

HELP HAMPSHIRE

Health Enhancing
Lifestyle Programme
FOR STROKE

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.

March to August 2019 Report

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Foreword

The **HELP** (**H**ealth **E**nhancing **L**ifestyle **P**rogramme) **Hampshire Stroke Clinic** (www.helphamshire.co.uk) is a community-based initiative that signposts and provides individuals who have experienced a stroke and/or TIA (transient ischaemic attack; a 'minor' stroke) to various accessible exercise and educational opportunities. The clinic is led by the **University of Winchester** in collaboration with **Hampshire Hospitals NHS Foundation Trust** (which supports people from Winchester, Andover and Basingstoke) and **Hobbs Rehabilitation**, a specialist neuro-physiotherapy practice. **The HELP Hampshire Stroke Clinic is recognised as one of the top 100 Health and Wellbeing nationwide University initiatives** (<https://madeatuni.org.uk/>).

The creation of the clinic is underpinned by research led by myself, Dr James Faulkner, Programme Director of the HELP Hampshire Stroke Clinic. With limited accessible, individually-tailored and rigorously monitored exercise and behaviour change opportunities in the community for people diagnosed with stroke and discharged from NHS services, there is significant opportunity to enhance the health and wellbeing for this population group as they re-integrate into community life (**See page 13 for our Impact Evaluation Framework**).

The clinic was officially launched in January 2019, with our initial patient cohort attending screening assessments in March 2019. At present we offer three exercise classes each week, with more classes due to be available later in 2019 through **collaboration with the Winchester City Council Active Lifestyle's Programme**. The clinic is currently financially supported by the University of Winchester and small funding support from local charities, community-groups and stakeholders. The short-term plan (first 12-months of the programme) is to provide quantifiable evidence that the HELP Hampshire Stroke Clinic can improve the health of stroke patients from the local community, thus enabling larger funding to be invested from established external stakeholders/industry, to not only support the HELP Hampshire initiative in and around Winchester, but also further afield.

Yours sincerely,



Dr James Faulkner

Programme Director for HELP Hampshire Stroke Clinic

What are the Objectives of the 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

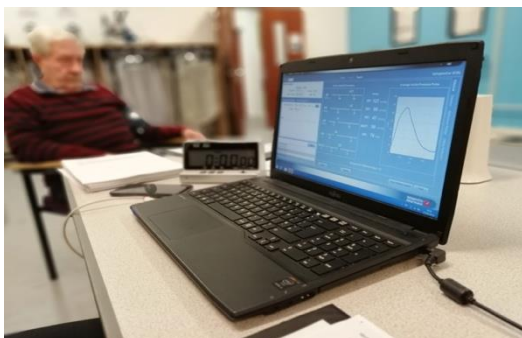
Enable **research** studies to be undertaken so that we deliver the most efficacious and beneficial programme possible for our members.

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



MOTORSKILLS-DEVELOPMENT

Group based exercise session focusing on motorskills development. Walking football will be coached.

University of Winchester
Sparkford Road, Winchester SO22 4NR



PILATES

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

St Marks Church
Olivers Battery, Winchester SO22 4EU



GET ACTIVE

Yoga inspired exercise session, provided by HOBBS Rehabilitation.

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

Number of exercise classes delivered each week: 3

Note: The motor skill development session will commence in September 2019 in collaboration with Winchester City Council

