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First newsletter of 2021

We have had a very different year in many ways, with fewer face to face workshops, and many online Zoom workshops. Telerehab has become more common, and Simone and Kate have produced resources to help therapists deliver telerehab more easily.

Summary of the newsletter:

- New upcoming workshops
- News, achievements & awards
- Research publications and grants

Workshops 2021

Workshops have been planned for the next few months. More details can be accessed [here](#).

See below a summary of the workshops:

JULY

- **Upper Limb Retraining** - Flinders Medical Centre, Adelaide (with the presenters online in Sydney) - July 8 @ 8:00 am - July 10 @ 5:00 pm.

AUGUST

- **1000reps/day: Strategies to increase amounts of practice in rehab – on Zoom** - August 2 @ 6:00 pm - August 16 @ 10:00 pm
- **Lower Limb Retraining** - Lady Davidson Hospital (NSW, Australia) - August 27 @ 8:00 am - August 29 @ 5:00 pm

SEPTEMBER

- **Upper Limb Retraining** - The Alfred Centre, Monash University in Prahran (VIC, Australia) - Sept 2 @ 8am - Sept 4 @ 5pm

OCTOBER:

- **An introduction to Upper limb retraining - on Zoom** (in 3 parts) - October 27th @ 6pm - November 15th @10pm

New Zoom workshops being planned:

We are currently developing Zoom workshops that will focus on the lower limb skills:

Walking; Sitting and Standing-up and sitting down. These workshops will review the biomechanics of these skills and use video case studies to discuss the analysis of movement and the implementation of evidence-based training strategies.

New Hybrid workshop – Evidence-based practice in rehabilitation

We are developing a new workshop that will combine online and face to face content. The content of this workshop will include the biomechanics of lower limb skills as well as analysis and training of sitting, sit to stand, standing and walking of people following stroke or orthopaedic injury. Biomechanics and clinical reasoning will be presented in online content. The face-to-face workshop will consolidate the information covered prior to the workshop and focus on practical analysis and clinical reasoning sessions using video analysis examples to planning task specific training including environmental setup. The workshop will include clinical sessions with people following stroke or other neurological or orthopaedic injury, or frail older people. Small groups of therapists will work with a patient to apply evidence-based interventions.

News



2020 was especially difficult for Karl and Annie, who were on a cruise to Antarctica when Karl became seriously ill with COVID-19

Annie (his partner) remained on the cruise ship. Karl was unable to turn over in bed, sit or stand unassisted for some time. They shared a room in hospital for two months in Uruguay where Annie helped Karl with his rehabilitation. Karl continues to have lung limitations due to fibrosis, but was able to return to teaching in late 2020. To read more about Karl's rehabilitation and recovery, read the blog at:

<https://www.abc.net.au/radionational/programs/lifematters/why-we-shouldnt-be-complacent-about-catching-coronavirus/12430946>

Celebrations of Practise

At the end of a workshop we have been endeavouring to have a group discussion with all the stroke survivors and the therapists of the amount of reps that each person has done and the changes they have made. This discussion becomes a celebration of each person's practice and change and allows the stroke survivors to communicate their insights and comments about the work they have done and the changes they have made.

The following images are examples of the records of practice from lower limb workshops:

Stroke survivor	Reps in 2/3 days	Measure	Pre	Post	% change
Deb	978	10 MWT • Time • # steps	41 sec 24 steps	13 sec 14 steps	68
Bill	853	5 steps • # hyperextension	5 x	0 x	100
Jill	639	10 MWT • Time • # steps	22 sec 41 steps	14 sec 28 steps	36
Carol	522	STS • Weight (L) leg	12 kgs	22 kgs	83
Aaron	560	5 STS • Time • Asst	1:16 min Asst x 1	43 sec Stby asst	43
Rebecca	532	5 MWT • Time	34 sec	31 sec	9
Kristian	722	10 MWT • Time • # steps	10 sec 17 steps	7 sec 15 steps	30

