NEWSLETTER

Dear <<First Name>>

Hello from the StrokeEd Collaboration,

You have received this newsletter because you either attended or enquired about attending a StrokeEd workshop or are interested in stroke or aged care. We plan to send an email newsletter approximately every 3 months. Content will include future workshop dates, locations as well as other topics and current research that may be of interest. You are welcome to share the newsletter with colleagues who may be interested in the content or want to enquire about future workshops on the website [www.StrokeEd.com]

We are aware that people's lives are busy and additional emails in your inbox may not be welcome. If you do NOT want to receive these newsletters in future please UNSUBSCRIBE and you will not receive any future emails from us. There is an unsubscribe button at the end of this newsletter.

1. Workshops confirmed for 2018 and 2019

Workshops in 2018

Type	Month	Dates	City	Country	Cost
1000 reps	July	2nd	North Sydney	NSW, Aus	$200
UL	July	26-28th	Liverpool, (Sydney)	NSW Aus	$650
LL	Aug	17-19th	Randwick (Sydney)	NSW, Aus	$750
UL	Aug/Sep	31st-2nd	London	London, UK	£500
1000 Reps	Aug	30th	Brisbane	Qld, Aus	$200
UL	Sept	10-12th	Glostrup	Denmark	DK3,500
Balance	Sept	10th	Copenhagen	Denmark	DK1,100
1000 Reps	Sept	11th	Roskilde	Denmark	DK1,100
LL	Sept	13-15th	Glostrup	Denmark	DK3,500
LL	Sept	17-19th	Skive	Denmark	DK3,500
UL	Sept	20-22nd	Skive	Denmark	DK3,500
1000 Reps	Sept	20th	Skive	Denmark	DK1,100
Balance	Sept	21st	Aarhus	Denmark	DK1,100
UL	Oct	18-20th	Melbourne (APA)	VIC, Aus	$805
Balance	Oct	27-28th	Ashfield (Sydney)	NSW, Aus	$500
UL	Nov	8-10th	Randwick (Sydney),	NSW, Aus	$750

Workshops in 2019

Type	Month	Dates	City	Country	Cost
LL	Feb	11-13th	Kuala Lumpur	Malaysia	
Balance	Feb	14-15th	Kuala Lumpur	Malaysia	
1000 reps	Feb	16th	Kuala Lumpur	Malaysia	
UL	Feb	21-23rd	Brighton	Qld, Aus	TBA
UL	Mar/Apr	31st-2nd	Caulfield	VIC, Aus	TBA
UL	Sept	27-29th	Perth	WA, Aus	TBA

UL = Evidence-based upper limb retraining after stroke.
LL = Evidence-based lower limb retraining after stroke
TBA = To be advised

We update the website and Facebook page regularly when new workshops are confirmed. If you want "realtime" updates about workshops please go to the website www.strokeed.com or Facebook page (StrokeEd)

Workshops: Brief summary

Upper limb and lower limb retraining workshops
Our mission is to teach evidence-based rehabilitation, in order to optimise outcomes for people with stroke, acquired brain injury and adults with balance problems. All members of the StrokeEd Collaboration are currently or have been clinicians as well as researchers. We are passionate about helping clinicians provide evidence-based interventions to the stroke survivors they see in practice. We have expectations as citizens that we will receive high quality healthcare when we, ourselves, seek medical care and advice. Equally, stroke survivors expect to receive the best interventions to optimise their outcomes.

application of evidence into practice. Importantly each workshop (except for the 1,000 Reps workshop) involves participation of stroke survivors in clinical sessions each day. The number of clinicians in each workshop is intentionally limited, so that small groups of 3 therapists work with each stroke survivor. By limiting registrations, we can ensure that stroke survivors receive the best possible rehabilitation during workshops, and therapists are able to practise their clinical skills in a supportive environment.

Balance retraining workshop:
This workshop evolved because of a need to provide older people and others with balance problems with the best interventions to maintain and improve their balance. Once again, current evidence is presented and applied to people with balance problems in clinical sessions each day.
Both the upper limb and lower limb retraining workshops are 3 days in duration, and the balance retraining workshop is 2 days in length.

1,000 Reps workshop:
This one-day workshop is intended for clinicians who are involved in training motor skills. The target audience includes physiotherapists, occupational therapists, speech pathologists, allied health assistants, nursing staff and doctors who may need to teach motor skills. To acquire skills, we all need to practise. This practical workshop includes current evidence about how to increase practice intensity during one-to-one, semi-supervised and independent sessions. What strategies optimise a person's capacity to practise? Types of feedback, measurement of performance, safety concerns, recording repetitions of practice are discussed. Clinical examples are used throughout the day, along with opportunities to discuss how to apply this information.

2. Recent News

Karl and Annie have just returned from 13 days teaching in Pyongyang in the Democratic Republic of North Korea. This teaching included a two-day seminar where content from the lower limb and upper limb workshops was presented followed by 5 days of clinical application with stroke survivors and others with acquired brain injury including a young boy. This trip was organised and funded by Handicap International in collaboration with the Korean Federation for the Protection of the Disabled (KFPD). Attendees were doctors and therapists from both Pyongyang and four provinces of DPRK.

Other overseas assignments in the last year include: Qatar, Malaysia, Henan Province in China, and New Zealand. We return to London and Denmark later this year and Malaysia early next year. Recent workshops in Australia include a lower limb workshop at the Sunshine Coast University Hospital, combined with a successful conference organised by the Queensland Physiotherapy Rehabilitation Network, attended by 120 therapists from across Queensland.

