	24/12/2016
York	29/12/2016
Bournemouth	30/12/2016
South Tyneside	06/01/2017
Somerset	06/01/2017
Sherwood Forest	08/01/2017
Northumbria (Wansbeck)	10/01/2017
Cornwall	10/01/2017
Cardiff	22/01/2017
Leeds	04/02/2017
Portsmouth	11/03/2017
Newcastle	24/03/2017

Welcome to issue 8 of the EXTRAS newsletter - and to the final year of the trial

It's great to report that EXTRAS has now entered its final year. Since November 2012 when the first EXTRAS centre opened, a further 17 centres (21 NHS Trusts in total) joined the study, 674 patients were recruited and 573 patients were subsequently randomised to a study group.

Participants in the intervention group have been receiving the EXTRAS extended rehabilitation service reviews and these are either now completed or very nearly completed. The table opposite shows when the last review was/is due at each centre. As can be seen, the very last one is due in Newcastle at the end of **March 2017**.

Jacky Price, the EXTRAS outcome assessor, is still busy tracking down participants for the 24 month outcome assessments but this too is heading to an end with the final assessment due in **September 2017**. The graph below shows how many are left at each site.

Eleanor Stevens, the EXTRAS qualitative researcher, is now interviewing participants and staff to gather views about EXTRAS.

EXTRAS results

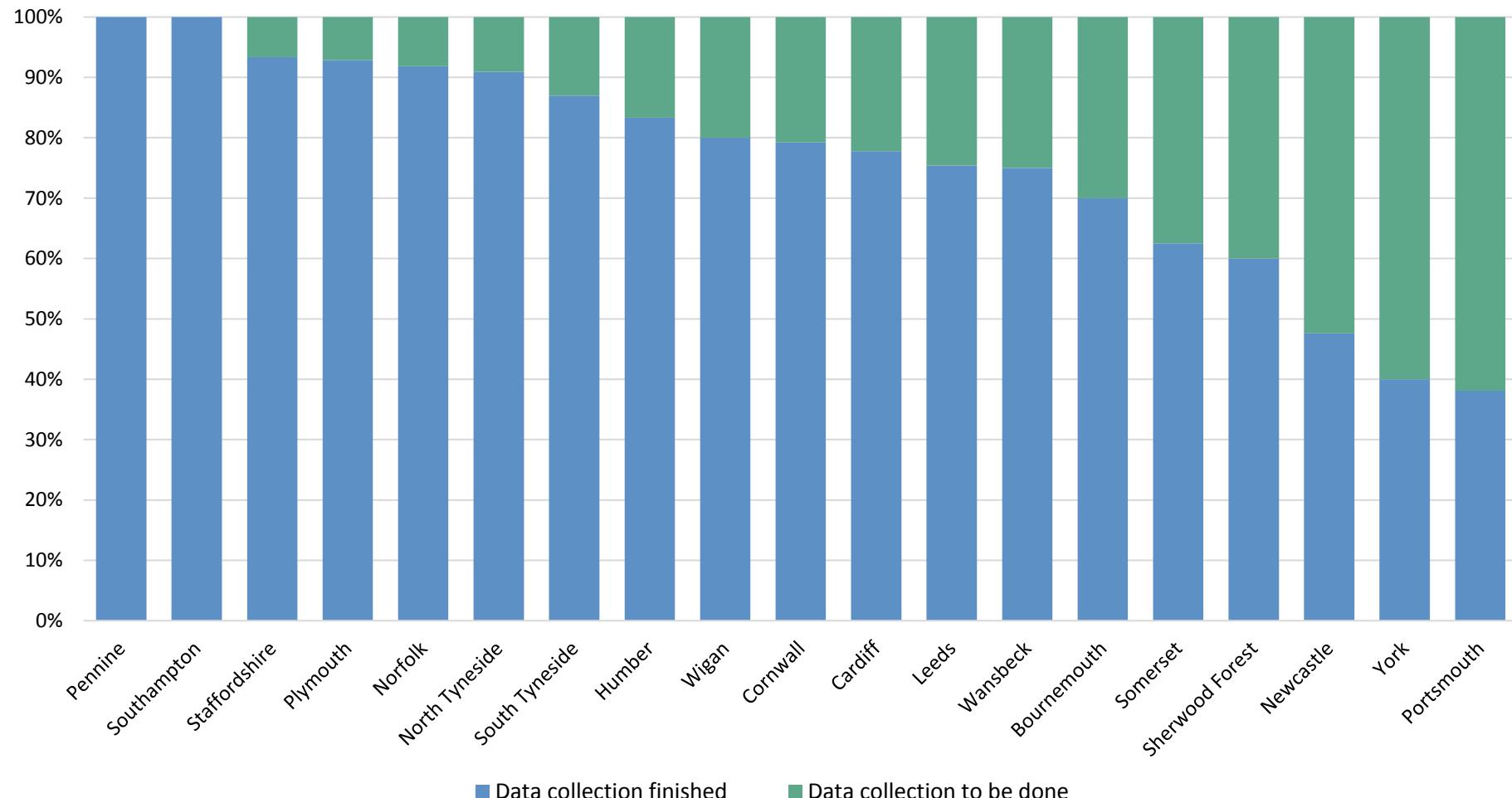
Many thanks to those of you at the EXTRAS centres who are helping the co-ordinating centre team to resolve final data queries and add any remaining data to the study database.

EXTRAS results will be **available either late 2017 or early in 2018**. After what will be nearly 5 years of data collection it will be great to finally see the results! Watch this space!

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EXTRAS - 24 month Outcome Assessments

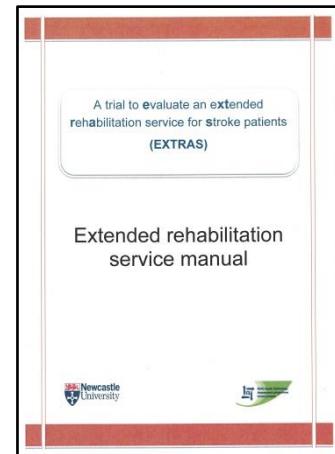


What is EXTRAS?

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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