

A feasibility study to identify attitudes, determine outcome measures and develop an intervention to inform a definitive trial that will determine the effectiveness of adapted cardiac rehabilitation for subacute stroke patients

Submission date 22/10/2014	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 22/10/2014	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 21/05/2024	Condition category Circulatory System	☐ Individual participant data

Plain English summary of protocol

Background and study aims

A stroke is a serious condition that occurs when the blood supply to part of the brain is cut off. The aim of this study is to determine the best way to support people who have recently had a stroke to improve their fitness, particularly the health of their heart and lungs (cardiovascular fitness). The information from this study will be used to design a larger study to investigate how effective cardiac rehabilitation is for people post stroke.

Who can participate?

Patients aged over 18 who have had a stroke

What does the study involve?

Participants attend a cardiac rehabilitation programme, consisting of a warm up, exercise training and cool down, two times a week for six weeks. Patients', carers' and health professionals' opinions of cardiac rehabilitation and attitudes to exercise following stroke are explored through interviews and focus groups.

What are the possible benefits and risks of participating?

Not provided at time of registration

Where is the study run from?

Leicester Royal Infirmary (UK)

When is the study starting and how long is it expected to run for?

September 2014 to August 2017

Who is funding the study?
The Stroke Association (UK)

Who is the main contact?
Nicola Clague-Baker
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
17359

Study information

Scientific Title
A feasibility study to identify attitudes, determine outcome measures and develop an intervention to inform a definitive trial that will determine the effectiveness of adapted cardiac rehabilitation for subacute stroke patients

Acronym
Cardiac Rehab and Stroke

Study objectives
The broad aim of this study is to determine the best way to support people who have recently had a stroke to improve their fitness particularly the health of their heart and lungs (cardiovascular fitness).

More details can be found at: <http://public.ukcrn.org.uk/Search/StudyDetail.aspx?StudyID=17359>

Ethics approval required
Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Non-randomised; Interventional; Design type: Not specified

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Topic: Stroke; Subtopic: Rehabilitation; Disease: In hospital study, Community study

Interventions

Subjects will attend a modified (informed by phase I and II) CR programme and is likely to include a modified warm up, functional exercise training and cool down, two times a week for six weeks.

Intervention Type

Behavioural

Primary outcome(s)

Effectiveness of adapted cardiac rehabilitation for subacute stroke patients

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/08/2017

Eligibility

Key inclusion criteria

1. They will be aged over 18 years of age.
2. They will have suffered from a stroke or Transient Ischaemic Attack (TIA) resulting in mild to moderate disability (NIHSS < 15). This means that they could have visual problems, facial palsy, movement problems in their arm and leg, uncoordinated movement and sensory problems.
3. They will be in the subacute phase of recovery, that is, at least one week after their stroke or TIA up to four months post stroke or TIA.
4. They will not have receptive communication or cognitive deficits, this means they can fully understand and consent to the trial.
5. They will be able to walk 10 metres, with help of another person or walking aid if necessary.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

All Parts: Cannot give informed consent and do not speak English.

Part III (Validity study) and Part IV (Cohort study): Heart disease class III and upwards (NYHA Classification), angina on exercise, Class C or D exercise risk (ACSM), uncontrolled arrhythmias and poorly controlled hypertension.

Date of first enrolment

19/09/2014

Date of final enrolment

31/08/2017

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Leicester Royal Infirmary

Leicester

United Kingdom

LE1 5WW

Sponsor information

Organisation

University Hospitals of Leicester NHS Trust (UK)

ROR

<https://ror.org/02fha3693>

Funder(s)

Funder type
Charity

Funder Name
The Stroke Association (UK); Grant Codes: TSA 2013/08

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	accelerometry results	01/06/2020	17/12/2020	Yes	No
Results article	Qualitative focus group results of staff attitudes to cardiac rehabilitation for stroke survivors	15/05/2024	21/05/2024	Yes	No