

Electrical Stimulation After Stroke

What is the research?



We need to **know** more about **how to help** people through physiotherapy after stroke with **leg weakness and who cannot walk to get back to walking again.**

Why have I been asked to take part?



You have had a **stroke**



You have **leg weakness** and need help to **walk.**

Who is doing the research?



The research is run by

1. **University Hospitals Dorset (picture left)**

2. **Bournemouth University (logo left)**

The main **researcher** is Physiotherapist Dr **Katey Collins. (Bournemouth University)** **guided by Professor Anand Pandyan**

Other researchers are:

[Add local trust PI picture and names]

The **National Institute for Health Research** is **paying** for this research

Why are we doing the research?



We want to find out

- If people with stroke are willing and happy to have **electrical stimulation** (painless electrical currents to the muscles using sticky pads on the skin) to **help their leg muscles work better?**

What will happen if I take part?



Carry on with your **physiotherapy**.



Some people will receive their **usual physiotherapy** and other people will receive their **usual physiotherapy plus electrical stimulation**. There is an equal chance of being put in one group or the other.



People in the **electrical stimulation group** will have **30 minutes of stimulation on their leg muscles three times per week, for three months**.



Everyone will have their **leg strength** and **ability to walk** measured. **Everyone** will **answer questions** about **daily activities, pain, quality of life and the healthcare services** you have been using.



We will ask some people if they want to **share** their **opinions, experience** and **ideas** through an **interview**.






The Interviews will be **recorded** with your **permission**.

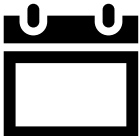


This helps us to **remember** what you said

Where will the research happen?

  	<p>The research will start in hospital.</p> <p>You and your family will be shown how to use the electrical stimulation.</p> <p>When you are discharged from the hospital you will take the electrical stimulation equipment with you so you can keep on using it.</p> <p>We will ask you to use it for 3 months.</p> <p>The stimulator will be returned to the research team after the 3 months.</p>
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How long will the research last?

	<p>We will invite you to come back to the hospital three times at 6 weeks, 12 weeks, and 6 months after you were put into a treatment group.</p>
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At these visits, we will take more **measurements of leg strength and walking ability** and will **ask questions including your daily activities, pain, quality of life and the health and care services** you have been using.

The **whole research** will last for **2 years**.

Will I get paid?



You will **not get paid** for taking part in the research.



We will **pay travel costs**, when you **come back to the hospital** to have leg strength, walking ability measured and to complete the questionnaires for your **follow up assessments**.

Do I have to take part?



It is **your choice** whether **to take part or not.**

If you do not take part you will **still get** your **usual physiotherapy.**





If you change your mind, **you can stop** at any time.

You **don't** have to **give a reason.**




If you **stop**, you will still get your **normal physiotherapy.**

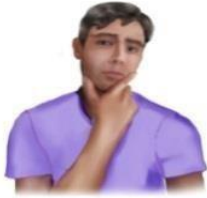
Who will see the information about me?

	<p>We will keep the information about you safe.</p> <p>Only the researchers will see the information about you.</p> <p>Only a trusted company will type up your audio recording (if you have an interview) and your personal details will be removed.</p>
	<p>We will tell your doctor (GP) that you are taking part in this research project.</p>





What might be good about taking part?

	<p>You may enjoy taking part.</p>
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	<p>You may find it interesting.</p> <p>You will help us to learn.</p> <p>If people get on ok with the electrical stimulation and find it helpful next we will try it out on more people to see if it works as a treatment and is good value.</p>
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What might be difficult about taking part?

 	<p>Extra visits to the hospital will take up your time.</p> <p>Some people's skin can react to the sticky pads, used for the electrical stimulation, this is rare. If this happens, we will help you. You can contact the research team (details at the end)</p>
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What if I don't take part in the research?



You will still get your usual **physiotherapy**.

Is the research safe?



