

LIFE AFTER STROKE NURSING RESEARCH PRIORITIES THE RESULTS

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ON BEHALF OF THE SSNF & FUNDED BY CHSS

Study Aims



- Establish the Top 10 stroke nursing research priorities
- Increase research capability/ capacity
- Increase nurse-led research
- Ensure research relevant to what nurses do
- Valued by stroke patients and carers
- Research focused on defined objectives
- Inform future research agenda for staff, researchers & funders

Stroke Nursing Research Priorities



- Built on previous priority setting project relating to life after stroke that used James Lind Alliance methodology (Pollock et al, 2012 & 2014)
- Aims to ensure meaningful patient involvement in research priority setting: 5 stages (used 1-3 stages previous project)

226 Unique unanswered research questions

4. Interim prioritisation:

5. Final priority setting

Interim Prioritisation: Methods & Participants



4. Interim prioritisation: (n= 97)

Questionnaire - SSNF conference, email, post

Position	n	Base	n	Years	n
CN	14				
SN	19	Acute	25	<2	8
NA	1	Rehab	9	1-5	14
SSN/SLN/consultant	36	Mixed	12	6-10	15
		Community	18	10+	56
Research	12	Other	32	Not stated	4
Other	12	Not stated	1		
Not Stated	3				

Interim Prioritisation: Results



4. Interim prioritisation

- 190/226 questions in individuals top 10
- 23/226 questions included in $n \geq 10$ top 10
- 5/226 ranked in top 25 research questions

Total of 28 Shared Research Priorities

Shared Top 28 Questions:

9 Related to Care of Stroke Symptoms



Type	Research Question
Care	What are the best ways to manage urinary and faecal incontinence?
Care	What are the best ways to manage post-stroke pain?
Rehab	What are best ways to manage and/or prevent fatigue?
Mood	What are the best ways to manage altered mood and emotion?
Cog	What memory problems after stroke can be improved?
Cog	What are the best ways to improve understanding (cognition)?
Acute/Cog	What is the impact of thrombolysis on emotion, cognition and communication? Does thrombolysis have adverse effect on cognitive abilities?
Com	How can stroke survivors and families be helped to cope with speech problems

Shared Top 28 Questions:

11 Related to Strategies/Interventions



Type	Research Question
Prev	Can screening programmes reduce the risk of subsequent stroke?
Prev	Is lifestyle advice useful at promoting lifestyle improvements and reducing the risk of stroke?
Acute	How often should GPs check drugs and BP?
Acute	Has the FAST campaign improved stroke management?
Rehab	Can goal setting approach help recovery after stroke?
Rehab	What is the optimal amount and intensity of therapy for patients with stroke?
LT	What are the best ways of helping people come to terms with the long term consequences of stroke? What is the best way of managing the long-term needs of stroke survivors
LT	What is the best way to promote self management and self help after stroke?
LT	What is the best way to help people deal constructively with uncertain prognosis?
LT	What is the best way to provide information after stroke?

Shared Top 28 Questions:

8 Related to Carer/Care Setting/Role



Type	Research Question
Carer	What is the best way of supporting family members of stroke survivors?
Setting	When is the best time to move someone from a major stroke unit to a smaller rehabilitation unit nearer to their home?
Setting	What are the key components of an effective stroke unit?
Rehab	Is a young stroke environment better than a geriatric/stroke rehab environment at improving recovery of young people after stroke?
Rehab	Are specialist stroke nurses better than non-specialist nurses at improving recovery after stroke
Rehab	Are stroke coordinators/liaison workers beneficial in the management of stroke?
Rehab	What are optimal staffing levels within stroke units?
Rehab	Does high morale within the stroke team service improve stroke recovery?

Final Consensus Meeting: Participants (n= 27)



5. Final priority setting

Position	n(%)	Base	n(%)	Area	n(%)	Years	n(%)
CN	4 (15)	Acute	5 (19)	A&A	4 (15)	<2	3 (11)
				Borders	1 (3)		
SN	5 (19)	Rehab	6 (22)	D&G	1 (3)	1-5	3 (11)
				Fife	7 (26)		
NA	2 (7)	Mixed	2 (7)	Forth V	0		
				GG&C	1 (3)	6-10	5 (19)
SSN	8 (30)	Community	6 (22)	Grampian	2 (7)		
				Highlands	2 (7)	10+	16 (59)
SLN	4 (15)	Research	3 (11)	Lanarkshire	2 (7)		
				Lothian	6 (22)		
Research	3 (11)	Other	5 (19)	Shet/Ork isl	0		
				Tayside	0		
CHSS	1 (3)			Western Isl	1(3)		