Cost per session: £5

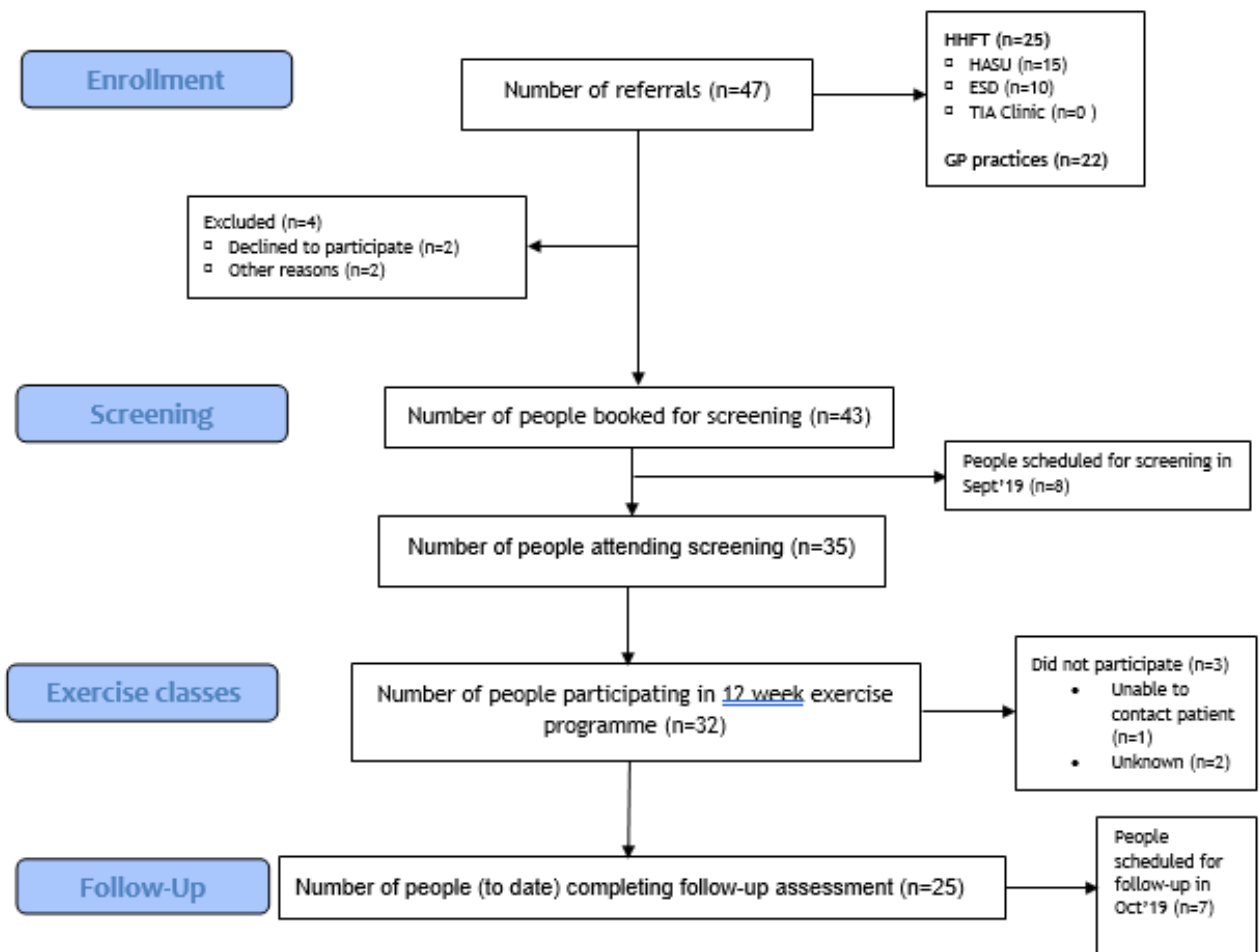
Short-term (12-month) goal for HELP Hampshire Stroke Clinic

To recruit 100+ stroke patients between March 2019 and March 2020

Note: Winchester City Council's Active Lifestyle Programme receive approximately 20-25 stroke patient referrals to their GP exercise referral programme each year.

March to August 2019 Data

6-month Recruitment Consort Statement



Total number of attendees at exercise classes (March to August 2019): 650

Note: Winchester City Council report 550 stroke patient attendees to their exercise classes over a 12-month period.

