

A trial to evaluate an extended rehabilitation service for stroke patients

# EXTRAS News

Issue 2: September 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.*

### 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*

## EXTRAS recruitment to date:

**83** patients

**25** carers

## Welcome to Dawn

As many of you know Dawn Greene recently joined us in the co-ordinating centre and will be visiting all open sites.



It's hard to believe that 6 months have passed since the first EXTRAS newsletter in January 2013!

Many of you will remember that EXTRAS was designed as an internal pilot trial for year 1 with progression into the rest of the trial if we met our 'progression criteria'. We're now nearing the end of year 1 and are **very pleased** to be able to report that these criteria have been met! Our funder, NIHR HTA, has recently confirmed that the trial can continue.

A huge thanks to all of you who have worked hard to get sites opened and patients recruited to allow us to meet the progression criteria. Since the last newsletter we've welcomed the Pennine teams, South Tyneside teams and Cornwall teams to EXTRAS. All got off to a flying start recruiting their first patients within a few days of opening! In Cornwall, the first patient was recruited before Lisa made it back to Newcastle, having been with the team for a few days training – fantastic!

In the co-ordinating centre we're now working hard with more interested sites such that we can aim to get 12 or more sites opened by the middle of 2014.

At our open sites, EXTRAS continues to go very well. Many thanks to all of you involved in recruiting or treating patients. We have **one plea** though – we'd really like you to try and recruit more carers. As you can see, we've only recruited 25 carers compared to the 83 patients. It would be great to improve this!

And finally, just to let you know that the EXTRAS website is now live. Visit it at: <http://research.ncl.ac.uk/extrastrial/>. Site staff will shortly be able to access study documentation from the website – we will be in touch about how to do this soon.

# EXTRAS

## Individual site recruitment data to August 2013

	North Tyneside		Wansbeck		Leeds		Newcastle		Pennine		South Tyneside		Cornwall	
	Pt	Carer	Pt	Carer	Pt	Carer	Pt	Carer	Pt	Carer	Pt	Carer	Pt	Carer
Nov 12	1	1	1	1	x	x	x	x	x	x	x	x	x	x
Dec 12	1	1	2	2	3	0	x	x	x	x	x	x	x	x
Jan 13	1	1	0	0	2	1	1	0	x	x	x	x	x	x
Feb 13	1	1	1	0	1	0	0	0	0	0	x	x	x	x
March 13	1	1	1	0	7	0	2	2	2	0	x	x	x	x
April 13	3	2	0	0	4	0	2	1	1	0	x	x	x	x
May 13	0	0	3	1	5	1	1	1	1	0	x	x	x	x
June 13	3	0	2	0	3	0	1	1	0	0	x	x	x	x
July 13	0	0	1	0	5	0	1	1	1	0	x	x	x	x
Aug 13	4	1	2	0	5	1	0	0	1	0	2	2	1	1
<b>Total</b>	<b>15</b>	<b>8</b>	<b>13</b>	<b>4</b>	<b>35</b>	<b>3</b>	<b>8</b>	<b>6</b>	<b>6</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>1</b>

X = site not opened

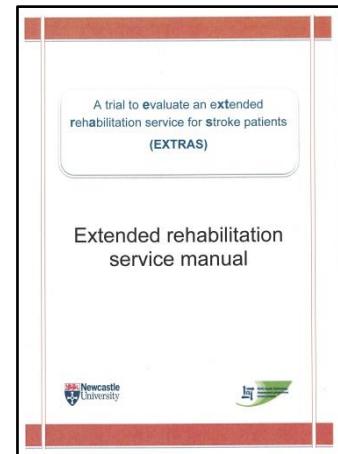
**Well done again to all!**

## 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.

### EXTRAS Contacts

Professor Helen Rodgers, Chief Investigator

Dr Lisa Shaw, Project Manager

Mrs Debbie Jones, Project Administrator

[Helen.Rodgers@ncl.ac.uk](mailto:Helen.Rodgers@ncl.ac.uk)

[Lisa.Shaw@ncl.ac.uk](mailto:Lisa.Shaw@ncl.ac.uk)

[d.l.jones@ncl.ac.uk](mailto:d.l.jones@ncl.ac.uk)

0191 222 6779

0191 222 3826

0191 222 6779