If you are interested in organising any of these workshops or need presenters for a conference or master class, please visit the website where details about organisation and costs are described.

Publications by StrokeEd Collaborators (2017-2018)

2018

Curto-Vratsistas, A., Sherrington, C., & **McCluskey** A. (*Accepted 27 Apr 2018*). Responsiveness of four measures of upper limb motor performance and the Functional Independence Measure in acute stroke rehabilitation. *Clinical Rehabilitation.*

Hamilton C, **McCluskey** A, Hassett L, Killington M, & Lovarini M. (*Accepted 24 Feb 2018*). Patient and therapist experiences of using affordable feedback-based technology in rehabilitation: A qualitative study nested in a randomised controlled trial. *Clinical Rehabilitation*

Karageorge A, Vargas J, Ada L, Kelly P, & **McCluskey**, A (*Accepted 1 Apr 2018*). Previous experience and walking capacity predict community outings after stroke: An observational study. *Physiotherapy Theory and Practice*

Halle MC, Mylopoulos M, **McCluskey** A, Vachon H, Menon A, Amari F, Rochette A, Thomas A. (*Accepted 9 Feb 2018*). Attributes of evidence-based occupational therapists in stroke rehabilitation. *Canadian Journal of Occupational Therapy*

Dorsch S, Ada L, Alloggia D (2018). Progressive resistance strength training increases strength after Stroke but this may not carry over to activity: a systematic review. Journal of Physiotherapy 64(2); 84-90.

Treacy D, Howard K, Hayes A, Hassett L, **Schurr K**, Sherrington C (2018) Two weeks of additional standing balance circuit classes during inpatient rehabilitation are cost saving and effective: an economic evaluation. *Journal of Physiotherapy* 64: 41–47

2017

Curto-Vratsistas, A, **McCluskey**, A., & **Schurr** K. (2017). Use of audit, feedback and education increased guideline implementation in a multidisciplinary stroke unit. *BMJ Open Quality.* 6:e000212. doi:10.1136/bmjoq-2017-000212

Treacy, D., Hassett, L., **Schurr**, K., Chagpar, S., Paul, S.S., & Sherrington, C. (2017). Validity of different activity monitors to count steps in an inpatient rehabilitation setting. *Physical Therapy, 97* (5), 581-588.

Scrivener K, Tourany R, McNamanar-Holmes M, **Schurr** K, **Dorsch** S, & Dean CM (2017). Feasibility of a nurse-led weekend group exercise program for people after stroke. *Stroke Research and Treatment, Volume 2017,* Article ID 4574385, 7 pages. https://doi.org/10.1155/2017/4574385.

Harvey LA, Katalinic OM, Herbert RD, Moseley A, Lannin NA **Schurr** K et al (2017). Stretch for the treatment and prevention of contracture: An abridged republication of a Cochrane systematic review. *Journal of Physiotherapy, 63*, 67-75.

Harvey LA, Katalinic OM, Herbert RD, Moseley A, Lannin NA **Schurr** K et al (2017). Stretch for the treatment and prevention of contractures. *Cochrane Database of*

McCluskey A, Lannin NA, **Schurr** K, & **Dorsch** S. (2017). Chapter 40: Optimising motor performance and sensation following brain impairment. In M Curtin, M Egan & J Adams (Eds.). *Occupational therapy for people experiencing illness, injury or impairment: Promoting occupation and participation* (7th ed., pp 582-609). Edinburgh: Elsevier.

Stewart C, **McCluskey** A, Ada L, & Kuys S. (2017). Structure and feasibility of extra practice during stroke rehabilitation: A systematic scoping review. *Australian Occupational Therapy J, 64(3), 204-217.*

McCluskey, A & O'Connor, D. (2017). Implementing and sustaining practice change. In: T. Hoffmann., S. Bennett & C. Del Mar (Eds.). *Evidence-based practice across the health professions.* (3rd ed; 384-408). Sydney: Elsevier

Dalton E, Lannin NA, Laver K, Ross L, Ashford S, **McCluskey** A, & Cusick A. (2017). Validity, reliability and clinical utility of the Disabilities of Arm, Shoulder and Hand Questionnaire in adults following stroke. ***Disability & Rehabilitation, 39(24), 2504-2511.***. DOI 10.1080/09638288.2016.1229364

CURRENT RESEARCH GRANTS/ PROJECTS

2017-2018 **Determining the feasibility and acceptability of a person-centred intervention to improve sexual well-being of community dwelling other people who have experienced stroke and their partners'.**
Funded by: Ageing and Health Research Group, Faculty of Health Sciences, The University of Sydney
Investigators: McGrath M, **McCluskey** A, Power E & Lever S
[$19,659]

2017-2018 **Sexuality after stroke: Development and pilot of a novel patient-centred intervention**
Funded by: Stroke Foundation (Small Project Grant) ($19,989)
Investigators: McGrath M, **McCluskey** A, Power E & Lever S

2016-2018 **Implementation of a sustainable publicly –funded constraint induced movement therapy (CIMT) program to improve upper limb outcomes across multiple neuro-rehabilitation teams in SWSLHD**
Funded by: NSW Health Translational Research Grants Scheme Round 1 ($329,116)
Investigators: Christie, L **McCluskey** A, & Lovarini M

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