Patient Recruitment

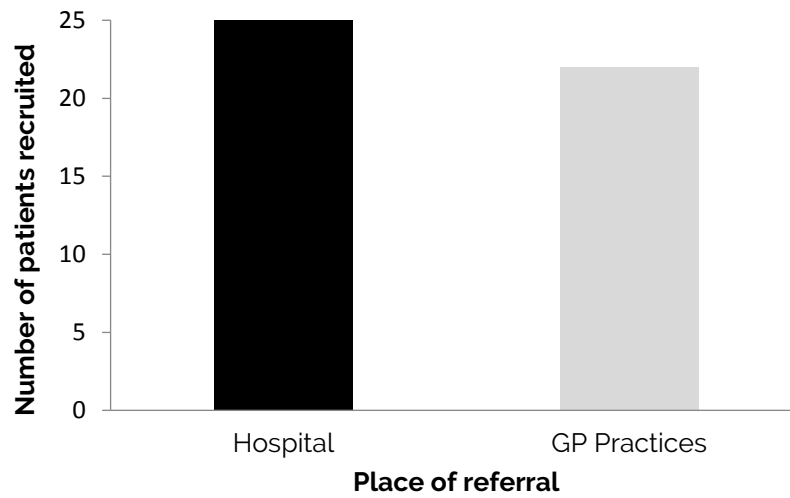


Figure 1. Referral of HELP Hampshire patients

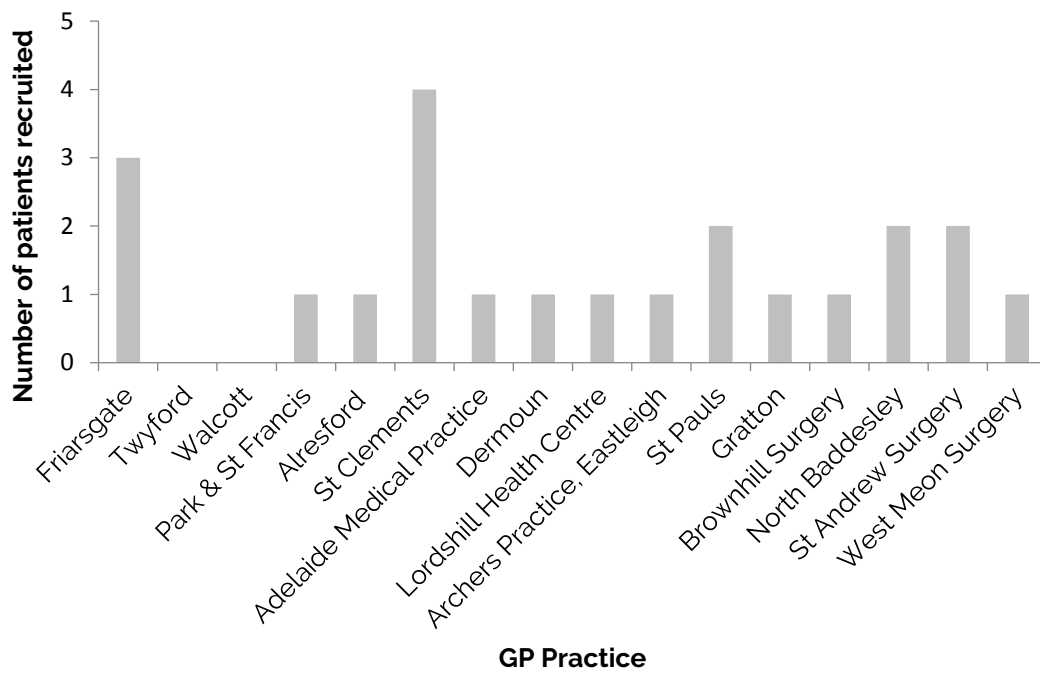


Figure 2. Referral of HELP Hampshire patients from different GP practices

Results A: Physical Assessment

Systolic blood pressure (mmHg)