ACT Workshop - April 2021

Stroke survivor	Reps in 2/3 days	Measure	Pre	Post	% change
John	460	10 STS • Height • Assistance • Time	60 Asst x 2 64 sec	57 Stby Asst 55 sec	14
Bob	630	10 STS • Time	With hands 53 sec	No hands 29 sec	45
Zee	495	Reach in sitting • Loss of balance • Weight left leg	4/10 1-2 kg	0/10 4 kg	166
Robert	240	10 MWT • Time	53 sec	47 sec	11
Eddie	520	10 step taps • Time	2:30 min	1:07 min	55
Con	475	10 MWT • Time • # hyperextension	40 sec 23 x	37 sec 14 x	7
Allen	601	10 MWT • Time • # steps	11 sec	9 sec	18

Toowoomba Workshop - May 2021

Stroke survivor	Reps in 2/3 days	Measure	Pre	Post	% change
Judy	1630	TUG 6-m WT	17 sec 11 sec	11 sec 6 sec	45
Paul	774	10 MWT • Time	21 sec	14 sec	33
Josie	750	6-m WT	8.5 sec	7.9 sec	7
Chris	334	7-m WT • Time	15 sec	12 sec	20
Andrea	700	Run 10m Time	5.6 sec	3.9 sec	30
Sara	455	6-m WT • Time • Steps	19 sec 21 steps	15 sec 19 steps	21

Coffs Harbour - June 2021

Stroke survivor	Reps	Measure	Pre	Post	% change
T.	1 Day 313	Running 10m Hopping (L) leg	• 4.06 sec • 5x max	• 3.37 sec • 20x max	17%
S.	3 Days 807	6-m walk • Time • Steps	• 27 sec • 24	• 12.5 sec • 18	54%
B.	3 Days 693	Sit to stand • Max # • Assistance	• 5x • 2/5 with Asst of one	• 80 x • 80/80 No asst	100%
N.	2 Days 288	5-m walk • Time • Steps	• 17.5 sec • 32	• 16.3 sec • 29	7%
R.	2 Days 590	Seated reaches • # in 2 mins	• 10 reps	• 20 reps	100%
B.	1 Day 81	Step test • (L) leg • (R) leg	• 6 • 6	• 7 • 9	33%

Orange, NSW - June 2021

Three PhD students who submitted their theses in 2021 were co-supervised by StrokeEd presenters: Annie McCluskey & Karl Schurr



PhD student Lauren Christie with supervisors Annie McCluskey, Meryl Lovarini & Alison Pearce
Thesis title: *Factors influencing the implementation and sustainability of constraint induced movement therapy programs in upper limb rehabilitation for people with stroke and traumatic brain injury*



PhD student Angela Vratsistas- Curto with supervisors Annie McCluskey, Cathie Sherrington (absent Anne Tiedemann)
Thesis title: *Prediction, measurement and implementation of evidence-based practice in the rehabilitation setting*

Phd student Daniel Treacy with supervisors Karl Schurr, Cathie Sherrington & Leanne Hassett
Thesis title: *Mobility Rehabilitation and measurement*

Resources for Tele - rehab

With the current COVID-19 crisis many Stroke survivors and people with people with mobility problems are receiving less inpatient or outpatient rehab and being offered Tele-rehab instead.

StrokeEd aims to produce resources to help clinicians to move into this new type of delivery of rehab.

There are some excellent resources about the logistics of setting up Tele-rehab listed in the sidebar at right.

Find out more on our website - <http://strokeed.com/resources-for-tele-rehab/>

Research publications and grants

PUBLICATIONS:

2021

Scrivener, K., Akkermans, J., Svanetti, S., Szilas, C., Robson, M., & Love, S. (2021). Examining user perspective of an online learning resource for physiotherapists: A mixed methods study of the TRAIN program. *Physiotherapy Research International*, e1917. Read this paper [here](#)

In this publication Kate reviews the details of the users of the TRAIN modules and provides a summary of their feedback about the modules.

A reminder the modules are freely available

here: <https://sites.google.com/mq.edu.au/train-program/home>.

