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S T R O K E

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# **NRS Stroke Research Network**

## **NEWSLETTER**

2021





*Message from the Clinical Lead Scottish Stroke Research Network / NRS Stroke Research Champion, Professor Jesse Dawson*

I hope you are all doing well. It seems obligatory to start any sort of message with recognition of how challenging the past 15 or so months have been. This is of course true but at the same time we have demonstrated the importance of core funded research infrastructure and what that brings to the National Health Service. It is astounding that we managed to enrol over 650 people in clinical studies in the year 2020/21 given the circumstances. Everybody involved in stroke research in Scotland should be truly proud of their efforts. Several studies with which we were involved have managed to complete enrolment and / or follow-up in the past year and will soon report. This is a tremendous achievement.

Hopefully the next year will feel increasingly normal but it will also be a year of substantial change. However these changes should be much more positive than those we have recently endured. The advent of fit for purpose thrombectomy services in Scotland is long awaited, will be excellent for patients, and will provide opportunities and challenges for stroke research.

As we focus on getting ourselves back up and running, I'm very keen we re-form a functioning executive committee to help us move forward. In particular we need to address how we will approach the changes to care pathways to ensure we can continue to offer people with stroke participation in research.

I hope you all have a enjoyable and well deserved summer break and I look forward to seeing you all soon.

Jesse

## NRS Stroke Research Network current active study list

To view details about any of the studies listed study visit the Open Data Platform.

<https://public-odp.nihr.ac.uk/qlikview/>

STUDY NAME	CPMS ID	STUDY NAME	CPMS ID
ATTEST 2 A trial comparing the new "clot busting" drug treatment tenecteplase with standard clot-busting treatment	33335	MSS-3 Studies of small vessel Diseases: The Mild Stroke Study 3	39665
CAIRS V1 Covid 19 Adaptive Immune Response in Stroke COVID-19	48025	NICHE (LINCHPIN) Neuro-Inflammation after Cerebral Haemorrhage in Edinburgh	9974
COMMERCIAL CHARM 252LH301: Efficacy and safety of IV BIIB093 (The CHARM study).	NA	OPTIMAS OPTimal TIMing of Anticoagulation after acute ischaemic Stroke: a randomised controlled trial.	40836
COMMERCIAL Andexanet ICH A phase 4 RCT clinical trial of Andexanet Alfa for injection in acute intracranial hemorrhage in patients receiving an oral factor xa inhibitor	NA	PRECIOUS PREvention of Complications to Improve OUtcome after Stroke	35935
COMMERCIAL AXIOMATIC-SSP Response-Adaptive Dose Ranging Study of BMS-986177, an Oral Factor Xla Inhibitor, for the Prevention of New Ischemic Stroke or New Covert Brain Infarction in Patients Receiving Aspirin and Clopidogrel Following Acute Ischemic Str	NA	PROHIBIT ICH Prevention Of Hypertensive Injury to the Brain by Intensive Treatment after IntraCerebral Haemorrhage	38628
COMMERCIAL PACIFIC STROKE (FXIa inhibitor) Randomised, placebo controlled, double-Phase 2 study to evaluate efficacy and safety of BAY 2433334 in patients following an acute non-cardioembolic ischemic stroke.	NA	R4VAD Rates, risks and routes to reduce vascular dementia, (R4VaD)	40097
CONVINCE - COLchicine for preventioN of Vascular Inflammation in Non-CardioEmbolic stroke)	33929	SUSHI Saeboglove therapy for severe Upper limb disability and Severe Hand Impairment after stroke	44600
DASH Desmopressin for treatment of patients taking Antiplatelet agents with Stroke due to Haemorrhage	38963	TEMPO-2 A randomized controlled trial of TNK-tPA versus standard of care for minor ischemic stroke	38360
ELAN Early versus Late initiation of direct oral Anticoagulants in post-ischaemic stroke patients with atrial fibrillatioN	39909	Ultra highfield MRI to detect thrombus in lacunar stroke.	NA
Is cerebral amyloid angiopathy associated with stroke due to intracerebral haemorrhage?	NA	COVID 19 CAIRS V1 Covid 19 Adaptive Immune Response in Stroke COVID-19	48025

## Research Study Update



CONVINCE



### Colchicine in the prevention of Vascular Inflammation in Non CardioEmbolic stroke (CONVINCE) trial.

CONVINCE is a Prospective, Randomised Open label, Blinded Endpoint assessment (PROBE) controlled clinical trial. This is a phase 3 trial to compare low dose colchicine (0.5mg/day) plus usual care, to usual care alone, to prevent recurrent ischaemic stroke and coronary events after non cardioembolic stroke and TIA.