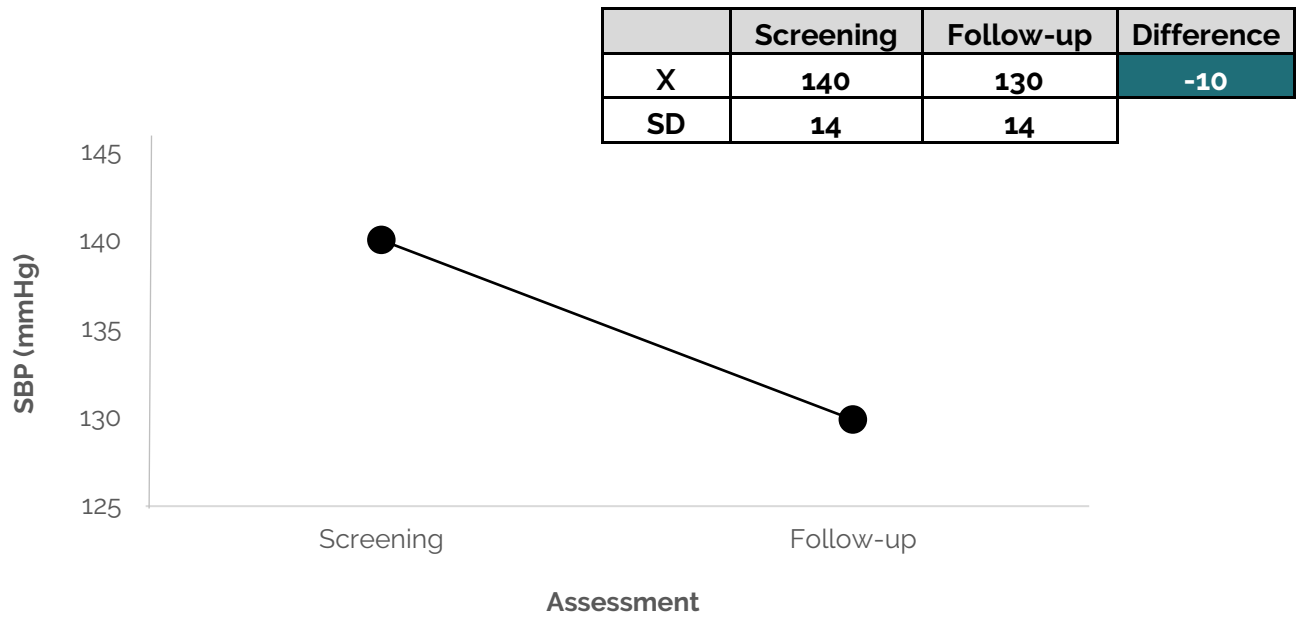


Figure 3. Mean (SD) Systolic blood pressure (SBP) at screening and follow-up HELP Hampshire assessments

Diastolic blood pressure (mmHg)

