

# Individual Risk Awareness Intervention in Stroke

<b>Submission date</b> 05/08/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 13/10/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 30/09/2016	<b>Condition category</b> Circulatory System	<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**  
SLAJ2002

## Study information

**Scientific Title**  
To improve adherence to secondary prevention strategies in a high risk stroke population: a randomised controlled trial

**Acronym**

IRAIS

**Study objectives**

Improving patients perception of their risk of secondary stroke and heart disease at the time of their first event may improve the likelihood of adherence to secondary prevention strategies such as medication taking and lifestyle modification.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

East London Research Ethics Committee, 09/04/2010

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Stroke

**Interventions**

Total participation in the trial for both arms is 3 months or until they have been seen in follow-up once. Both arms will complete a questionnaire collecting demographic information, physiological factors and questions relating to awareness of risk and personal stroke knowledge. The intervention arm receives a 1:1 session for approximately 20 minutes which includes a personalised risk score % for secondary stroke. The control arm receives usual routine practice which involves a 1:1 session with a clinical nurse specialist providing information on stroke.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Another stroke event in 3 months
2. Evidence of adherence to secondary prevention lifestyle modifications at 3 month follow-up through patient self reporting and physiological testing in the intervention arm compared to the control arm of the randomised controlled trial

**Key secondary outcome(s)**

Risk score reduction through lifestyle modification at 3 month follow-up

**Completion date**

01/06/2010

# Eligibility

## Key inclusion criteria

1. Diagnosis of any stroke
2. Aged 18+ years, either sex
3. Cognitively intact in order to understand future consequences of actions to reduce risk
4. Discharge Stroke Scale score of up to and over 40

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## Key exclusion criteria

Patients unlikely to survive or be able to attend for the 3 month follow-up consultation

## Date of first enrolment

01/05/2010

## Date of final enrolment

01/06/2010

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

Charing Cross Hospital

London

United Kingdom

W6 8RF

# Sponsor information

**Organisation**

Imperial College London (UK)

**ROR**

<https://ror.org/041kmwe10>

**Funder(s)****Funder type**

Hospital/treatment centre

**Funder Name**

Imperial College Healthcare NHS Trust (UK) - Hammersmith Hospitals Trustees Research Committee Award

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration