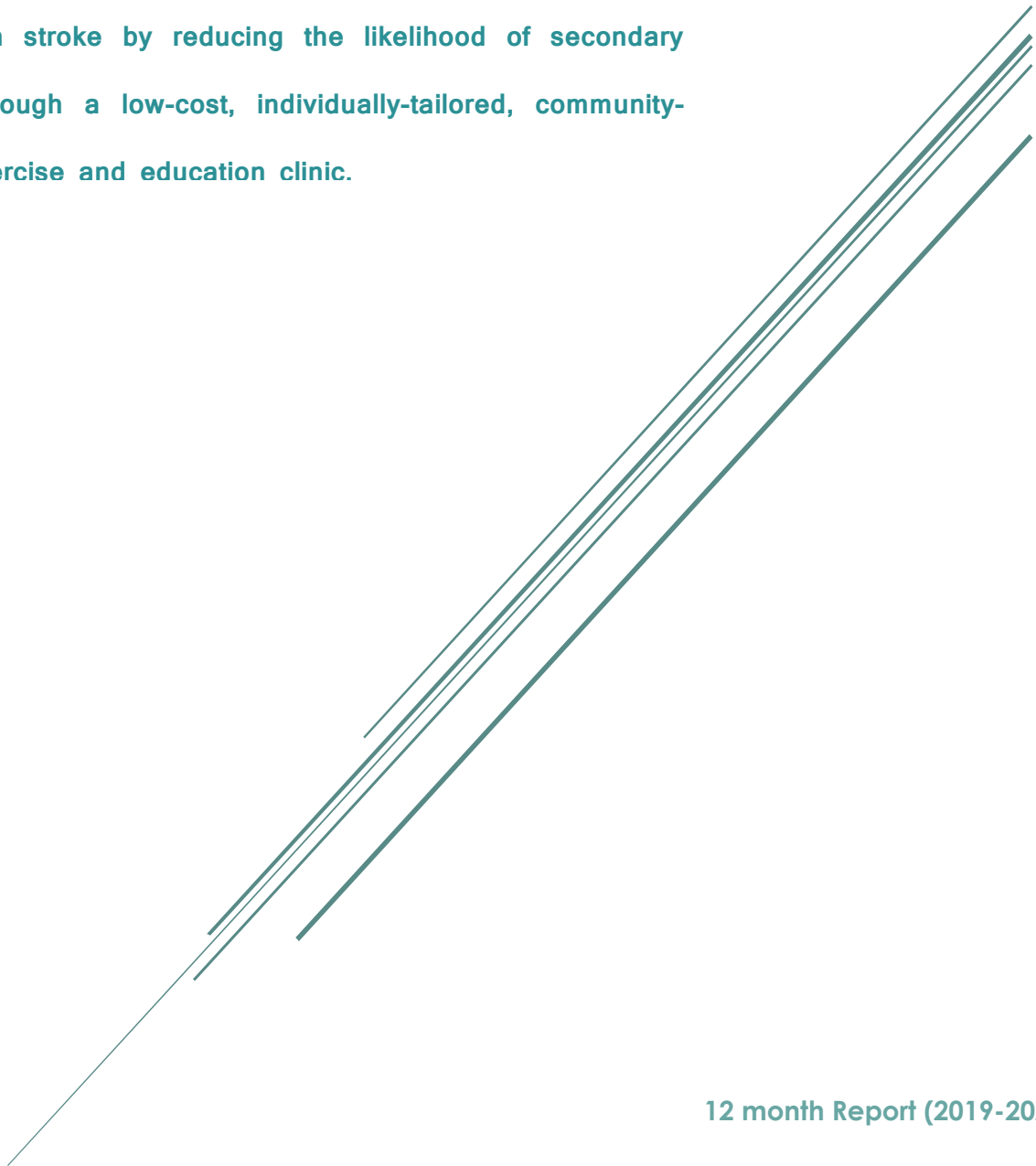




Enhancing the physical and social quality of life for people living with stroke by reducing the likelihood of secondary stroke through a low-cost, individually-tailored, community-based exercise and education clinic.



12 month Report (2019-2020)

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Foreword

It has been another busy 6 months for the **HELP** (**H**Health **E**nhancing **L**ifestyle **P**rogramme) **Hampshire Stroke Clinic** (www.helphamshire.co.uk) since our inaugural report. We continued to recruit a steady stream of patients from Hampshire Hospitals NHS Trusts between October 2019 and March 2020 to our community-based exercise programme. This report continues to demonstrate important physiological and clinical functional benefits for patients enrolling in our programme (see page 7+). We are meeting our short-term target of providing quantifiable evidence that the HELP Hampshire Stroke Clinic can improve the health of stroke patients from the local community.

Prior to Covid19 we were offering three exercise classes each week, with more classes due to be available later in 2020 through **collaboration with the Winchester City Council (WCC) Active Lifestyle's Programme**. We were awaiting completion of a data sharing agreement between the University of Winchester and WCC – this will, in time, allow our HELP clinic attendees access other relevant exercise opportunities in the community (walking football/netball etc.) **Due to covid19, we are currently exploring options to deliver our exercise classes online**. This is a challenging time for everyone, especially our HELP clinic attendees, and if we can continue to safely support people through online exercise, we most certainly will.

I look forward to seeing our HELP clinic attendees virtually, or in person, in the coming months!

Yours sincerely,



Dr James Faulkner

Programme Director for HELP Hampshire Stroke Clinic



The objectives of the clinic are as follows:

Patient Benefit

Demonstrate **patient benefit** by improving the health, well-being and quality of life of people with stroke and TIA through participation in exercise classes and educational sessions

Research

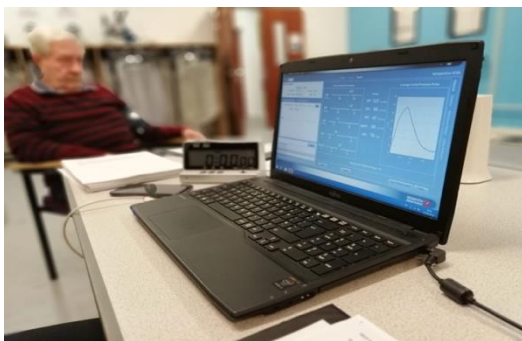
Enable **research** studies to be undertaken so that we deliver the most efficacious and beneficial programme possible for our members.

Learning & Teaching Opportunities

Provide novel **learning and teaching** opportunities to undergraduate and postgraduate students from the University of Winchester's physiotherapy and sport and exercise science programmes.

Socioeconomic benefit

In the long-term, provide **socioeconomic benefit** to the local NHS (Hampshire Hospitals NHS Foundation Trust) by improving the health of the local community, reducing stroke risk and hospital admissions.



Why is the HELP Hampshire Stroke Clinic innovative?

There is limited support in the community for people who have experienced a stroke and/or TIA (transient ischaemic once they have been discharged from the NHS (**see Appendices, Impact Evaluation Framework**)). Individuals living with stroke need support and access to lifestyle modification programmes (i.e., exercise and education) once they return home to improve their health and well-being, reduce the strain and cost on the health care service (e.g. NHS hospitals and GP surgeries by reducing admissions and appointments) and by assisting their (re)engagement in to the community. There are three unique components to the HELP Hampshire Stroke Clinic; referral pathway, robust health assessments, exercise classes.

1. Referral pathway for patients

The HELP Hampshire stroke clinic receives referrals not only from **GP surgeries**, which is the traditional pathway for exercise referral, but also from stroke consultants, physiotherapists and occupational therapists from the Hyper-Acute Stroke Unit (HASU), Early Supportive Discharge (ESD) team and TIA clinic at **Hampshire Hospitals NHS Foundation Trust**,

2. Robust health assessments

A robust health screening assessment with **neuro-physiotherapists** from Hobbs rehabilitation allows the clinic team to establish which exercise classes are most suitable for the prospective participants. The health assessment provides an excellent opportunity for participants to understand their current state of health and how they can work towards improving it. The health screening and 12-week follow-up assessments monitors the following:

- Cardiovascular disease risk, including blood pressure and cholesterol profile
- Walking symmetry
- Balance
- Aerobic fitness
- Goal-setting

- Psycho-social indicators of health (anxiety, depression, confidence, social isolation, loneliness etc.)

3. Delivery of exercise classes

The exercise sessions are individually-tailored to each participant, and are rigorously monitored. Exercise classes are delivered in accessible locations, including **village halls and community centres** by specialist and qualified practitioners. Four exercise classes are delivered each week, including:



MOVING ON UP

Physiotherapists led circuit and chair-based exercise class. Qualified supervision from HOBBS Rehabilitation.

Carroll Centre
Somers Close, Stanmore, Winchester
SO22 4EJ

Monday: 10:00am-11:00am



PILATES

Pilates based exercise sessions to suit all levels for stroke survivors. A great session to improve your mobility and balance.

Carroll Centre
Somers Close, Stanmore, Winchester
SO22 4EJ

Monday: 11:00am-12:00pm



GET ACTIVE

Circuit based exercise class focusing on aerobic and strength fitness.

Carroll Centre
Somers Close, Stanmore, Winchester,
SO22 4EJ

Friday: 11:00am- 12:30pm

Number of exercise classes delivered each week: 3

Note: A new exercise session will commence in September 2020 in a different region of Hampshire.

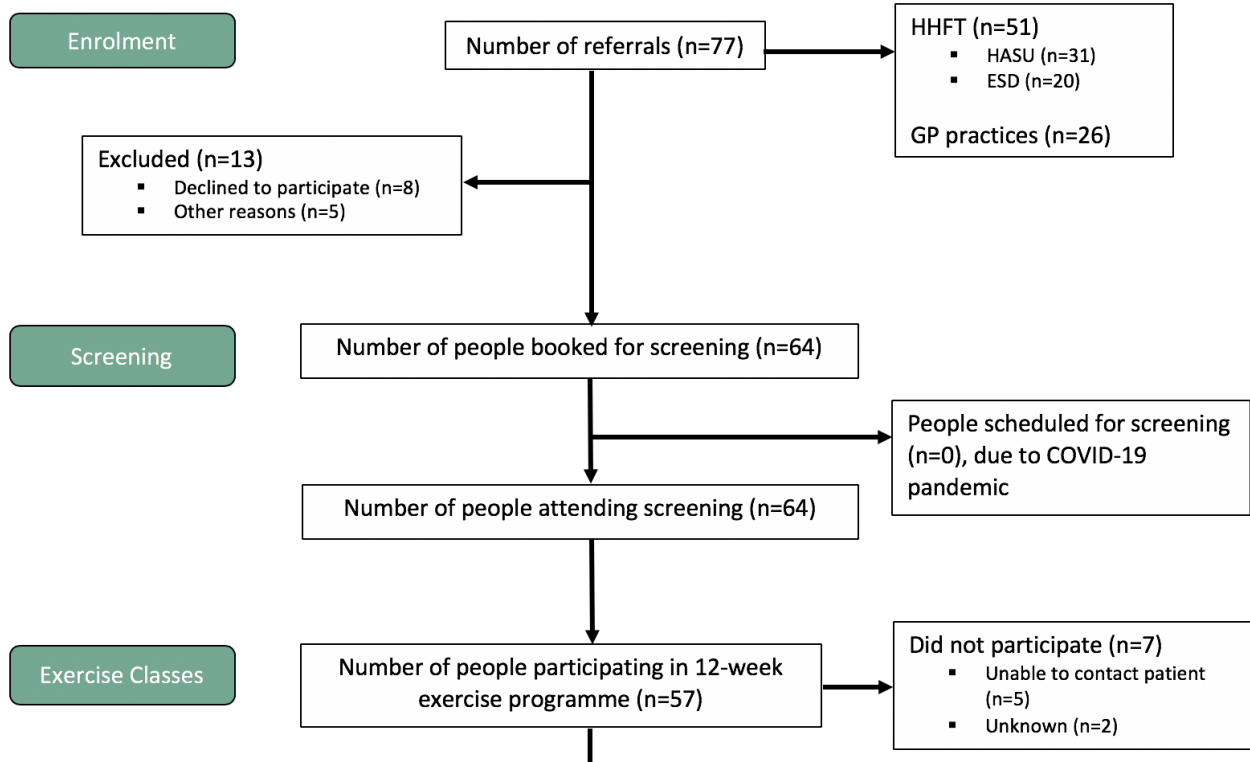
Patients referred: >75 (March 2019 to March 2020)

Total number of attendees at exercise classes (March 2019 to March 2020): 1443

Note: Winchester City Council's Active Lifestyle Programme received 10 stroke patient referrals to their GP exercise referral programme in 2019.

March 2019 to March 2020 Data

12-month Recruitment Consort Statement



Patient Recruitment

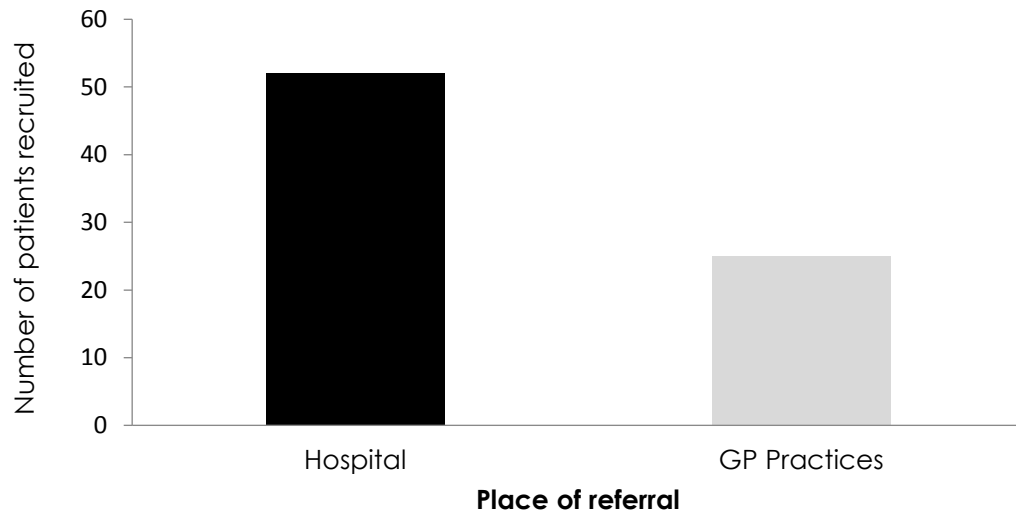


Figure 1 : Referral of HELP Hampshire patients

Physical Assessment Results

Systolic blood pressure (mmHg)

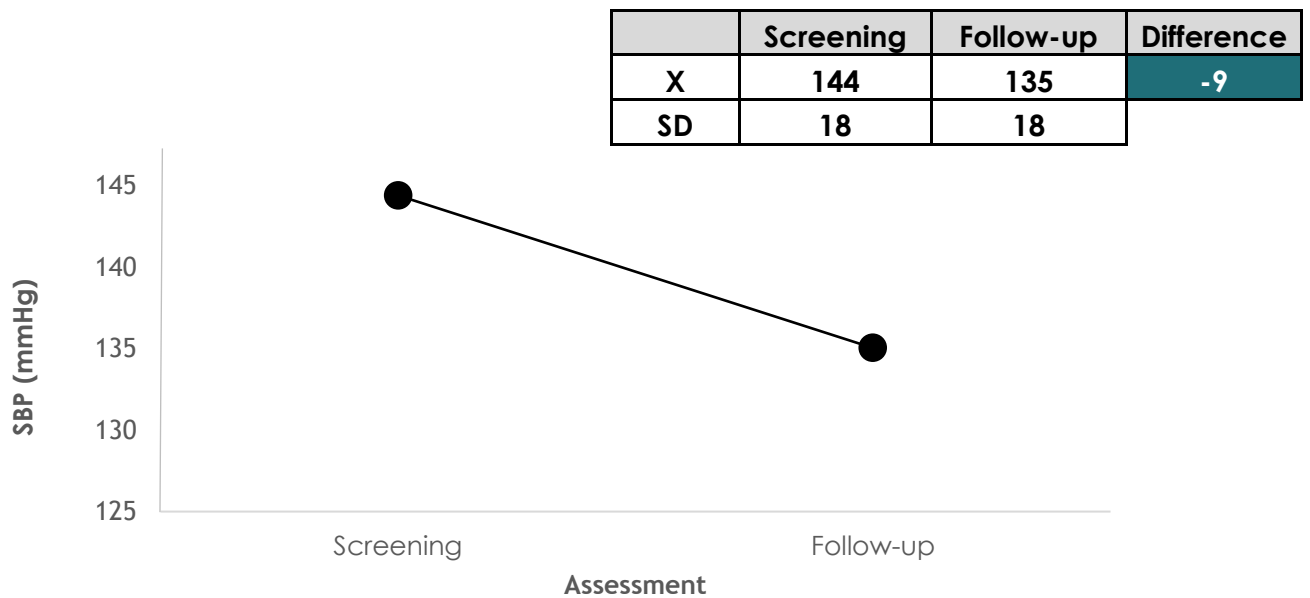


Figure 2. Mean (SD) Systolic blood pressure (SBP) at screening and follow-up HELP Hampshire assessments