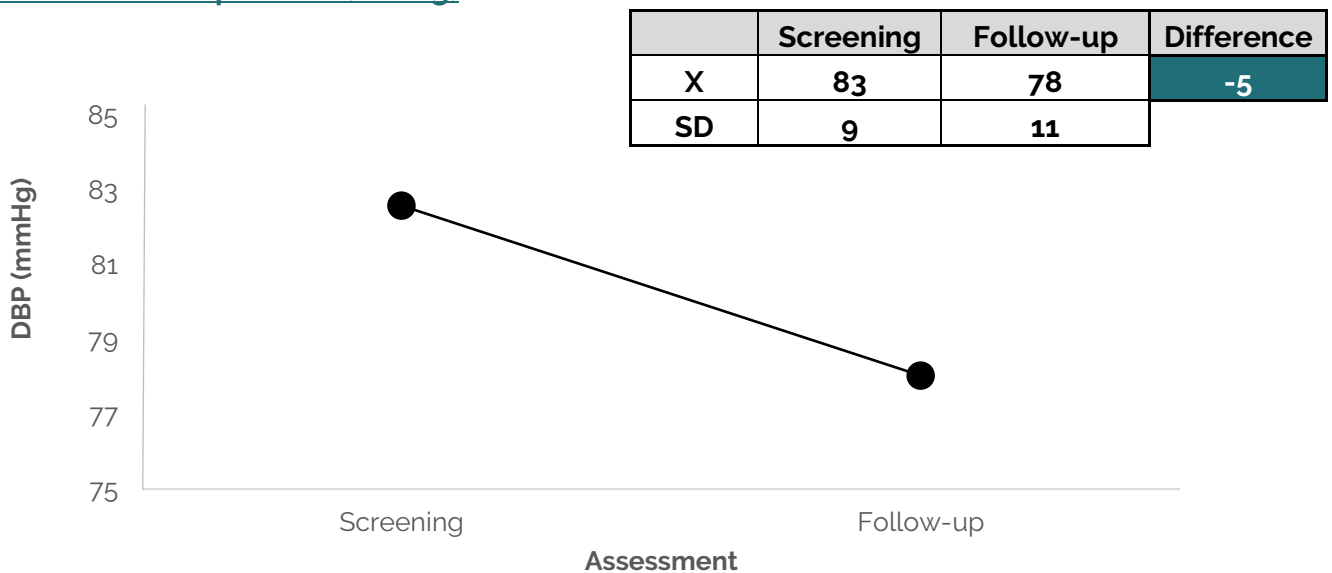


Figure 4. Mean (SD) Diastolic blood pressure (DBP) at screening and follow-up HELP Hampshire assessments

Augmentation Index (Aix)

	Screening	Follow-up	Difference
X	23	20	-3
SD	9	9	

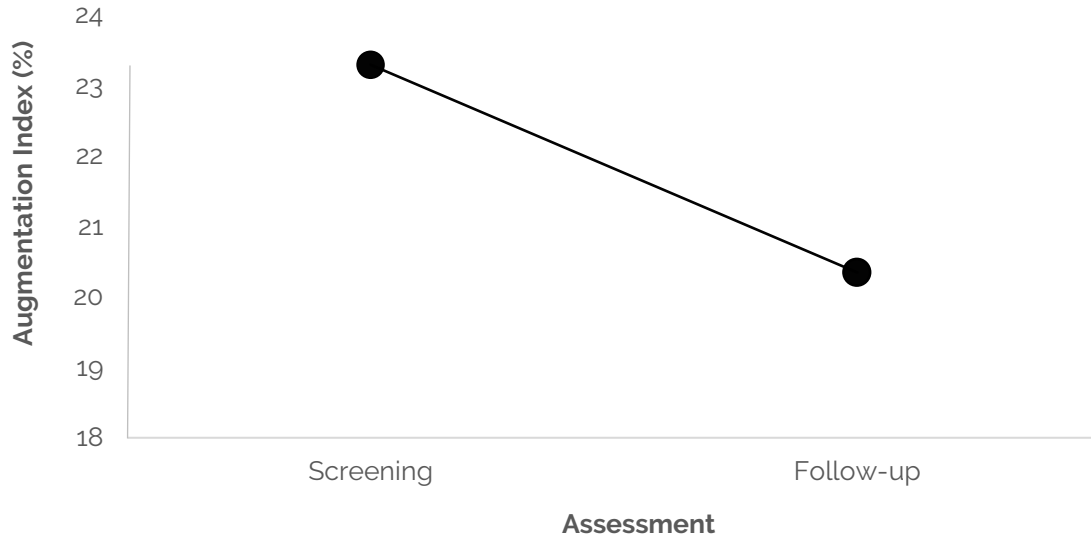


Figure 5. Mean (SD) Augmentation Index (AIX) at screening and follow-up HELP Hampshire assessments

Mean Arterial Pressure (MAP)

