



The University of  
Nottingham

# Stroke self-management; lessons learnt and take home messages

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**“I forgot to make a back-up copy of my brain,  
so everything I learned last semester was lost.”**

Lessons?

## ■ Terminology

self management,

feasibility,

cluster RCT,

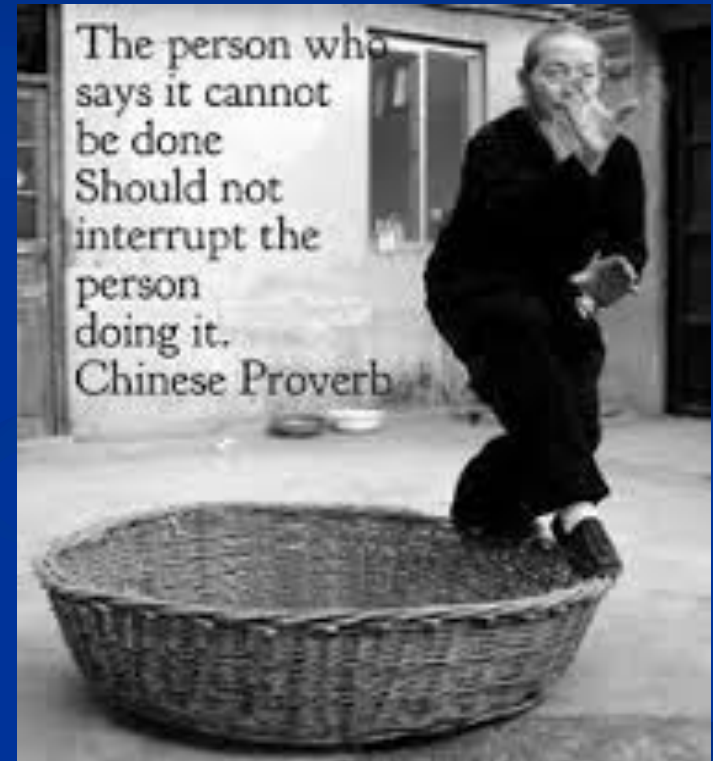
fidelity

# Lessons

- Terminology
- Scope

## ■ Scope

Not a definitive trial,  
under powered,  
likely to have problems





# Lessons

- Terminology
- Scope
- Success



## ■ Success

What would this trial look like if it was successful?

What would this intervention look like if successful?

# Lessons

- Terminology
- Scope
- Success
- 'Other'



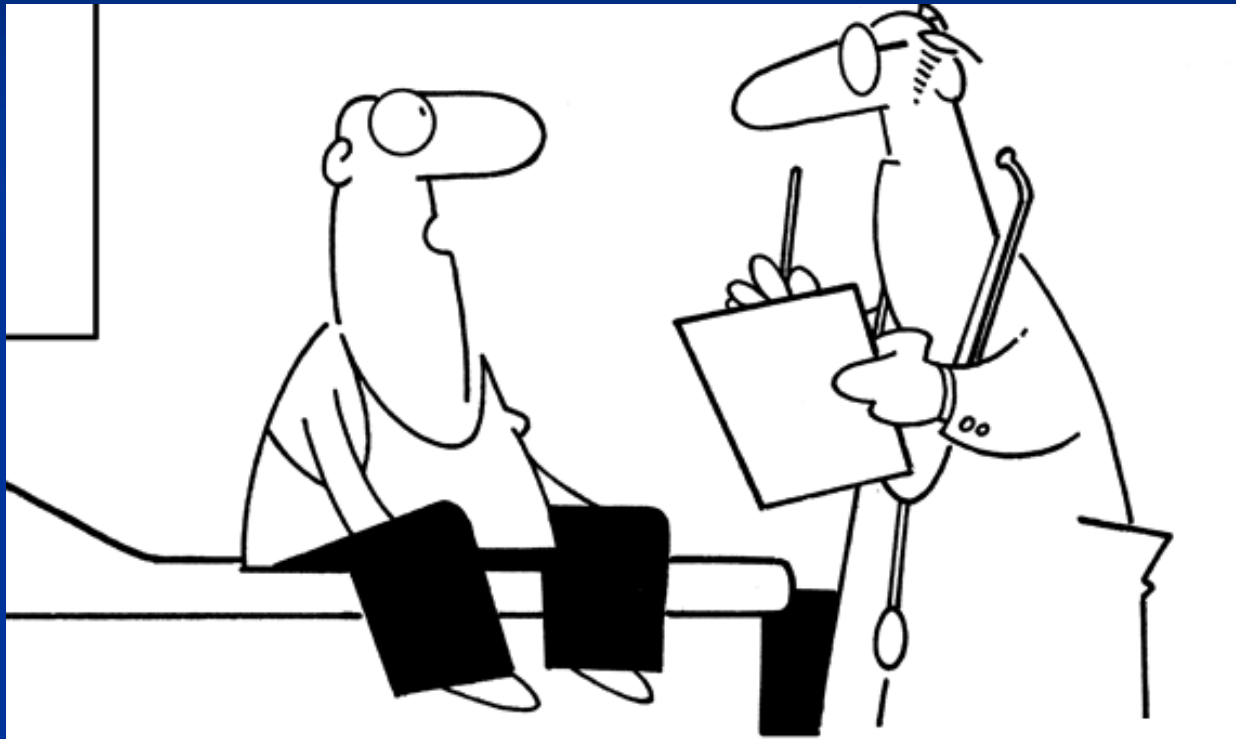
## ■ Other

Anything and everything!