Diastolic blood pressure (mmHg)

	Screening	Follow-up	Difference
X	82	79	-3
SD	10	10	

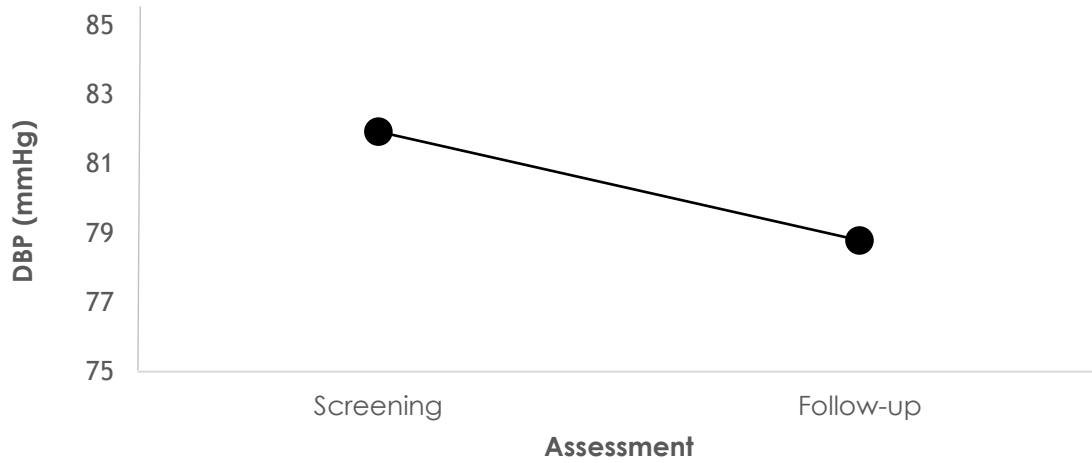


Figure 3. Mean (SD) Diastolic blood pressure (DBP) at screening and follow-up HELP Hampshire assessments

Augmentation Index (Aix)

	Screening	Follow-up	Difference
X	24	23	-1
SD	13	10	

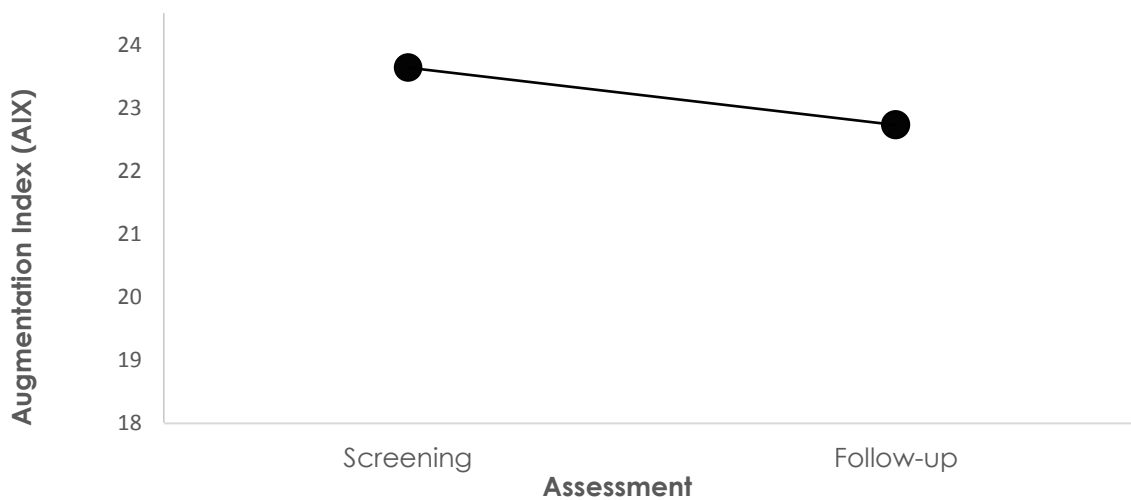


Figure 4. Mean (SD) Augmentation Index (Aix) at screening and follow-up HELP Hampshire assessments

Mean Arterial Pressure (MAP)

	Screening	Follow-up	Difference
X	101	96	-5
SD	11	11	



Figure 5. Mean (SD) MAP at screening and follow-up HELP Hampshire assessments

Walking Speed (m/s)