Scrivener, K., Sewastenko, J., Bouvier-Farrell, A., MacDonald, K., Van Rijn, T., Tezak, J., ... & Love, S. (2021). Feasibility of a Self-Managed, Video-Guided Exercise Program for Community-Dwelling People with Stroke. *Stroke Research and Treatment*, 2021. -

Read this paper [here](#)

This publication demonstrates that the online TASK program is both feasible and acceptable to people after stroke.

A reminder that TASK is freely available and can be found via the REPS app or via this website: <https://www.mq.edu.au/about/about-the-university/faculties-and-departments/medicine-and-health-sciences/departments-and-centres/departments-of-health-professions/our-research/task-program>

Cox, N. S., Scrivener, K., Holland, A. E., Jolliffe, L., Wighton, A., Nelson, S., ... & Lannin, N. A. (2021). A brief intervention to support implementation of telerehabilitation by community rehabilitation services during COVID-19: A feasibility study. *Archives of Physical Medicine and Rehabilitation*, 102(4), 789-795. Kate has been involved in research investigating the implementation of tele-rehabilitation and providing support to clinicians:

<https://pubmed.ncbi.nlm.nih.gov/33417964/>

Janssen H, Ada L, Middleton S, Pollack M, Nilsson M, Churilov L, Blennerhassett J, Faux S, New P, McCluskey A, Spratt NJ, & Bernhardt J, on behalf of the AREISSA Trial group. (Accepted 21 Feb 2021). Altering the rehabilitation environment to improve stroke survivor activity (AREISSA): A feasibility and safety Phase II trial. *International Journal of Stroke*.

Cahill LS, Carey LM, Mak-Yuen Y, McCluskey A, Neilson C, O'Connor D, &

survivors: A qualitative study to inform knowledge translation. *BMJ Open*.
<http://dx.doi.org/10.1136/bmjopen-2020-042879>.

Christie L, McCluskey A, Lovarini M (Accepted 4 Jan 2021). Implementation and sustainability of upper limb constraint-induced movement therapy programs for adults with neurological conditions: An international qualitative study. *Journal of Health Organisation and Management*. DOI: 10.1108/JHOM-07-2020-0297.

Hamilton C, Lovarini M, van den Berg M, McCluskey A, & Hassett L. (Accepted 31 Jan 2021). Usability of affordable feedback-based technologies in physical rehabilitation. *Disability & Rehabilitation*.

2020

Dorsch, S., & Elkins, M. R. (2020). Repetitions and dose in stroke rehabilitation. *J Physiother*, 211-212.

Simone was invited to write an editorial on dosage of practice in stroke rehabilitation. This editorial draws together papers published in the Journal of Physiotherapy that are concerned with amounts of practice in stroke rehabilitation. This editorial can be found at:

<https://www.sciencedirect.com/science/article/pii/S1836955320300412?via%3Dihub>

McGrath, M, Low MA, Power E, McCluskey A, Lever S. (Accepted 18 Sept 2020). Addressing sexuality among people living with chronic disease and disability: A systematic mixed studies review of knowledge, attitudes and practices of healthcare professionals. *Archives of Physical Medicine & Rehabilitation*. DOI: [10.1016/j.apmr.2020.09.379](https://doi.org/10.1016/j.apmr.2020.09.379)

Jolliffe L, Hoffmann T, Laver K Lannin NA McCluskey A Lannin NA (Accepted 5 August 2020). Stroke rehabilitation research translation in Australia: A survey of clinical trialists. *Disability & Rehabilitation*.

DOI: [10.1080/09638288.2020.1807619](https://doi.org/10.1080/09638288.2020.1807619)

Hassett L, van den Berg M, Weber, Chagpar S, Wong S, Raie A, Schurr K, McCluskey A, Smith S, Lindley R, Crotty M, & Sherrington C (Accepted 30 June 2020) Activity and Mobility Using Technology (AMOUNT) Rehabilitation Trial - description of device use and physiotherapy support in the post-hospital phase. *Disability & Rehabilitation*. DOI: [10.1080/09638288.2020.1790679](https://doi.org/10.1080/09638288.2020.1790679)

Stewart C, Power E, McCluskey A, Kuys S & Lovarini M (2020). Evaluation of a staff behaviour change intervention to increase use of ward-based practice books and the amount of practice completed by stroke inpatients: A phase 1 pre/post observational study. *Clinical Rehabilitation*, 34(5) 607-616. DOI: [10.1177/0269215520911420](https://doi.org/10.1177/0269215520911420).

