

# Development and evaluation of tools and an intervention to improve patient- and carer-centred outcomes in Longer-Term Stroke care and exploration of adjustment post stroke: the LoTS care research programme

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**Declared competing interests of authors:** Bradford Teaching Hospitals NHS Foundation Trust received additional funding for the submitted work from The Stroke Association. AF received funding from the NIHR Stroke Research Network and The Stroke Association for activities outside of the submitted work. Funding was provided by a Stroke Association Junior Research Fellowship for NA to undertake a PhD - a realist evaluation of the LoTS care trial. JRTF 2009/03.

Published December 2014

DOI: 10.3310/pgfar02060

## Plain English summary

### Interventions and tools for long-term stroke care

Programme Grants for Applied Research 2014; Vol. 2: No. 6

DOI: 10.3310/pgfar02060

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## Plain English summary

There have been important steps forward in the treatment of patients soon after a stroke. However, longer-term recovery can be challenging. Our research focused on the needs of patients and their carers after hospital discharge and in the longer term. We previously developed a system for longer-term stroke care that includes structured assessment questions. These are based on problems that are of importance to patients and their carers, linked to information about treatment options and action plans.

Our research included four interlinked projects:

1. Based on a comprehensive review of the evidence we provided clear treatment guidance for health professionals based around individual patient and carer problems.
2. We evaluated our new system for longer-term stroke care in 29 centres in the UK involving community-based health professionals. Stroke patients in half of these centres received the new system of care. Patients in the other centres received care as currently delivered. We found no differences between the two groups in a range of outcomes assessed for 800 stroke survivors and 208 carers 6 months after joining the study.
3. We demonstrated the robustness of a monitoring tool to identify unmet needs after stroke by testing it with 850 stroke survivors.
4. Through in-depth interviews we explored how stroke survivors and their carers adjust and adapt to the consequences of stroke.

We have developed systems of care and assessment tools and gained insights into patients' needs and experiences. All will inform improved care strategies after stroke.



# Programme Grants for Applied Research

ISSN 2050-4322 (Print)

ISSN 2050-4330 (Online)

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## This report

The research reported in this issue of the journal was funded by PGfAR as project number RP-PG-0606-1128. The contractual start date was in September 2007. The final report began editorial review February 2013 and was accepted for publication in November 2013. As the funder, the PGfAR programme agreed the research questions and study designs in advance with the investigators. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PGfAR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

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