

Welcome to our first newsletter of the year.

We wish you all a Happy New year. We would like to share our recent news and achievements. Thankfully we were able to re-start the face-to-face workshops after almost 2 years of online delivery.

Upcoming Workshops 2023

2023 is already looking to be a busy year with some local & overseas workshops already planned. Some workshops are funded by NSW HETI grants and are only open to local NSW Health employees.

ONLINE WORKSHOPS:

JANUARY

- **Analysis and retraining of upper limb function post-stroke: An introduction** - Mon 30th Jan, 13th Feb & 20th Feb

MARCH

- **Analysis and training of walking after stroke** - 7th & 21st March
- **Balance workshop (Hunter New England - Lower Hunter sector)** - 17th & 31st March

APRIL

- **1000reps/day: Strategies to increase amounts of practise in rehab** - 4th & 18th April

MAY

- **Balance workshop** - 8th & 22nd May
- **Balance workshop (New England Falls Prevention & Rehab Group)** - 3rd & 17th May

JUNE

- **The coaching workshop** - 14th & 28th June

More details on registrations for the online workshops can be

found [here](#)

FACE TO FACE WORKSHOPS:

JANUARY

- **1000reps/day: Strategies to increase amounts of practice in rehab** – Dublin, Ireland - *12th Jan*
- **Upper Limb Retraining (F2F)** – Dublin, Ireland - *13th Jan*
- **Upper Limb Retraining (F2F)**, Oxford, UK - *17th Jan*
- **Upper Limb Retraining (F2F)**, Manchester, UK - *21st Jan*
- **1000reps/day: Strategies to increase amounts of practice in rehab** – Manchester, UK - *24th Jan*
- **Upper Limb Retraining (F2F)**, Copenhagen, Denmark - *26th Jan*
- **Upper Limb Retraining (F2F)**, Jutland, Denmark - *30th Jan*

FEBRUARY

- **Lower Limb Retraining (F2F)** – Jutland, Denmark - *2nd - 4th Feb*
- **Upper Limb Retraining (F2F)**, Melbourne, VIC - *3rd - 5th Feb*
- **1000reps/day: Strategies to increase amounts of practice in rehab** – London, UK - *10th Feb*

MAY

- **Upper Limb Retraining (F2F)** – Advance Rehab Centre, Hurstville, Sydney, NSW - *5th - 7th May*
- **Neuro-Rehabilitation Skills Training workshop** – Batemans Bay, NSW - *23rd - 25th May*

JUNE

- **Coaching Workshop** – Maitland Hospital, Metford, NSW - *26th June*

More details on registrations for the FTF workshops can be found [here](#)

LECTURE SERIES

In November 2022, we continued the series of online webinars that ran over a period of 4 weeks. We had registrants attend each event live from all over the world.

The webinars have been recorded and can be found on the StrokeEd website [here](#). Each recording is 1-1.5 hrs in duration.

The topics covered were:

- Electrical stimulation for the lower limb after stroke by Dr. Simone Dorsch
- Implementation of Stroke Circuit Group by Zheng Cao

- Current developments in rehabilitation delivery via telehealth by Dr. Lauren Christie & Dr. Kate Scrivener
- Getting and staying motivated in rehab - Panel discussion with Dr. Dorsch and stroke survivors - Ben Schelfhaut, Julie Davey & Brian Beh



Dr Simone Dorsch
Physiotherapist
Electrical stimulation for the lower limb after stroke

Tue 15th Nov



Zheng Cao
Physiotherapist
Implementation of Stroke Circuit Group

Mon 21st Nov



Dr Lauren Christie
Occupational Therapist



Dr Kate Scrivener
Physiotherapist

Current developments in rehabilitation delivery via telehealth

Mon 28th Nov



Ben Schelfhaut



Julie Davey



Brian Beh

Getting and staying motivated in rehab

Panel discussion with Dr. Simone Dorsch & Stroke survivors: Ben, Julie & Brian

Mon 5th Dec

RESEARCH STUDIES

FAST will continue to recruit stroke survivors in Sydney and Canberra until the end of 2022. Melbourne is ongoing into 2023.

If you know any interested stroke survivors please refer them to www.faststudy.com.au to find out more!!



Falls After Stroke Trial

FAST is a new home-based research project to reduce falls in people who have had a stroke

Is this you?

- 50 years or more
- Had a stroke within the last five years
- Live in the community (own home, with family or in an independent living unit)
- Able to walk 10m across flat ground (with or without a walking aid)

What is FAST?

FAST – the Falls After Stroke Trial is testing a novel at home exercise and safety training program. It aims to reduce your risk of falling and increase your ability to do daily life activities.

