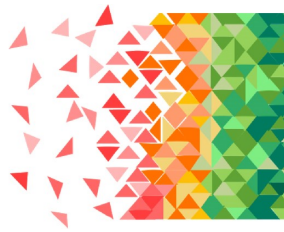




# ReCAPS Clinician Newsletter

MONASH UNIVERSITY



# ReCAPS

## SUPPORT AFTER STROKE

### Phase II ReCAPS: As of 6th August, 2019

- Three VIC sites recruited participants
- 290 patients screened & submitted
- 55/89 (62%) patients eligible for inclusion and informed about the study prior to discharge
  - ◊ 34/55 (62%) patients provided consent
  - ◊ 3 not randomised as other ongoing medical issues/other difficulty participating
  - ◊ 29 Randomised
  - ◊ 2 to be randomised on August 12th
- 22/31 (71%) completed 3-month outcomes

Overall, 125 goals were set by participants

994 support and educational messages have been sent



### You said:

1. It can be difficult to complete SMART goal setting prior to discharge
2. Develop promotional material for prospective participants

### We responded by:

1. Changing how goals are recorded at baseline in hospital. Now recorded as "goal statements" and SMART criteria applied by Monash team with the participant at day 7-14
2. Three consumers helped to shape an infographic to summarise the study & a participant brochure

## What's new in Phase III?

- Updated REDCap databases
- New study manual
- Improved data quality monitoring
- Improved communication on data queries

- New aphasia-specific goal-setting menu
- Revised goal-setting procedures at baseline:

- ⇒ At baseline use goal-setting menu to help participant identify goal areas
- ⇒ Include simple goal statement
- ⇒ Include relevant baseline function

### Special thank you to our Phase II contributors:

- Bronwyn Coulton - Monash Health
- Marie Matanas - Peninsula Health
- Kanaga Lagma - Peninsula Health
- Natasha Bonnano - Peninsula Health
- Meg Vawdrey - Peninsula Health
- Kim Heriot - Peninsula Health
- Margaret Stevenson - Peninsula Health
- Grace Thomas - Eastern Health
- Tanya Frost - Eastern Health
- Jennifer Liu - Eastern Health
- Naila Pachani - Eastern Health

### Consumer consultants:

- Ida Dempsey
- Eleanor Horton
- Brenda Booth

### Independent assessment of the quality of goals:

- Rebecca Barnden
- Amanda Elston

### Outcome assessors:

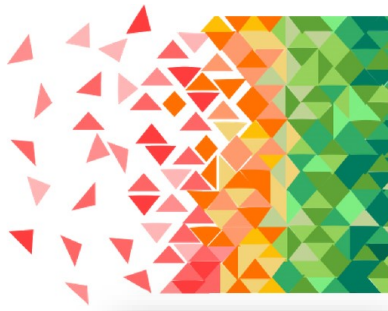
- Tash Thayabaranathan
- Toni Withiel

### Process evaluation:

- Natasha Lannin - Facilitator

### Aphasia-friendly goal setting tools:

- Nadine Andrew - Project lead



# ReCAPS

## SUPPORT AFTER STROKE



Translational Public Health and Evaluation Division

Stroke and Ageing Research  
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Monash Health Research Precinct

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*ReCAPS is a randomised controlled trial of a 12 week discharge self-management support package with use of personalised electronic messages for patients with stroke to reduce unplanned hospital presentations or readmissions. The discharge support program comprises (a) standardised goal setting, and (b) integrated e-health self-management support. The primary outcome (unplanned presentations to emergency departments or readmissions) and secondary outcomes (e.g. attainment of goals, quality of life, cost-effectiveness) are measured at 90-days and 12 months. We also request to link participant data with their health records to reduce recall bias. This will be the first adequately powered of an e-health intervention to improve discharge care and support after acute stroke. We seek to recruit 890 participants.*

[www.recaps.com.au](http://www.recaps.com.au)

## The ReCAPS collaborative team has expanded in 2019!

- Dawn Harris - National Trial Coordinator (VIC/QLD)
- Natalie Wilson - NSW Trial Coordinator
- Garveeta Sookram - ReCAPS Data Manager/ health economics
- Natasha Bonnano - Research Clinician for Peninsula Health
- Lauren Wood - Research Clinician for Peninsula Health
- Georgia Hogan - Research Clinician for Peninsula Health
- Gemma Bourke - Research Clinician for Peninsula Health
- Rose Lee - Research Clinician for Eastern Health
- Louise Lee - Research Clinician for Austin Health
- Estelle Hamson - Research Clinician for Alfred Health
- Erin Li - Research Clinician for Royal Prince Alfred
- Andrea Moore - Principle Investigator for Alfred Health
- Rohan Grimley - Principle Investigator for Sunshine Coast Health
- Kylie Tastula - Principle Investigator for Royal Prince Alfred
- Sheila Jala - Principle Investigator for Royal North Shore

### Chief Investigators

Dominique Cadilhac, Natasha Lannin, Helen Dewey, Monique Kilkenny, Ian Kneebone, Nadine Andrew, Avril Drummond, Jan Cameron

### Associate Investigators

Amanda Thrift, Christopher Levi, Geoffrey Cloud, Maree Hackett, Mariko Carey, Rohan Grimley, Sandy Middleton, Henry Ma, Ernest Butler Vincent Thijs

### Project Manager

Jan Cameron

### Clinical trial coordinators

Dawn Harris, Natalie Wilson

### Funders

Victorian Medical Research Acceleration Fund

(2018-19: ADD/17/25812)

Monash University (2018)

NHMRC (2019-2022: #1162596)