Hassett L van den Berg M, Lindley R, Crotty M, McCluskey A, van der Ploeg, H, Smith S, Schurr K, Howard K, Hackett M, Killington M, Bongers B, Togher L, Treacy D, Dorsch S, Wong S, Scrivener K, Chagpar S, Weber H, Heritier S & Sherrington C. (2020). Digitally-enabled rehabilitation to enhance outcomes: The AMOUNT randomised controlled trial. *PLOS Medicine*, 17(2), e1003029. DOI: [10.1371/journal.pmed.1003029](https://doi.org/10.1371/journal.pmed.1003029).

The StrokeEd collaboration along with many collaborators were involved in the AMOUNT study – this study investigated the effect of people in rehabilitation doing additional technology aided practice - the results have now been published and the article can be found at:

<https://journals.plos.org/plosmedicine/article/comments?id=10.1371/journal.pmed.1003029>

McCluskey A, Massie L, Gibson G, Pinkerton L, & Vandenberg A. (2020). Increasing the delivery of upper limb constraint-induced movement therapy post-stroke: A feasibility implementation study. *Australian Occupational Therapy Journal*, 67(3), 237-249. DOI: [/10.1111/1440-1630.12647](https://doi.org/10.1111/1440-1630.12647).

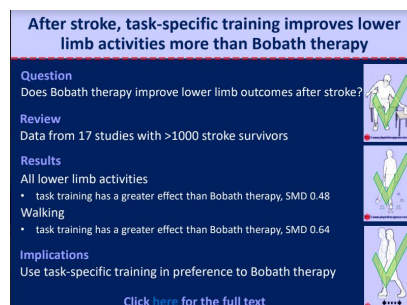
Stewart C, Power E, McCluskey A, & Kuys S. (2020). Development of a participatory, tailored behavior change intervention to increase active practice during inpatient stroke rehabilitation. *Disability & Rehabilitation*, 42(24), 3516-3524. DOI: [10.1080/09638288.2019.1597178](https://doi.org/10.1080/09638288.2019.1597178).

Scrivener, K., Dorsch, S., McCluskey, A., Schurr, K., Graham, P. L., Cao, Z., ... & Tyson, S. (2020). Bobath therapy is inferior to task-specific training and not superior to other interventions in improving lower limb activities after stroke: a systematic review. *Journal of physiotherapy*.

Kate led a systematic review of the effect of Bobath interventions on lower limb activity outcomes after stroke. This has been published and is available at:

<https://www.sciencedirect.com/science/article/pii/S183695532030103X?via%3Dihub>

The results are summarised in the following Infographic:



GRANTS:

2021-2022 **RECITE** (Remote constraint induced therapy for the upper

Investigators: Christie L, McCluskey A, Middleton S, Boydell J, Meharg A, Kilkenny A, Faux S. (\$49,498.38)

Implementing conversation partner training with carers of people with aphasia: A pilot implementation study

2020-2021 Funded by: Stroke Foundation (Early Career Seed Grant)
 Investigators: Shrubsole K, Power E, McCluskey 1, Worrall L, Wallace S (\$49,761)

Meet our new presenters!



Dr Emma Schneider

Emma is an occupational therapist, clinician researcher and educator. She has more than 15+ years of experience in stroke and brain injury rehabilitation in Australia and the United States. Emma is also a lecturer at Swinburne University in Melbourne, Australia, and an honorary Adjunct Research Associate at Monash University.



Lauren Christie

Lauren is an occupational therapist and PhD candidate at The University of Sydney. She has over 15 years clinical experience in neurological rehabilitation and has held clinical leadership roles in Australia and the United Kingdom.



Dr Jo Glinsky

Jo is a physiotherapy researcher and educator. She has 20+ years experience in neurological rehabilitation including stroke and spinal cord injury. Jo is a post-doctoral researcher at the University of Sydney and an Associate Professor at Macquarie University.



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