What we will provide

- You will receive a full assessment from a physiotherapist or occupational therapist.
- One group of people will get a new program by occupational therapists and physiotherapists over six months. This program will be tailored to your special needs and will support you to stay active. The other group will receive usual care from their own health practitioners.
- The study team will stay in contact with everyone for 12 months

About the Research Team

The FAST study is a collaboration between The University of Sydney, Macquarie University and The University of Canberra. The study is led by Professor Lindy Clemson and Professor Catherine Dean.

How to find out more

Contact the FAST study coordinator
Email: fast.study@sydney.edu.au
Telephone: (02) 9351 9989

www.faststudy.com.au

Registrations now open



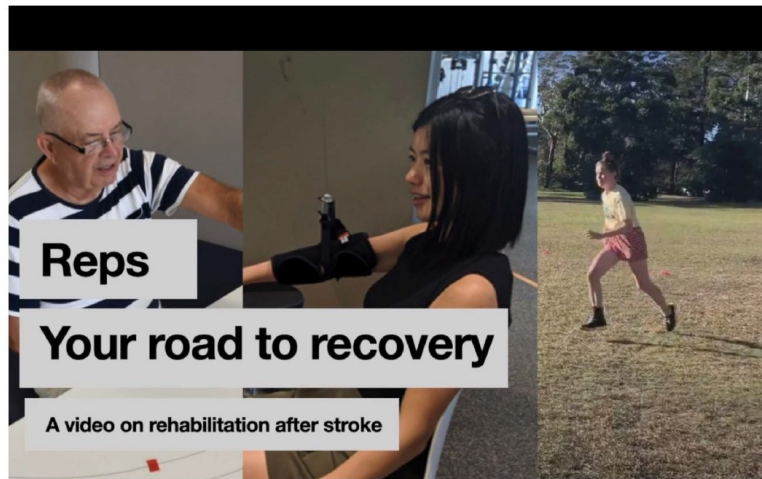
MACQUARIE
University



NEW VIDEO

This 6-minute video by Dr Simone Dorsch explains the role of neuroplasticity and repetitions in stroke rehabilitation. Video available at <https://vimeo.com/781632723>

Reps – your road to recovery



PRESENTATIONS

1) Rehabilitation after COVID-19: A personal and professional journey - RAIL Research Centre, Monash University, Frankston Campus, VIC

On the 1st of Dec, Frankston, Victoria - Karl & Annie presented a coaching skills workshop and had an interview about self-management following COVID-19 at Monash University.



Rehabilitation, Ageing and Independent Living (RAIL) Research Centre



2022 RAIL Research Centre Rehabilitation Forum – Program

Thursday 1st December 2022, 1.00 – 5.00pm (Social event/Exhibition 5.00 – 6.00pm)

Time	Session/Topic	Presenter(s)
1.00 - 1.10pm	Introduction	Professor Keith Hill - Director of the RAIL Research Centre
1.10 - 1.20pm	Acknowledgement of country and welcome	Professor Christina Mitchell AO - Academic Vice-President and Dean, Monash University Faculty of Medicine, Nursing and Health Sciences
1.20 - 2.00pm	Rehabilitation following COVID-19: a personal and professional journey	Dr Annie McCluskey , Occupational Therapist, Educator and Researcher - StrokeEd Mr Karl Schurr - Physiotherapist, Educator and Researcher - StrokeEd
2.00 - 2.20pm	My Therapy self-management to augment inpatient rehabilitation – Process evaluation	Ms Sara Whittaker - Occupational Therapist and PhD Candidate, RAIL Research Centre, Monash University
2.20 – 2.40pm	My Therapy self-management to augment inpatient rehabilitation – What are the consumers telling us?	Dr Christina Ekegren - Senior Research Fellow RAIL Research Centre, Monash University
2.40 - 3.00pm	My Therapy self-management to augment inpatient rehabilitation - Clinical and economic outcomes	Dr Natasha Brusco - Rehabilitation Stream Lead for the RAIL Research Centre, Monash University
3.00 - 3.20pm	Break - Afternoon tea	
3.20 - 3.50pm	"Putting the consumer at the heart of rehabilitation": Moving from rhetoric to reality	Professor Nicola Kayes - Centre for Person Centred Research (PCR), Auckland University of Technology (AUT)
3.50 - 4.15pm	A discussion on consumer involvement in rehabilitation research	Ms Britta Morrison - Student Placements, School of Primary and Allied Health Care, Monash University Dr Sandy Reeder - Senior Research Fellow, School of Public Health and Preventive Medicine and Central Clinical School, Monash University
4.15 - 4.45pm	Consumer and community centred health professional education resources	Mr James Bonnamy - Nursing and Midwifery, Monash University
4.45 - 5.00pm	Concluding remarks	Dr Natasha Brusco - Rehabilitation Stream Lead for the RAIL Research Centre, Monash University

CONTACT US

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Key messages

Stroke
ed

Type and timing of feedback

- Feedback relates to the goal
- Supplement training with extrinsic feedback when intrinsic feedback disrupted
- **Consider what information is the most relevant for the person: Knowledge of Performance or Knowledge of Results**
- **External Focus** results in better performance
- Can modify timing of feedback as performance improves: Concurrent vs Delayed
- Quantity: How much information to give? What aspects to attend to?



