



Timing it Right

Stroke Family Support Program



Official Newsletter

Issue 2, March 2011

STUDY AMENDMENT UPDATE

Amendments have been submitted to all research ethics boards, and have been approved in Toronto, Ottawa, Pembroke, Thunder Bay, and Calgary. We await approval before implementing the changes at other sites.

Amendments include:

- 1) Change of inclusion criteria 1 to:
 - a) Patient has confirmed ischemic or hemorrhagic stroke
 - b) Patient's first stroke or if patient has had more than one stroke, the previous stroke(s) were mild and patient did not receive in or outpatient rehabilitation.
- 2) Condensed surveys (24 to 18 pages, no content changes)
- 3) Addition of NIHSS score to patient CRF if CNS is not available

ANNOUNCEMENTS

We welcome new staff to our study team:

JULIE WERSHLER
Research coordinator, Calgary

MARTA KEDZIOREK
Stroke Support Person, Ottawa

VICTRINE TSEUNG
Stroke Support Person, Toronto

TIP OF THE HAT



Special thanks to Anne, our research coordinator in Ottawa, for increasing enrolment at her site drastically since our last newsletter. Keep up the great work!

STROKE SUPPORT PERSON JOURNAL AUDIT

After conducting a full audit of stroke support person journals to date, we are happy to report that the intervention appears to be going as planned, with a few cases of 'missed' interventions. The average length of the first meeting with the SSP is ~50 min for the self directed arm, and ~58 min for the full intervention arm. A full report with tips for moving forward will be sent around to all SSPs.

FRIENDLY REMINDERS

All study participants should receive a copy of "Let's Talk About Stroke". If you need more of these guides, let us know and we will send some your way.



The qualitative pilot results from Timing it Right have been accepted for a podium presentation at the European Stroke Conference in Hamburg, Germany. We look forward to this great opportunity to raise international recognition for the study.



ENROLLMENT UPDATE

Below are the enrollment updates from EmPower as of March 21st, 2011. Note that follow-ups are marked as complete if all forms within a follow-up are complete (ie, there is a green checkmark next to the form). Please notify Anna if any forms need to be checked as complete in EmPower.

No. Follow-up Questionnaires Completed:

Site	Caregivers Enrolled	Target Enrollment	3month	6 month	12 month
Toronto	40	55	13	12	3
Ottawa	26	55	8	4	0
Pembroke	3	30	2	1	0
Calgary	10	50	4	4	0
Halifax	8	50	3	1	0
South Shore District	5	30	0	0	0
Thunder Bay	7	30	0	0	0
All Sites	99	300	30	22	3

We're 1/3 of the way there...keep up the great work and let's hit our target enrollment!

If you have any news you'd like to share, or any questions/suggestions, please contact Anna Czerwonka at anna.czerwonka@utoronto.ca or 416-978-5694