As of June 2021, approximately 2183 participants have been recruited with the 900th UK patient randomised by the team from Yeovil District Hospital. This brings the UK total to 908. The continued increase in monthly recruitment means recruitment should finish as anticipated in early 2022, with close out expected in late 2023.

CONVINCE is currently open at 59 UK sites with three active in Scotland; Monklands Hospital, Queen Elizabeth University Hospital and Raigmore Hospital. Scottish sites have recruited 75 as of the end of June 2021.

## TICH 3

### Tranexamic acid improves survival after ICH by reducing haematoma expansion

Tranexamic acid for hyper acute spontaneous intracerebral haemorrhage (TICH-3) is a pragmatic phase III prospective blinded randomised placebo-controlled trial. The aim of TICH-3 is to assess if tranexamic acid (TXA), an antifibrinolytic drug, which is a standard care drug used in bleeding emergencies (i.e., trauma, childbirth) will reduce the risk of death in patients who are bleeding in the brain as a result of a stroke (Intracerebral haemorrhage: ICH). ICH has no current treatment and is a medical emergency which causes millions of deaths worldwide each year. Many of the survivors are disabled and their quality of life is affected. Following the success of TICH-2 where TXA was administered within 8 hours of confirmed ICH, results showed that TXA is safe and prevents haematoma growth. The study, however, was not large enough to show whether there were effects on long term disability. TICH-3 aims to administer TXA within 4.5 hours of a confirmed ICH in a large randomised international trial consisting of 100 UK and 65 international hospitals sites within 7.25 years with a target number of 5500 participants. The main outcome will be the number of participants in each treatment group who die within the first 7 days after stroke. We will also contact people via post 6 months after stroke to assess their level of recovery and quality of life. Approvals and set up are currently undergoing with recruitment poised to start late 2021.

**Trial Managers Dr Joseph Dibb and Miss Brittany Dutton**



## The Sir Jules Thorn Centre for Co-Creation of Rehabilitation

The Sir Jules Thorn Centre for Co-Creation of Rehabilitation is an exciting new venture. The centre is driving a revolution in rehabilitation by developing cutting edge technology through a novel co-creation approach with the rehabilitation community. Success for the centre will depend on community engagement. An event to raise awareness among stakeholders, user groups (stroke survivors, carers and health professionals), researchers and industry took place on 25<sup>th</sup> May..

The centre was the first in the world to purchase the [HERO Solution](#), the latest development from [Motek](#) and Monitored Rehab Systems. The [HERO Solution](#) enables you to treat patients on functional strength, gait and balance, coordination and motor control to improve mobility problems caused by neurological, orthopaedic, muscular, cardiovascular or other conditions such as COVID-19 and long-COVID. [Read more.](#)

Dr Andy Kerr, Senior Lecturer in Biomedical Engineering and Physiotherapist, said:

*“This type of technology is critical to achieving our ambition of equitable access to effective rehabilitation. The kit will fit perfectly into our existing portfolio of rehabilitation technology as we prepare to launch our new Sir Jules Thorn Centre for Co-Creation of Rehabilitation Technology in spring 2021.”*

To find out more contact Dr Andy Kerr [a.kerr@strath.ac.uk](mailto:a.kerr@strath.ac.uk)

[Centre to revolutionise rehabilitation technology for stroke survivors | University of Strathclyde](#)

# HEADS: UP Online Helping Ease Anxiety and Depression after Stroke



Interested in taking part in an online research study about mindfulness for stroke survivors?

Helping Ease Anxiety and Depression after Stroke - **HEADS: UP Online**

Have you had a **stroke**? Do you know someone who has had a stroke?

Interested in finding out more about a research study investigating **mindfulness** to help with **anxiety** and **depression** following stroke? Read on ...

Mindfulness is a self-help course. Learning how to be 'mindful' might help people affected by stroke cope better when they feel anxious or depressed.

We are looking for stroke survivors to take part in the HEADS: UP Online research. Stroke survivors can take part with a friend or family member, if they wish.

**For all participants** taking part involves filling out questionnaires (we can help if needed). We will also ask people to take part in two focus groups or interviews. **Some participants** may also be asked to attend a nine-week online mindfulness course, HEADS: UP, led by an experienced mindfulness trainer.

If you are interested in finding out more, please contact the HEADS: UP research team, you can fill out the contact form on our webpage (<https://bit.ly/3vu4bHN>) or contact the HEADS: UP research team:

Professor Maggie Lawrence, Lead Researcher

Dr Bridget Davis, Project Manager

Ms Naomi Clark, Researcher

Email HEADS: UP: [headsup@gcu.ac.uk](mailto:headsup@gcu.ac.uk)

Phone the HEADS: UP team or leave a message: 0141 331 3421

## HEADS: UP Aphasia

### Helping Ease Anxiety and Depression following Stroke for people with aphasia Invitation to collaborate in a research study

#### Invitation to collaborate in a research study

Mood disorder is common after stroke and people affected by stroke have expressed a need for person and family-centred psychological interventions to help them self-manage symptoms of anxiety and depression. Mindfulness-Based Stress Reduction (MBSR) is an 8-week course aimed to provide people affected by mood disorders with training in mindfulness, defined as the ability to non-judgementally observe sensations, thoughts, emotions, and embrace openness and acceptance. HEADS: UP (Helping Ease Anxiety and Depression following Stroke) is an MBSR course adapted for people affected by stroke.

<https://www.gcu.ac.uk/hls/research/researchgroups/livingwithstroke/headsup/>

HEADS: UP Aphasia, is a complementary project of HEADS: UP. We aim to work with people with direct and indirect experience of aphasia to develop a further adaptation of the HEADS: UP course and make it easy-to-follow for people with aphasia.

I am hoping to recruit a relative of a person affected by aphasia after a stroke or a person with one of the following professional qualification or expertise: aphasia, stroke, mindfulness, speech therapy, psychology, occupational therapy, nursing who would be willing to take part in the study.

If you think you might be interested in getting involved with HEADS: UP Aphasia, please contact me:

Matilde Pieri  
Glasgow Caledonian University Glasgow  
G4 0AB  
Matilde.Pieri@gcu.ac.uk  
07753 106066

The supervisors can be contacted via email: Maggie.Lawrence@gcu.ac.uk  
m.grealy@strath.ac.uk a.lowit@strath.ac.uk [gill@thepearls.plus.com](mailto:gill@thepearls.plus.com)

Thank you for your interest.

Yours sincerely

**Matilde Pieri, Research student.**

# COMMUNITY STROKE HUB

The Community Stroke Hub is suitable for all **nurses and AHPs involved in community stroke rehabilitation in the UK**. The hub is a website designed to provide a **‘one-stop shop’** for resources, information and support to help practitioners to deliver remote and virtual rehabilitation, or a blended model of face-to-face and remote rehabilitation, during and beyond the pandemic. The hub also offers an online Community of Practice, designed to connect practitioners working across community rehabilitation settings throughout the whole of the UK.

Led by Dr Rebecca Fisher, the Community Stroke Hub team are a group of stroke clinicians and academics from across the UK with expertise in community stroke rehabilitation. We realised the huge challenges facing community teams providing stroke rehabilitation including the pressure to stay up to date with what was happening during a rapidly changing time. We wanted to do something to help rehabilitation staff transition to remote working and blended approaches and so the hub was born!

The benefits of the hub are:

**It saves you time.** You spend less time on searching for relevant resources because the hub team have done the ‘leg work’ for you and brought together up to date and relevant remote resources in one place: resources on telerehabilitation technology; interventions and apps; videos to share with stroke survivors; and stroke survivor information and support

**It provides a safe space to connect** with other clinicians in the community of practice. Share experiences and practice, learn from each other, chat and showcase your work, keep up to date with what’s happening during and after the pandemic to support the delivery of community rehabilitation.

**It’s free, quick and easy to use** the hub resources and to sign up for the community of practice

The hub is already proving popular with hundreds of clinicians accessing the site after its launch only a few weeks ago. We are keen to spread the word so that as many clinicians as possible benefit from the **Resources** and **Community of Practice**.

Find the **Resources** here:

<https://www.bridgesselfmanagement.org.uk/csh-resources/>

Join the discussion in the **Community of Practice** here:

<https://www.bridgesselfmanagement.org.uk/csh-community-of-practice/>



Since the start of the Covid-19 pandemic there have been widespread reports of adults with the virus also having stroke. In light of this, the Stroke Association is funding the world's first study to determine the long-term impact of having Covid-19 for stroke survivors. The charity is announcing this as part of their "Save Research. Rebuild Lives" campaign, which has a particular focus on research.

Researchers at University College London Hospitals NHS Foundation Trust (UCLH) led by Dr Richard Perry will follow up to 4,000 stroke survivors, with and without Covid-19 from across 13 emergency stroke units.

This new study is important as there are concerns that the virus may be impacting stroke recoveries, including causing more severe strokes in patients.

The results will help the charity understand how Covid-19 impacts stroke recovery and which treatments might best support survivors' recoveries.

For more information visit: [stroke.org.uk/SaveResearch](https://stroke.org.uk/SaveResearch)

## Scottish Stroke Care Audit

The 2021 National Report: Scottish Stroke Improvement Programme Report

The [Scottish Stroke Improvement Programme report](#) (external link) was published on Tuesday 29 June 2021.

## NHS Research Scotland—Confidence in Research Survey

Does the COVID-19 vaccine programme give you the confidence to take part in research studies?

We are interested in the public's view on whether the vaccine programme influences patient confidence on returning to, or starting participation, in research studies.

[NHS Research Scotland - confidence in research survey \(surveymonkey.co.uk\)](https://surveymonkeysurvey.com/survey/1234567890)

*Your responses will help the recovery of research across NHS Scotland.*

## Patient, Carer & Public Involvement - What's happening in your area?

### Glasgow Stroke Research User Group update

*It is a massive understatement to say that the last few months have been an unusual time for stroke research in Scotland. However, the covid-19 pandemic has reminded us about the difference we can make through high quality clinical research.*

*We believe that involving stroke survivors improves the quality of all stroke research and with our Stroke Survivor Research Group we have worked with researchers from across Scotland. Our Stroke Survivor Research Group have had a bit of quiet period this year. This is partly because many funders were not sure if they could support new stroke research projects. Thankfully new research is happening and I know of many exciting projects that are planned.*

*For people who are part of our Research Group – thank you for your support so far, and we may be in touch with new projects.....*

*For people whose lives have been affected by stroke and are not part of the Research Group – would you like to join? We are always looking for new members.*

**If you would like to hear more contact:**

**Karen.mcburnie@ggc.scot.nhs.uk**

**Telephone 07999 535085**

*Dr Terry Quinn*

### NRS SRN PCPI Information Leaflet

Thanks to the input, feedback & comments from GSRUG, SRN have now finalised the NRS SRN PCPI information leaflet. The leaflet has been distributed within outpatients and clinical areas around Glasgow Royal Infirmary and Stobhill.

If you would like leaflets for your area please contact Karen McBurnie—details below

Email: karen.mcburnie@ggc.scot.nhs.uk

Telephone 0141 414 6596 (leave a message) / 07999 535085

# Patient, Carer & Public Involvement - What's happening in your area?

## Glasgow Stroke Research User Group update

Prior to COVID restrictions the Glasgow Stroke User Group were invited by researchers to participate in several projects / activities. These projects / activities included;

**A focus group meeting** with Yvonne Cunningham and Karen Wood of the Institute of Health and Wellbeing to share their views and experiences of taking medication and experiencing side effects and talked about what support they would like to help them better manage side effects.

Some commonly prescribed medications have anticholinergic properties, this means they can have unpleasant side effects such as palpitations, memory impairment, dizziness, drowsiness, blurred vision, increased heart rate, confusion, dry mouth, dry lips, dry eyes and urinary retention.

*“The findings from this work will contribute to the design of a large randomised control trial about stopping or switching these medications in older people to try to minimise the side effects they experience. The project team at the University of Glasgow and the University of Aberdeen are very grateful for the insights provided by the patient participants” – Karen Wood.*

**Giving an opinion on a proposed study** - volunteers, including four members from GSRUG, living with a range of Post Stroke Pain (PSP) assisted Gail Carin Levy with the development of a funding application to learn more about PSP. The group were sent details about the study and grant application prior to being interviewed at home to give an opinion on the planned work so far.

The volunteers agreed that that the study was clear, logical and that the study was useful.

Those consulted felt that the research approach described was comprehensive and likely to yield data that could result in meaningful interventions being developed to help manage PSP. There was one suggestion which led to a small change to the inclusion criteria of caregivers, otherwise there were helpful suggestions of areas to explore in our interviews.

One final request was that all study materials are aphasia friendly – this has been costed this into the grant application.

All volunteers expressed a willingness to be involved in other ways in the study and will be invited to participate either as informants or as part of the dedicated Patient, Public, Information (PPI) group should the funding application be successful.

*“I think that for such a short space of time, everyone has done a fantastic job at facilitating the meetings, gathering and processing volunteers’ feedback, so I am really pleased with how this has gone, and my fingers are firmly crossed for a favourable outcome”- Gail Carin Levy.*

# Dates for your Diary



## ESO-WSO CONFERENCE 2021

The ESOC 2021 Conference Planning Group has decided to transform the 7th European Stroke Organisation Conference into a fully virtual meeting which will take place online, from 1 - 3 September 2021.



<https://eso-conference.org/>

[Visit the website](https://eso-conference.org/)



## UK Stroke Forum Virtual Conference 2021

Registration for #UKSF21 is now open!

This year's UK Stroke Forum will be taking place online from Tuesday 30 November to Thursday 2 December 2021.

For information and details about  
Registration **Visit**

<https://www.stroke.org.uk/professionals/uk-stroke-forum>

## Annual Scottish Stroke Care Audit National Meeting

The next SSCA National Meeting  
will take place on

Thursday 2 September 2021.

Further details to follow.



University of Strathclyde Stroke Group organise meetings, seminars and invite speakers to present to the group.

The meetings are an excellent opportunity to keep up to date with and share the latest stroke research, encourage collaborations between researchers across disciplines.

For more information:

[Leslyanne.rollins@strath.ac.uk](mailto:Leslyanne.rollins@strath.ac.uk)

Website [University of Strathclyde](http://www.strath.ac.uk)



### **WELCOME TRUST CLINICAL RESEARCH FACILITY Education Programme**

The WTCRF run varied courses to help you with your research and host seminars covering a variety of research and healthcare topics.

For more information, or to book a place please visit the [WTCRF education programme](http://www.wtcrf.org.uk)

**Web address; [www.crtcs.org.uk](http://www.crtcs.org.uk)**



### **GLASGOW UNIVERSITY WEEKLY SEMINARS**

Glasgow University hold weekly research seminars in Geriatric Medicine. If you would like to attend the seminars they are held bi-weekly on a Thursday 12.30-1.30.

For more information contact Dr Martin Taylor :

[martin.taylor-rowan@hotmail.co.uk](mailto:martin.taylor-rowan@hotmail.co.uk)

### **Stroke Training and Awareness Resources (STARs)**

STARs is a free online stroke training resource. All the information is reliable, researched, best practice or evidence based.

For all information visit:

<https://www.chss.org.uk/health-professionals/training-and-education/stars/>



### **GLASGOW CLINICAL RESEARCH FACILITY Education Unit**

The GCRF offer a wide range of courses that are designed to meet the needs of researchers and associated staff.

For more information, or to book a place please visit the [website](http://www.gcrf.org.uk) where you can register online.



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S T R O K E

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## **NRS SRN Coordinating Centre**

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Tel: 0141 414 6595

SRN Manager: Claire McFarlane  
SRN Administrator: Karen McBurnie

<mailto:karen.mcburnie@ggc.scot.nhs.uk>

[www.nrs.org.uk/stroke](http://www.nrs.org.uk/stroke)