2) Implementing complex interventions into Stroke Rehabilitation - UK Stroke Forum, Liverpool, ENGLAND

Lauren and Annie each delivered a 10-minute presentation about implementing CIMT with public health teams in Australia. The focus was on barriers and enablers, and how to start, implement then sustain CIMT programs without additional staff or funding (because many services only run one or two programs, then stop).

Approx 200 allied health professionals attended the live session in Liverpool. Lauren and Annie presented via Zoom in the evening Australian time, with English therapists Kathryn Jarvis and Jessamy Boydell.

≡ STROKE FORUM

29 November – 1 December 2022
Liverpool ACC

Jarvis K, McCluskey A, Christie L & Boydell J

Implementing complex interventions
into stroke rehabilitation – AHP
applying constraint induced movement
therapy (CIMT) as a case study

Hosted by

Stroke
Association



3) Strength training for the affected leg after Stroke' -
Joint Annual Congress of the German Society for Neurorehabilitation and the German Society for Neurotraumatology and Clinical Neurorehabilitation, Dresden, GERMANY.

Simone delivered a presentation on Lower limb strength training on 10th December 2022 in the middle of the night here in Sydney, daytime in Europe.

PUBLICATIONS

- **Dorsch S, Carling C, Cao Z, Fanayan A, Graham PL, McCluskey A, Schurr K, Scrivener K, & Tyson S.** (2022). Bobath therapy is inferior to task-specific training and not superior to other interventions in improving arm activity and arm strength outcomes after stroke: A systematic review. *Journal of Physiotherapy*.
<https://doi.org/10.1016/j.jphys.2022.11.008>

After stroke, task-specific training improves arm function and strength more than Bobath therapy

Question

Does Bobath therapy improve upper limb outcomes after stroke?

Systematic Review

Data from 13 studies with 636 stroke survivors

Results

Bobath therapy is less effective than task-specific training

- *Activity outcomes* SMD -1.07, 95% CI -0.55 to -1.59
- *Fugl-Meyer motor score* MD -7.84 points, 95% CI -12.99 to -2.69

Implications

Use task-specific training in preference to Bobath therapy

Full text Bobath therapy is inferior to task-specific training and not superior to other interventions in improving arm activity and arm strength outcomes after stroke: a systematic review - ScienceDirect



- Pinheiro MB, Hassett L, Sherrington C, Hayes A, van den Berg M, Lindley RI, Crotty M, Chagpar S, Treacy D, Weber

H, Fairhall N, Wong S, **McCluskey A**, Togher L, **Scrivener K**, Howard K. (Accepted 26 Oct 2022). Economic evaluation of digitally enabled aged care and neurological rehabilitation care in the Activity and MObility UsiNg Technology (AMOUNT) trial. *Clinical Rehabilitation*. DOI: 10.1177/02692155221138920

- **Christie LJ**, Fearn N, **McCluskey A**, Lannin NA, Shiner CT, Kilkenny A, Boydell J, Meharg, A, Howes E, Churilov L, Faux S, Doussoulin A, Middleton S. (2022) Remote Constraint Induced Therapy of the upper Extremity (ReCITE): A feasibility study protocol. *Frontiers in Neurology (Stroke)*.
 - **Christie L**, Rendell R, **McCluskey A**, Fearn N, Hunter A, Lovarini M (Online 24 Aug 2022). Adult experiences of constraint-induced movement therapy programs: A qualitative study using the Theoretical Domains Framework and Capability, Opportunity, Motivation-Behaviour system. *Brain Impairment*. <https://doi.org/10.1017/Brlmp.2022.18>
 - **Scrivener K**, & Shepherd, R (2022) The importance of kinesiology, biomechanics and motor learning for movement analysis and clinical reasoning in neuromuscular physiotherapy. *Physical Therapy Reviews:1-4*
 - Vratsistas-Curto, A., Downie, A., **McCluskey, A.**, & Sherrington C. (Accepted 11 Dec 2022). Trajectories of arm recovery early after stroke: An exploratory study using latent class growth analysis. *Annals of Medicine*. DOI: 10.1080/07853890.2022.2159062
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We wish you a happy new year!

*From the team at
StrokeEd*



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