A STROKE OF LUCK: the win-win of a clinical research partnership
STROKE IN NEW ZEALAND

- Annually 9,000 New Zealanders experience stroke
- 75% of strokes occur in people > 65 years of age
- Over 65s are a rapidly increasing group
- 2001 – 2006 10% increase nationally (14% in Waitemata DHB)
- One third of strokes are fatal
- Estimated 60,000 stroke survivors in NZ; many live with significant impairment
- Care and support required by stroke survivors and their families whānau is varied and complex
THE STOKE OF LUCK

October 2009

- Gerry Fennelly (Charge Nurse Manager, Waitakere Hospital) talks to BN lecturer about possible research collaboration
- Gerry and his staff had identified a need to improve support for families/whānau of clients who have had a stroke
  - “the client moves on but sometimes the family doesn’t; they get stuck”
- We needed a new research project to embed in Research for Health Professionals course for 2010
- Literature review revealed a paucity of research on the impact of stroke on the family/whānau
- Capacity/capability within the department to develop the project – the time was right
THE STROKE FAMILY WHĀNAU PROJECT

Three phase project

- **Phase 1 (2010)**
  - Descriptive survey of family whānau information and education needs post stroke (health professional and family whānau perspectives)

- **Phase 2 (2011-2015)**
  - Longitudinal hermeneutic phenomenological study

- **Phase 3 (2014-2016)**
  - Intervention study in 3 parts
    - Development (stroke navigator role, define parameters and text evaluation processes)
    - Retrospective (providing an historical control)
    - Prospective observation study with intervention arm (stroke navigator)
THE WIN-WINS

- Development of a research programme within the department
- Longitudinal project to embed in HEAL6020
- Stand-alone studies for Masters students
  - Mentoring of staff in post-graduate supervision
  - Early dissemination of findings
  - Six to date; at least 2 more in Phase 3
- Appointment of clinical research assistants (post-doctoral x2)
- External research funding
- Strengthening ties with clinical colleagues, stakeholders and the wider community
- Improving support and outcomes for family whānau post stroke
“Coming together is a beginning, keeping together is progress, working together is success” Henry Ford

FAST

Face
Smile - is one side drooping?

Arms
Raise both arms - is one side weak?

Speech
Speak - unable to? Words jumbled, slurred?

Time
Act fast and call 111. Time lost may mean brain lost.