	Screening	Follow-up	Difference
X	0.98	1.14	0.16
SD	0.45	0.37	

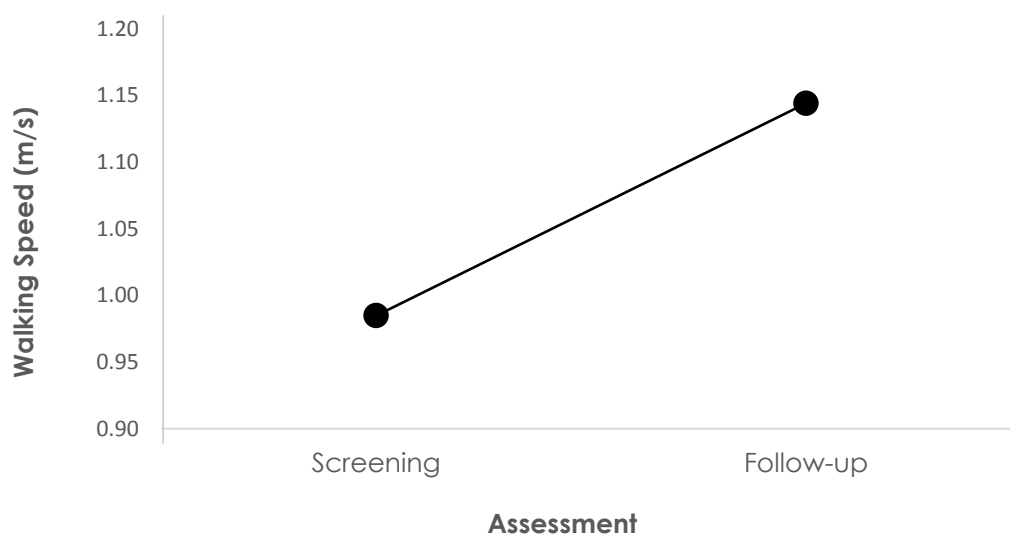


Figure 6. Mean (SD) Walking Speed (m/s) at screening and follow-up HELP Hampshire assessments

Timed Up & Go (TUG) (s)

	Screening	Follow-up	Difference
X	16	11	-5
SD	14	11	



Figure 7. Mean (SD) Timed Up & Go at screening and follow-up HELP Hampshire assessments

6-min Walk Test (m)

	Screening	Follow-up	Difference
X	284	359	75
SD	159	171	

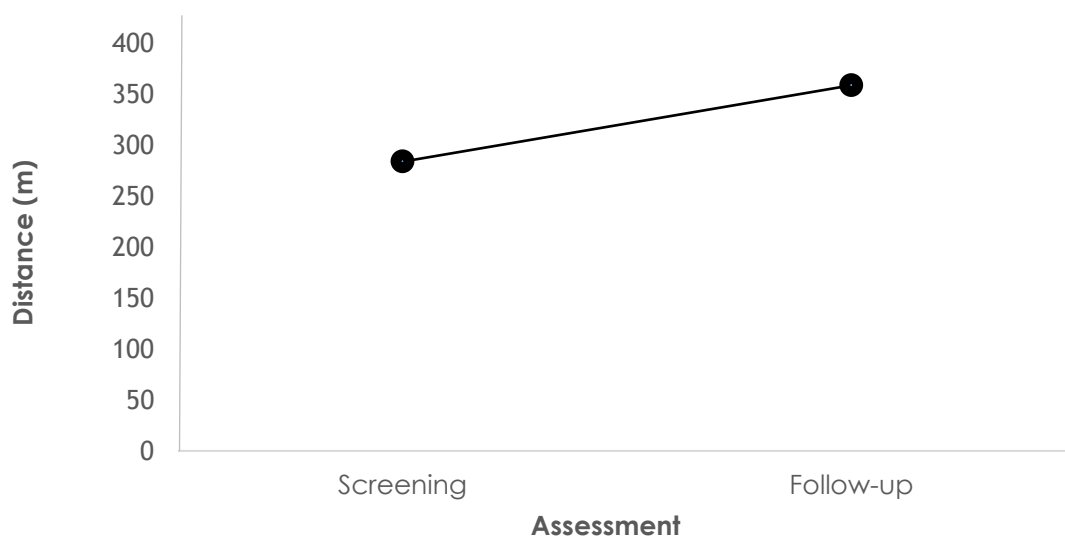


Figure 8: Mean distance for the 6-min walk test

Further information

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Appendix:

HELP Hampshire Stroke Clinic Impact Evaluation Framework



Impact Evaluation Framework