	Screening	Follow-up	Difference
X	100	94	-6
SD	9	12	

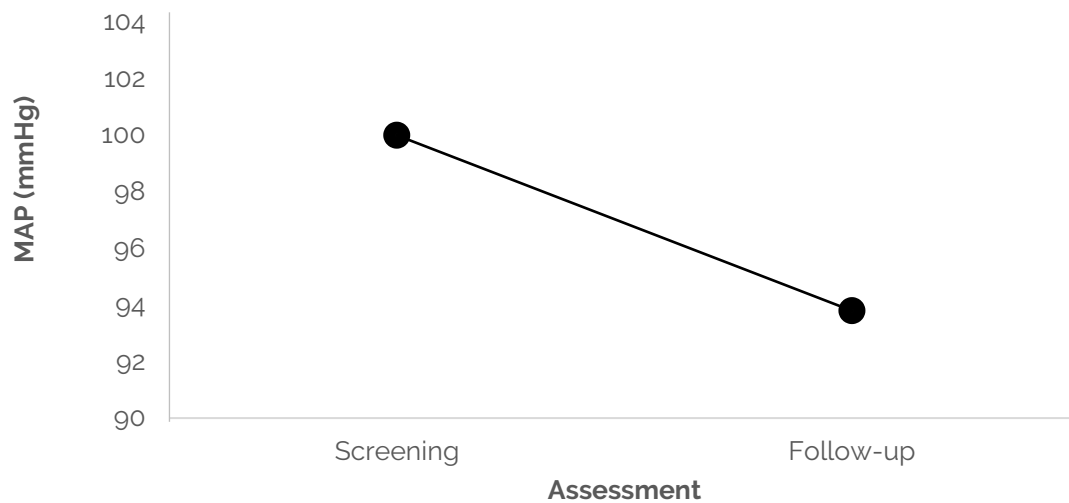


Figure 6. Mean (SD) MAP at screening and follow-up HELP Hampshire assessments

Walking Speed (m/s)

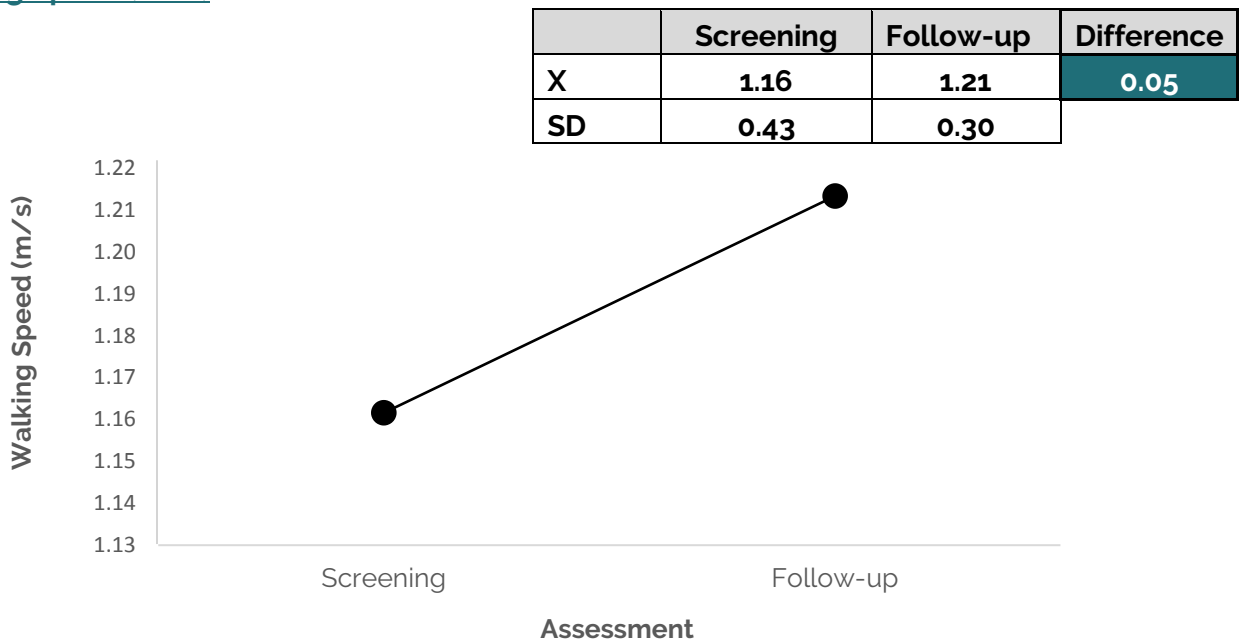


Figure 7. Mean (SD) Walking Speed (m/s) at screening and follow-up HELP Hampshire assessments

Timed Up & Go (TUG) (s)