Centres wanting/not wanting to participate

Hard work; data collection; training

Issues of clarity



**“I have a question about my medication. Why is the couple in the commercial sitting outdoors in separate bathtubs?”**

# Lessons

- You have to start somewhere
- Hindsight is wonderful
- Be honest- what were the mistakes? What went wrong? What worked?
- Share good and bad

# Take home messages?



‘The only place success comes before  
work is in the dictionary’.

Lombardi

## ■ Issue of balance vital

Too strict- lose people; too slack- include those who dilute the findings

Trying to find out what you didn't know you didn't know.....



## ■ Issue of balance vital

Too strict- lose people; too slack- include those who dilute the findings

Trying to find out what you didn't know you didn't know.....

## ■ Issue of fidelity

# How assess fidelity?

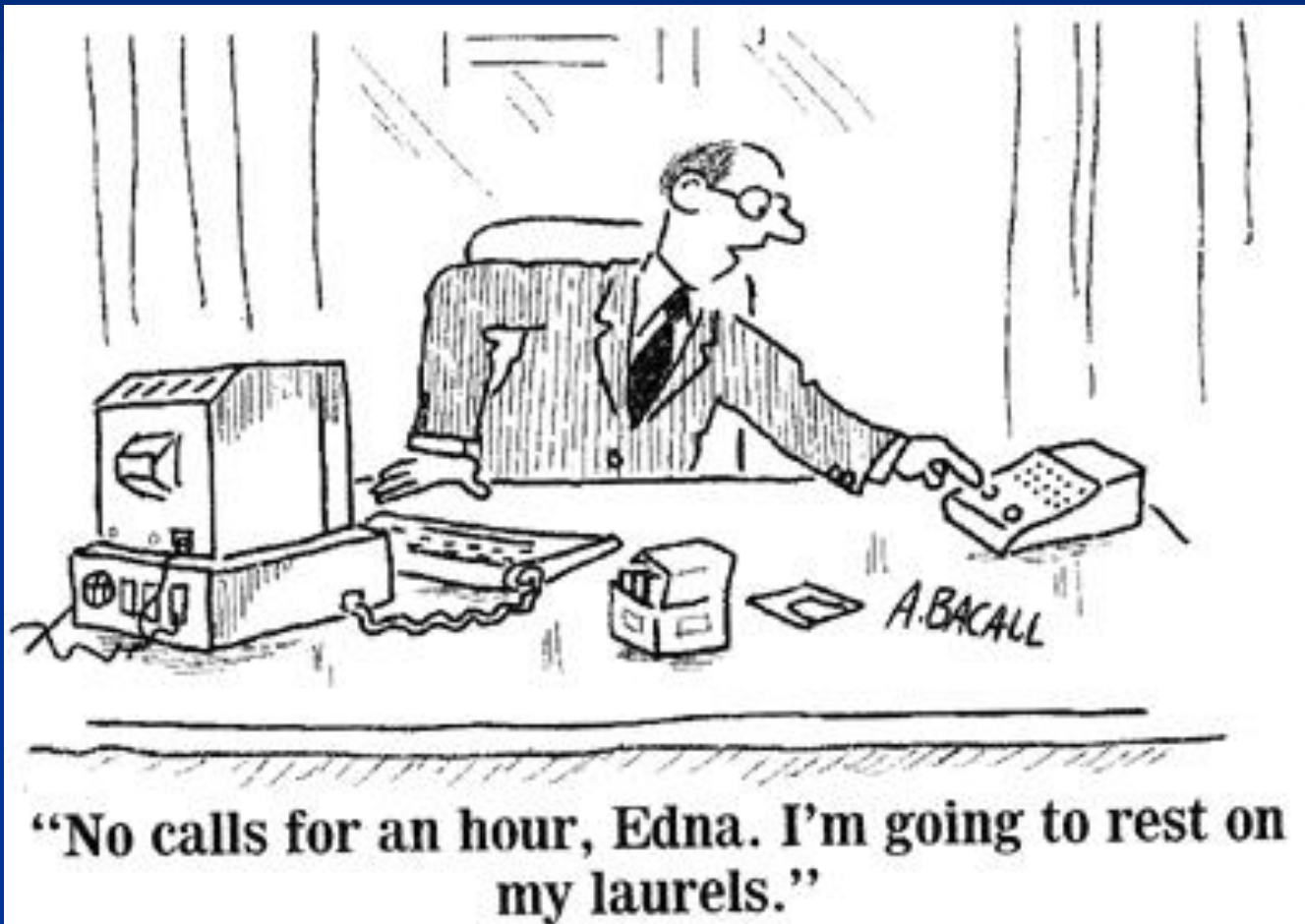
Concept is easily understood but assessing is very difficult; does treatment LOOK any different?

- Observation
- Interviews with participants
- Focus groups with teams



- Issue of balance vital
- Issue of fidelity
- Solid team from CI to PIs, from grant holders to therapists and patients. Expertise in range of areas needed.

# What next?





THANKS

The word "THANKS" is rendered in a bold, bubbly, sans-serif font. The letters 'T', 'H', 'N', 'K', and 'S' are colored in a vibrant magenta or purple hue, while the letter 'A' is colored in a warm, golden-yellow. A hand, also in the golden-yellow color, is positioned as if pointing to the 'A'. To the right of the 'A', there are three bright green, jagged shapes resembling sparks or light bolts. The entire graphic is set against a white, slightly tilted rectangular background, which is itself placed on a solid dark blue background.