

# An investigation into the effect of including a goal-orientated independently practised exercise programme in early stroke rehabilitation

<b>Submission date</b> 29/09/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 29/09/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/10/2014	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N0647150885

## Study information

**Scientific Title**

**Study objectives**

To evaluate the effects of goal-orientated individualised exercise and activity programmes practised independently in the first three months of stroke in addition to normal therapy, both from the perspective of the patient and the clinician's evaluation of the patient's performance. To pilot the intervention to establish evidence for or against the feasibility of including independently practised goal-orientated exercise programmes in early stroke rehabilitation. The results of the study, if positive, will inform a power calculation and design of a full randomised controlled trial.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Stroke

**Interventions**

A single-blinded RCT pilot using blocked randomisation in blocks of 4. Goal-orientated individualised exercise and activity programmes practised independently in the first three months of stroke in addition to normal therapy.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Canadian Occupational Performance Measure (COPM)
2. Motor Assessment Scale (MAS)
3. Barthel Index
4. Patient diary
5. Patient telephone questionnaire

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/11/2003

# Eligibility

## Key inclusion criteria

Patients admitted to the stroke ward and medically able to understand and comply with the protocol. Inclusion criteria:

1. Inpatients within 6 weeks of diagnosis fo first stroke confirmed by computed tomography (CT) scan
2. Medically stable and undergoing rehabilitation on a stroke and neurological unit
3. In the opinion of the researchers, have the ability to understand and comply with carrying out an exercise and activity programme on their own
4. Patients must be able to give informed consent

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

All

## Key exclusion criteria

1. Complex medical problems that prevent compliance with study protocol
2. The patient is likely to be discharged within two weeks of admission to the stroke and neurological unit

## Date of first enrolment

01/05/2003

## Date of final enrolment

01/11/2003

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

Swindon Intermediate Care Centre

Swindon

United Kingdom

SN3 6BW

# Sponsor information

## Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health (UK)

## Funder(s)

### Funder type

Government

### Funder Name

Pan-Bath and Swindon Primary Care Research Collaborative (UK)

### Funder Name

NHS R&D Support Funding (UK)

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration