

# CFAHR Evidence Brief

## Meeting unmet needs following minor stroke

### Authors and Affiliations

**Emma Finch**, Michele Foster, **Jennifer Fleming**, Tegan Cruwys, Ian Williams, Darshan Shah, Kate Jaques, Phil Aitken, Linda Worrall, Yan Liu, Jonathan Corcoran

Collaboration between multiple departments within PAH, Centre for Functioning and Health Research (CFAHR), The University of Queensland (UQ) School of Health and Rehabilitation Sciences and School of Earth and Environmental Sciences, Hopkins Centre (Griffith University and Division of Rehabilitation PAH), Brisbane South Primary Health Network, Australian National University

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### Alignment with [Metro South Health Research Strategy 2019 - 2024](#)

- Build research capability
- Increase research capacity
- Embed research in clinical services
- Translate research to better health
- Research excellence

### Alignment with [Allied Health Research Capability & Development Strategy 2017 - 2020](#)

- Engage staff as research consumers
- Enable staff as research generators
- Build research-enabling infrastructure and strategic processes
- Strengthen leadership in research and innovation
- Enhance internal research collaboration and synergy
- Strengthen partnerships with consumers and external stakeholders

### Alignment with [Allied Health Research Capability & Development Strategy 2017 - 2020](#)

- Standard 1 – Clinical Governance
- Standard 2 – Partnering with consumers
- Standard 3 – Preventing and controlling healthcare-associated infection
- Standard 4 – Medication safety
- Standard 5 – Comprehensive care
- Standard 6 – Communicating for safety
- Standard 7 – Blood management
- Standard 8 – Recognising and responding to acute deterioration

## Practice Issue

Stroke is a leading cause of death and disability worldwide. Medical advances, such as stroke units and hyperacute treatments have revolutionised acute stroke management. The lessening of stroke severity as a result of these ground-breaking initiatives has allowed a larger proportion of individuals to return to community living following minor strokes. Minor stroke is a stroke that leads to minimal motor deficits and/or no obvious sensory abnormality. Milder post-stroke impairments are often hidden in the supported hospital environment, instead manifesting only when the patients have returned home and attempt to resume their everyday activities such as work and household responsibilities. This population may also struggle with their recovery due to poor awareness of local service availability.

## Evidence

Minor stroke patients reported a range of health, social and rehabilitation needs (including travel, co-ordination of health services, remediation of memory impairments, and reduced social networks) that remained unmet 2 months after discharge from hospital. Many areas of South East Queensland have large numbers of stroke patients but inadequate service access, especially for allied health services.

## Practice Change

The results of this research was used to help inform the development of a new hyper acute stroke service at the hospital. An RCT is currently underway exploring a new service pathway for patients with minor stroke.

## Publication/s

1. Finch, E., Foster, M., & Fleming, J. (2020) Disrupted biographies: Making sense of minor stroke after hospital discharge. *Disability and rehabilitation*, 1-8.
2. Finch, E., Foster, M., Cruwys, T., Fleming, J., Aitken, P., Jaques, K., & Shah, D. (2019). Meeting unmet needs following minor stroke: The SUN randomised controlled trial protocol. *BMC Health Services Research*, 19(1), 894.
3. Finch, E., Foster, M., Fleming, J., Cruwys, T., Williams, I., Shah, D., Jaques, K., Aitken, P., & Worrall, L. (2020). Exploring changing needs following minor stroke. *Health and Social Care in the Community*, 28(2), 347-356.
4. Finch, E., Liu, Y., Foster, M., Cruwys, T., Fleming, J., Worrall, L., Williams, I., Shah, D., Aitken, P., & Corcoran, J. (2019). Measuring access to primary health services after stroke: a spatial analytic approach. *Brain Impairment*, 20(3), 240-250.
5. Finch, E., Foster, M., Fleming, J., Aitken, P., Williams, I., Cruwys, T., & Worrall, L. (2017). Undetected and underserved: The untold story of minor stroke patients. *Medical Journal of Australia*, 206 (8), 337 – 338. <https://doi.org/10.5694/mja16.01009>

Adapted from Tilley Pain (Townsville HHS)

Based on the Australian Healthcare and Hospitals Association's Health Policy Evidence Brief

Metro South Health Research Strategy 2019 – 2024 [https://qheps.health.qld.gov.au/\\_data/assets/pdf\\_file/0012/2325000/research-strategy.pdf](https://qheps.health.qld.gov.au/_data/assets/pdf_file/0012/2325000/research-strategy.pdf)

Allied Health Research Capability & Development Strategy 2017 – 2020 <https://metrosouth.health.qld.gov.au/sites/default/files/allied-health-research-strategy.pdf>

National Safety and Quality Health Service Standards <https://www.safetyandquality.gov.au/sites/default/files/migrated/Overview-of-the-NSQHS-Standards-second-edition.pdf>