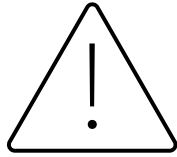
An NHS ethics **committee** said

- The research **can happen**
- It is **safe**
- It has been **properly planned**



Electrical Stimulation is regularly used by physiotherapists for people after stroke.

What if something goes wrong?



It is very **unlikely** something will go wrong or you will be **harmed**.

If you **take part** in the research and **if you think** you were **harmed** there are **people to talk to**.



Contact:

[INSERT CONTACT DETAILS FOR PI AND LOCAL RESEARCH TEAM]

Research Team:

Clare Potter

email: Clare.Potter@uhd.nhs.uk

Telephone: 0300 019 4003

Lead Researcher:

Dr Kathryn Collins

Telephone: 01202 961846

Email: kcollins@bournemouth.ac.uk



If you would like to make a complaint, you can contact:

[INSERT LOCAL PATIENT EXPERIENCE CONTACT DETAILS]

Or you can contact the Research and Development Department at

Email: ResearchOffice@uhd.nhs.uk
Telephone: 0300 019 8500

How will we use information about you?



University Hospitals Dorset is the study sponsor and will **look after your information.**

We will use information from you, your medical records, and healthcare team.

The information will be your

- Name and initials
- Age
- NHS number
- Contact details
- Medical history
- Medicines you take
- Stroke

- Post code
- Education level

People who **do not need to know who you are will not be able to see your name or contact details**. Your data will have a **code number instead**.

Personal information will be **stored separately to anonymised information**.

Paper information will be **stored in a locked filing cabinet** that only the research team can get to.

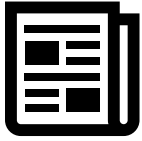


Electronic information will be **stored on a password protected computer with multi-factor identification** that only the research team can get on.

Anonymised information will be **shared with Bournemouth University and the University of Plymouth** for **analysing the information/data**.

Your information will **not be** shared outside the UK.

How will we use information about you after the study ends?



When the study ends we will **keep some of the information** so we can **check the results**.

We will write reports in a way that no-one will know that you took part.

The **information** we collect will be **used for this study** and **studies related to this study**.



Information will be **stored for 10 years**, and the anonymised information will be put into an **online repository**.

What are your choices about how your information is being used?

You can **stop being part of the study at any time**, without giving a reason, but we will **keep information about you that we already have**.

You have the **right to ask us to access, remove, change or delete information** we have about you for the study.

You can also **object to us processing your information**.

We might **not always be able to do this** if we cannot use your information to do the research.

We will tell you why this is.

If you agree to **take part in this study** you will have the option to **take part in future studies** using your information saved from this study.

The **anonymised information will be stored** on Bournemouth University's **Bournemouth Online Research Data Repository, BORDaR.**

What will happen after the research?



The **researchers will look at the results.**





They will **learn more** about **electrical stimulation and muscle strength after stroke.**

What will happen to the results?



It will help us to **develop future treatments** for **leg weakness after stroke.**

We will **tell you what we find out** from the research.

  	<p>We will share the results with other researchers.</p> <ul style="list-style-type: none">✓ at conferences and meetings✓ in academic journals✓ with other people who have a stroke
	<p>The results will not use your name</p>

What next?



If you want to take part you will need to **sign** a **consent form**.

This says that **you understand** the research and **you agree** to take part.



You will have **some tests of your leg strength** and answer some **questions about your daily activities, pain, and quality of life**.

They take **20-40 minutes**.

Your **physiotherapy** will continue **after** your **assessments** (probably the next day).

 	<p>Yes I want to take part</p>
 	<p>No I don't want to take part</p>

You can find out more about how we use your information and about the study.

You can ask one of the research team

Send an email to

- **Lead Researcher: Dr Kathryn Collins at:**
kcollins@bournemouth.ac.uk
- **Sponsor Research and Development Office at**
researchoffice@uhd.nhs.uk

By ringing:

- **Lead Researcher: Dr Kathryn Collins at 01202 961846**
- **Sponsor Research and Development Office at 0300 019 8500**