Final Consensus Meeting: Methods

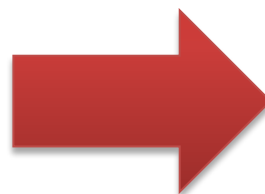


n=9

Rank order from
each group
summed to give a
total score

28 questions
ranked in order
from high to low
importance

n=9



n=27
reach
agreement
on top 10

n=9

Debate & Amendments



**KEEP
CALM
AND
DEBATE
ON**

Wording of four top ten questions were amended:

- To focus the question
 - (3 Qs: 2, 9, 10)
- Merging of three questions from shared 28 Qs into 1 top 10 question
 - (Q: 6)

The Top 10 Research Priorities



1. What are the best ways to manage and/or prevent fatigue?
2. What are the best ways to improve cognition after stroke?
3. What are the best ways to manage urinary and faecal incontinence?
4. What are the best ways to manage altered mood and emotion after stroke?
5. What are the best ways to promote self-management and self-help after stroke?
6. What are the best ways of helping stroke survivors and their families come to terms with uncertainty of prognosis and the long-term consequences of stroke?
7. Can a goal setting approach help recovery after stroke?
8. What is the impact of thrombolysis on emotion, cognition and communication?
9. Is a “young stroke environment” better than other stroke rehabilitation environments at improving recovery of young people after stroke?
10. What is the optimal amount and intensity of therapy provided by nurses for patients with stroke?

Results



- Stroke-related impairment (5 Qs: 1-4 & 8)
 - fatigue, cognition, incontinence, mood, thrombolysis impact on cognition
- Rehabilitation/long-term consequences (4 Qs: 5-7 & 10)
 - self-management; long term consequences of stroke; goal setting; therapy
- Care setting (1 Q: 9)
 - young stroke v other stroke rehab environments
- Shared research priorities (3 Qs 1-2 & 6)
 - fatigue, improving cognition, and coming to terms with long-term consequences of stroke (Pollock et al, 2014)
- World Stroke Organisation Recommendations (2 Qs:1-2)
 - i.e. fatigue, improving cognition

Strengths & Limitations

Strengths

- Rigorous methodology
- Pragmatic & efficient
- Person-centered
- Representative
 - Position
 - Stroke Specialist
 - Health board
 - Years worked in stroke
- Impact (builds on previous project)

Limitations

- Did not include new ideas/questions
- Interim priority setting
 - 97/431 (23%) SSNF members
 - Majority of responses from conference
 - May have led to some areas being under represented
- Questions broad
 - require refinement prior to research

Dissemination Plan



- Report sent to participants (May 2015)
- Letter accepted in the International Journal of Stroke (Pollock et al, 2015 in press)
- Full Papers in preparation for Academic/Practice Journals
- Conference presentations (abstracts)
- Lay summaries, Postcards, Social media, NHS bulletins
- Consult with Networks – MCNs, NACS, ESO, WSO

What Next?

e.g. What are the best ways to prevent and/or manage fatigue



- Question needs refinement to take forward
- Identify team/s (support from SSNF)
- Secure funding, ethics & time
- Review of literature/current research
 - Wu et al (2015): 58 studies (12 RCTs: 703 participants)
 - Lack of evidence for interventions for fatigue post stroke





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Intervention Review

Interventions for post-stroke fatigue

Simiao Wu^{1,2}, Mansur A Kutlubaev³, Ho-Yan Y Chun¹, Eileen Cowey⁴, Alex Pollock⁵, Malcolm R Macleod¹, Martin Dennis¹, Elizabeth Keane⁶, Michael Sharpe⁷, Gillian E Mead^{1,*}

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Conclusions



- Identified Top 10 stroke nursing research priorities
- Clear direction for the future of stroke nursing research
- Facilitates nurses to undertake research that is important to stroke survivors/carers
- Central to supporting optimal recovery and quality of life after stroke

References



- Pollock A, St George B, Fenton M, Firkins L. (2012) Top ten research priorities relating to life after stroke. *Lancet Neurology*. 11(3): 209.
- Pollock A, St George B, Fenton M, Firkins L. (2014) Top ten research priorities relating to life after stroke – consensus from stroke survivors, caregivers and health professionals. *International Journal of Stroke*. 9(3): 313-20.
- Pollock A, St George B, Rowat A on behalf of SSNF. (2015) Top ten research priorities relating to stroke nursing. *International Journal of Stroke* (in press).

**THANK YOU FOR YOUR PARTICIPATION IN
THIS RESEARCH**

**IF INTERESTED IN UNDERTAKING
RESEARCH RELATED TO TOP 10
PLEASE CONTACT THE SSNF FOR
FURTHER SUPPORT**

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