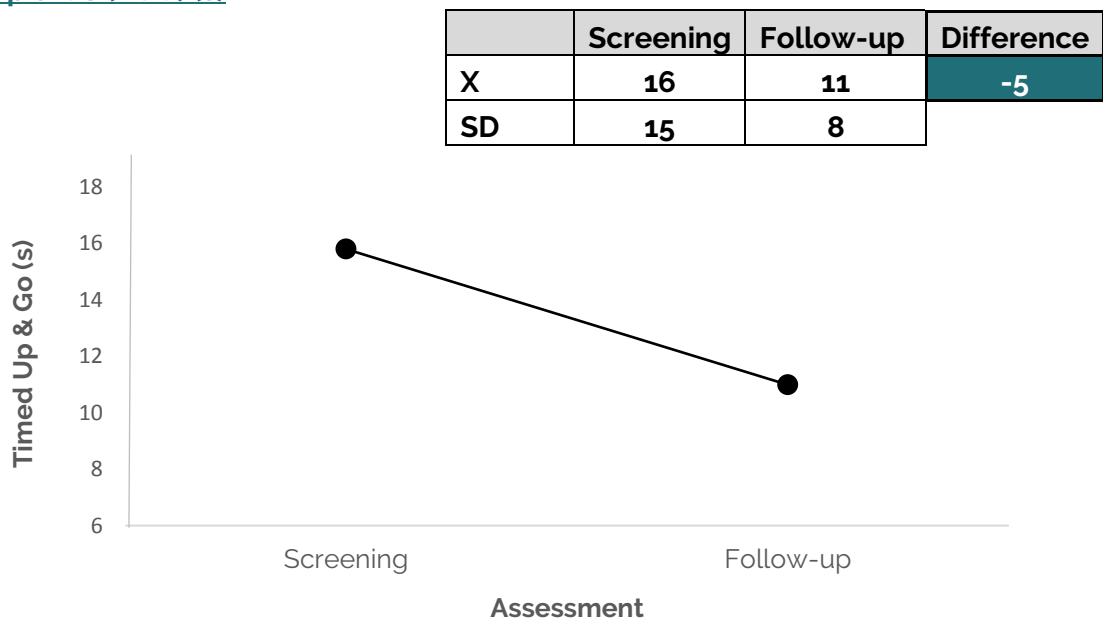


Figure 8. Mean (SD) Timed Up & Go at screening and follow-up HELP Hampshire assessments

6-min Walk Test (m)

	Screening	Follow-up	Difference
X	322	378	56
SD	157	170	

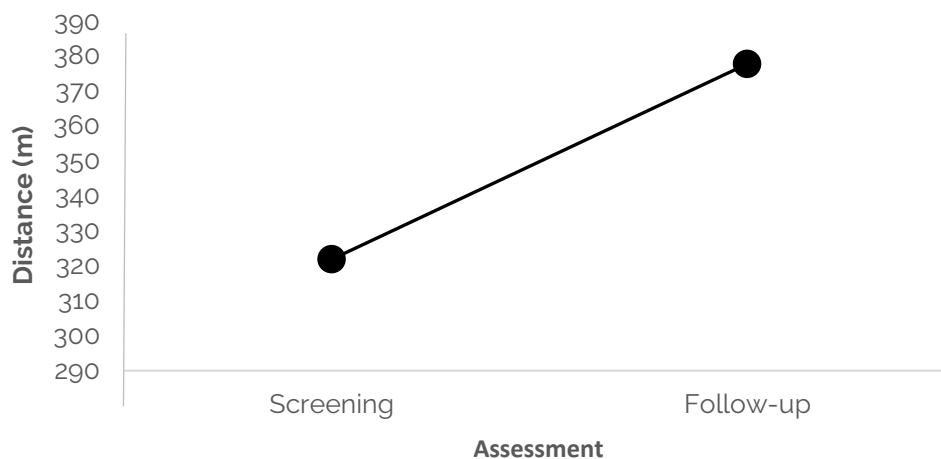


Figure 9: Mean distance for the 6-min walk test

Results B: Psycho-social questionnaires

A range of psycho-social measures are assessed at screening and follow-up, including:

International Physical Activity Questionnaire (IPAQ)

WHO-5 Wellbeing Index

Depression Anxiety Stress Scales

Barriers Self-efficacy Scale

Loneliness and Social Isolation

Pittsburgh Sleep Quality Index

Psycho-social data is currently being analysed and will be available in the HELP Hampshire Inaugural Annual Report

