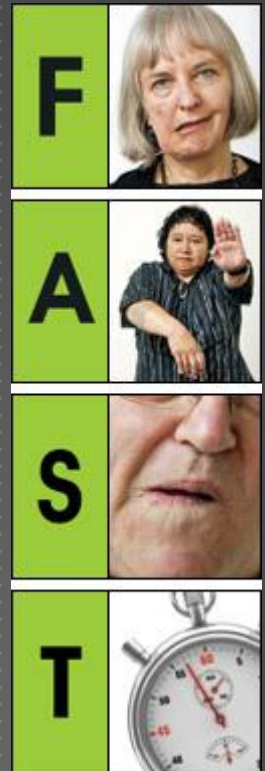


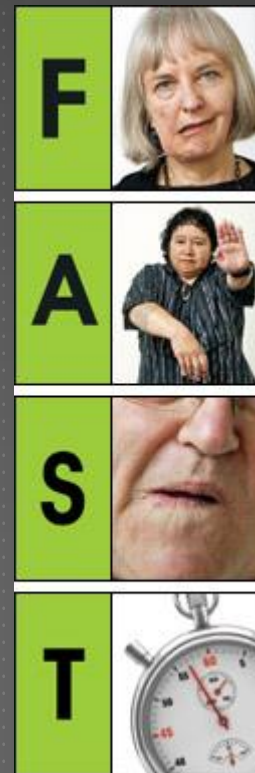
A STROKE OF LUCK:
the win-win of a clinical
research partnership



Awhina
Waitemata Health Campus

STROKE IN NEW ZEALAND

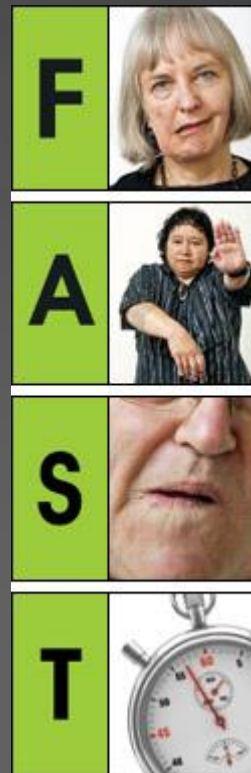
- ▶ Annually 9,000 New Zealanders experience stroke
- ▶ 75% of strokes occur in people > 65 years of age
- ▶ Over 65s are a rapidly increasing group
- ▶ 2001 – 2006 10% increase nationally (14% in Waitemata DHB)
- ▶ One third of strokes are fatal
- ▶ Estimated 60,000 stroke survivors in NZ; many live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



THE STOKE OF LUCK

October 2009

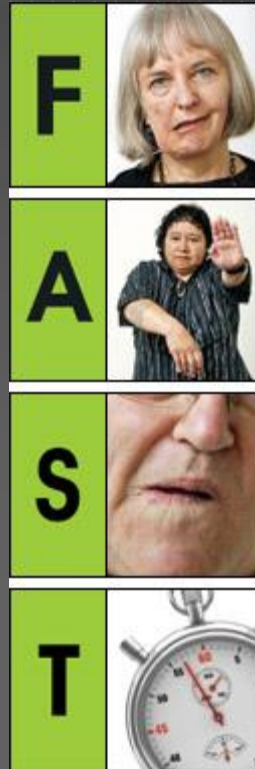
- ▶ Gerry Fennelly (Charge Nurse Manager, Waitakere Hospital) talks to BN lecturer about possible research collaboration
- ▶ Gerry and his staff had identified a need to improve support for families/ whānau of clients who have had a stroke
 - ▶ “the client moves on but sometimes the family doesn’t; they 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

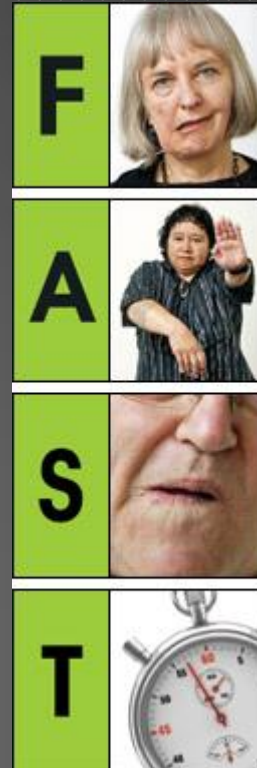
Three phase project

- ▶ 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



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.