



Timing it Right

Stroke Family Support Program

Official RCT Newsletter Issue 5, July 2012  Edition

In This Issue

- Patient Sub-study Commencing!
- SSP Refresher Sessions
- Important Info for RAs
- Enrolment Update
- Tip of the Hat

Can family support help stroke survivors too? Patient Sub-study Commencing!

We have often been asked if our caregiver intervention will also benefit stroke survivors. Our new grant from the **Ontario Stroke Network** will help us begin to answer this question. We will be recruiting stroke survivors through caregivers in our trial and will ask the stroke survivor to complete a mailed survey and participate in a qualitative interview. The survey and interviews will examine the role of support received from caregivers and other sources on stroke survivor community re-integration.

Stroke Support Person Refresher Sessions

In June we conducted online training refresher sessions for all of our SSPs to review the study interventions, discuss common areas of troubleshooting, and ensure that the intervention is being delivered in a way that is most helpful to families. We emphasized the need for our intervention to go beyond providing information, and to ensure that our family caregivers are emotionally supported by our support staff.




Caregivers Enrolled

Enrollment Update

Site	Enrolment March 2012 †	Enrolment June 2012 *
Toronto	63	70
Ottawa	48	53
Halifax & SSD	20	15
Calgary	29	32
Pembroke	18	25
Thunder Bay	20	22
Oshawa	14	19
Kingston	2	2
PEI	19	29
Cape Breton	2	3
Barrie	6	10
All Sites	241	280

† These numbers include all caregivers marked as “eligible/consenting” on the screening form

* These numbers have been adjusted to only include caregivers who were randomized into the study. All numbers above also include caregivers who were excluded/withdrawn after randomization.

Important Info for Research Assistants!

In light of the new patient outcomes addition to the study, letters of appreciation to caregivers who have completed the study should be sent AFTER the patient packages are completed and returned. Please hold off on sending thank you letters until you complete the upcoming training on the patient outcomes sub-study.



Tip of the Hat

Hats off to our research assistants **Angela Zwiers**, **Esmé French**, and **Lisa Keon**, who had an excellent first round of qualitative interviews with our caregivers. Conducting qualitative interviews requires engaged listening, patience, and strong interpersonal skills. Angela’s previous qualitative experience really glimmered, while first-timers Esmé and Lisa performed like ‘old-pros’. Very well done, keep up the great work!

Keep up the great work and let’s hit our target enrollment! If we can be of assistance please don’t hesitate to contact us:

anna.czerwonka@utoronto.ca 416-978-5694
jill.cameron@utoronto.ca 416-978-2041