Further information

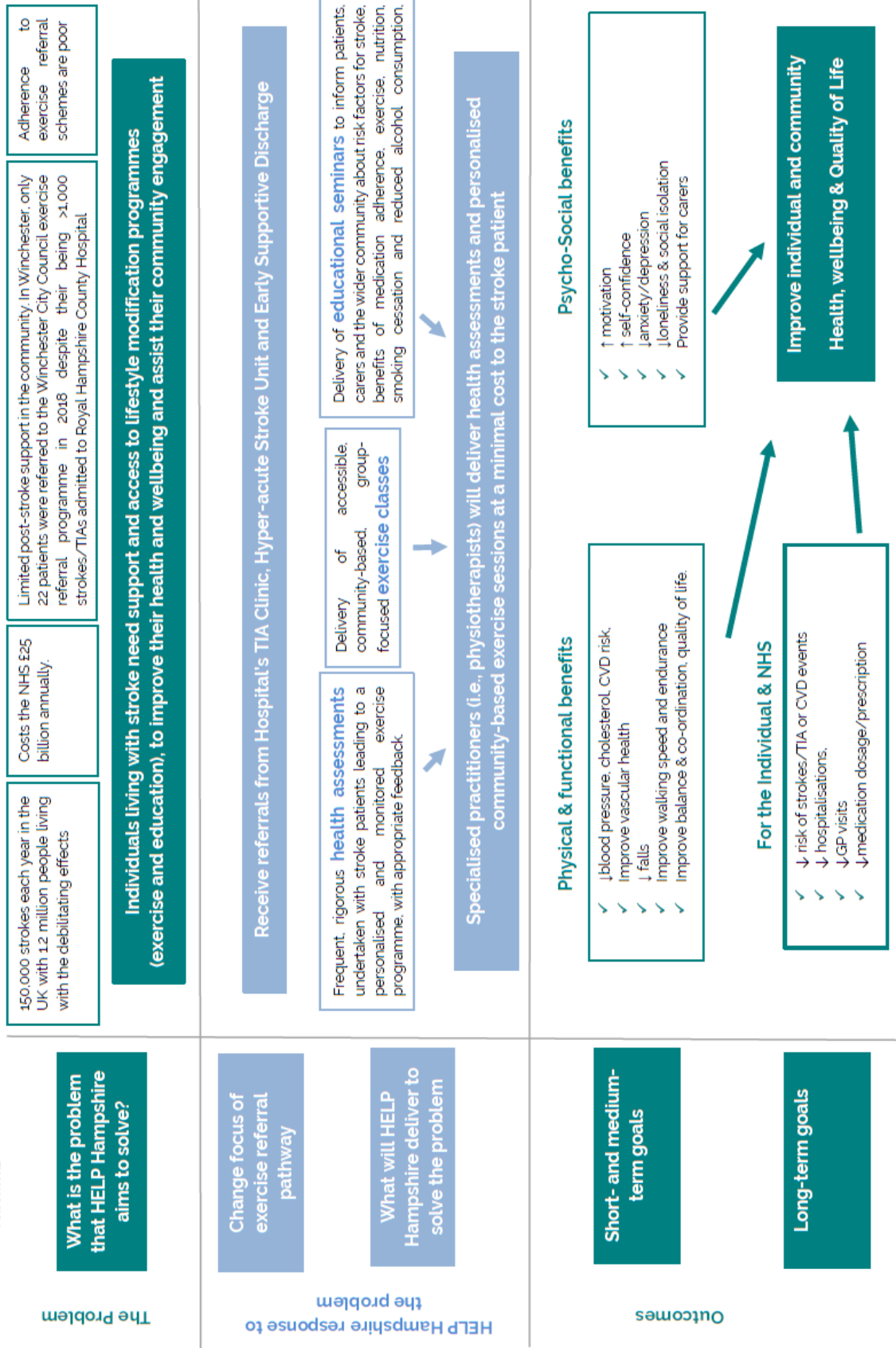
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Impact Evaluation Framework



Appendix:

HELP Hampshire Stroke Clinic Impact Evaluation Framework