

## AuSCR Research Task Group approved projects

<b>Title</b>	<b>Healthy Living After Stroke: Pilot study of an online secondary prevention program for stroke survivors</b>
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<b>Submission date</b>	11 May 2016
<b>AuSCR role</b>	Participant recruitment
<b>Approved</b>	19 August 2016
<b>Status</b>	Completed
<b>Summary</b>	<p>The study examined the usability and acceptability of an online program addressing modifiable psycho-behavioural risk factors for stroke survivors. A pre-post pilot study was conducted. Participants recruited through AuSCR completed measures of health-related quality of life, physical activity, smoking status, depression and anxiety, alcohol status, nutrition, and internet use. Participants also used an online secondary prevention program (Prevent 2nd Stroke) over a two-week period. 18 of 19 participants reported engaging in multiple health risk behaviours. Participants reported they were interested in receiving an online program providing health information (73.7%), and that Prevent 2nd Stroke was easy to use (63.1%) and they would recommend the program to other stroke survivors (63.1%).</p>
<b>Outcomes</b>	<p>Of the 200 people who were contacted through AuSCR during the study period, 110 people (55%) responded, and 40 (20%) were eligible to participate in the study. Of those who were eligible, 33 (82.5%) people consented, and 19 (47.5%) people completed both the baseline and follow-up.</p> <p>We found that online secondary prevention programs for stroke survivors are acceptable and feasible. As stroke survivors are still engaging in unhealthy behaviours post-stroke, more research is needed to determine the effectiveness of Prevent 2nd Stroke (P2S) as a health behaviour change intervention. Therefore, the next step in this research is to conduct an effectiveness trial. If effective, online programs have the potential for widespread dissemination to the public through peak organisations such as the National Stroke Foundation (NSF) website. The NSF, has a consumer portal in which stroke survivors can find support through resources about stroke and also access an online community of stroke survivors who share their experiences. As a large percentage of stroke survivors are discharged from hospital without a plan, the P2S could be provided to stroke survivors following discharge. The program could be accessed through the NSF portal, and assist in the promotion of positive lifestyle changes. Furthermore P2S could also allow stroke survivors to receive professional and communal support to reduce the risk of having a second stroke.</p> <p>We have recently launched the large scale effectiveness trial with recruitment via an AuSCR mail out.</p>
<b>Publications</b>	<p><b>Published/presented:</b> Denham AM, Halpin S, Twyman L, Guillaumier A, Bonevski B. <b>Prevent 2<sup>nd</sup> Stroke: a pilot study of an online secondary prevention program for stroke survivors.</b> <i>Australian and New Zealand Journal of Public Health</i> 2018 42(5): 484-490. doi:<a href="https://doi.org/10.1111/1753-6405.12794">10.1111/1753-6405.12794</a></p> <p>Abstract Submission for presentation at Stroke 2018 - The Stroke Society of Australasia (SSA) 28th Annual Scientific Meeting and the 14th Smart Strokes Australasian Nursing and Allied Health Stroke Conference.</p>