



P R E P

WE'RE ON YOUR SIDE

THANK YOU FOR LISTENING

If you would like to know more about PREP, please contact us on 028 9032 0184 or preparichs.org.uk.

Chart

18% increase in stroke survivors who are employed or on sick leave from 2013 to 2014.

METHODS

- Stroke survivors
- Stroke survivors
- Stroke survivors
- Stroke survivors
- Stroke survivors

Post-Rehabilitation Enablement Programme (PREP) for stroke survivors.

J. Ennis-Davson¹, S. McCormick¹, F. Green¹, M. McCormick¹, G. Mead¹, C.K. Chang¹

¹ Southern Health and Social Care Trust, 2. Northern Health and Social Care Trust, 3. University of Limerick, 4. Mayday Health Services

What we have learnt

- PREP provides stroke survivors with a range of services and support that meet their needs
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Background

- Stroke survivors experience a range of difficulties in their daily lives
- Stroke survivors experience a range of difficulties in their daily lives

OUTCOMES

- Stroke Self Efficacy
- Short Form 36 Social Functioning
- Short Form 36 Emotional Functioning
- Short Form 36 Physical Functioning
- Participation into normal Eating Index
- Timed get up and go score
- Fatigue Assessment Scale

Post-Rehabilitation Enablement Programme (PREP) for stroke survivors.

J. Ennis-Dawson¹, S. McCormick¹, F. Greene¹,

M. McCormick², G. Mead³, C-K Chang⁴

1. Northern Ireland Chest Heart & Stroke;

2. Southern Health & Social Care Trust;

3. University of Edinburgh;

4. King's College London

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Southern Health
and Social Care Trust





Background

- Even following statutory rehabilitation, stroke survivors encounter a 20% reduction in their mobility
- On-going access to specialised stroke therapy post rehabilitation is limited
- Stroke may lead to dependence on others, feelings of 'learned helplessness,' reduced confidence & social isolation

METHODS

Intervention

- 12-week 'Exercise after Stroke' programme
- 7 station circuit course to accommodate 'mixed' exercises
- Progression of increased intensity from week 1 – week 12
- Structured education programme each week, delivered post exercise

Control Group

- Control group – usual care



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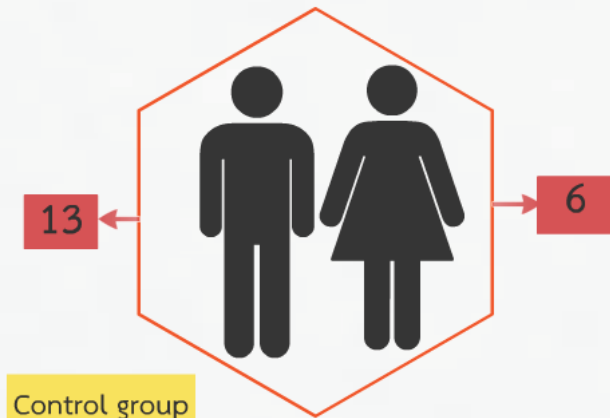


INTERVENTION



Mean age 66 years

CONTROL



Mean age 64 years

OUTCOMES

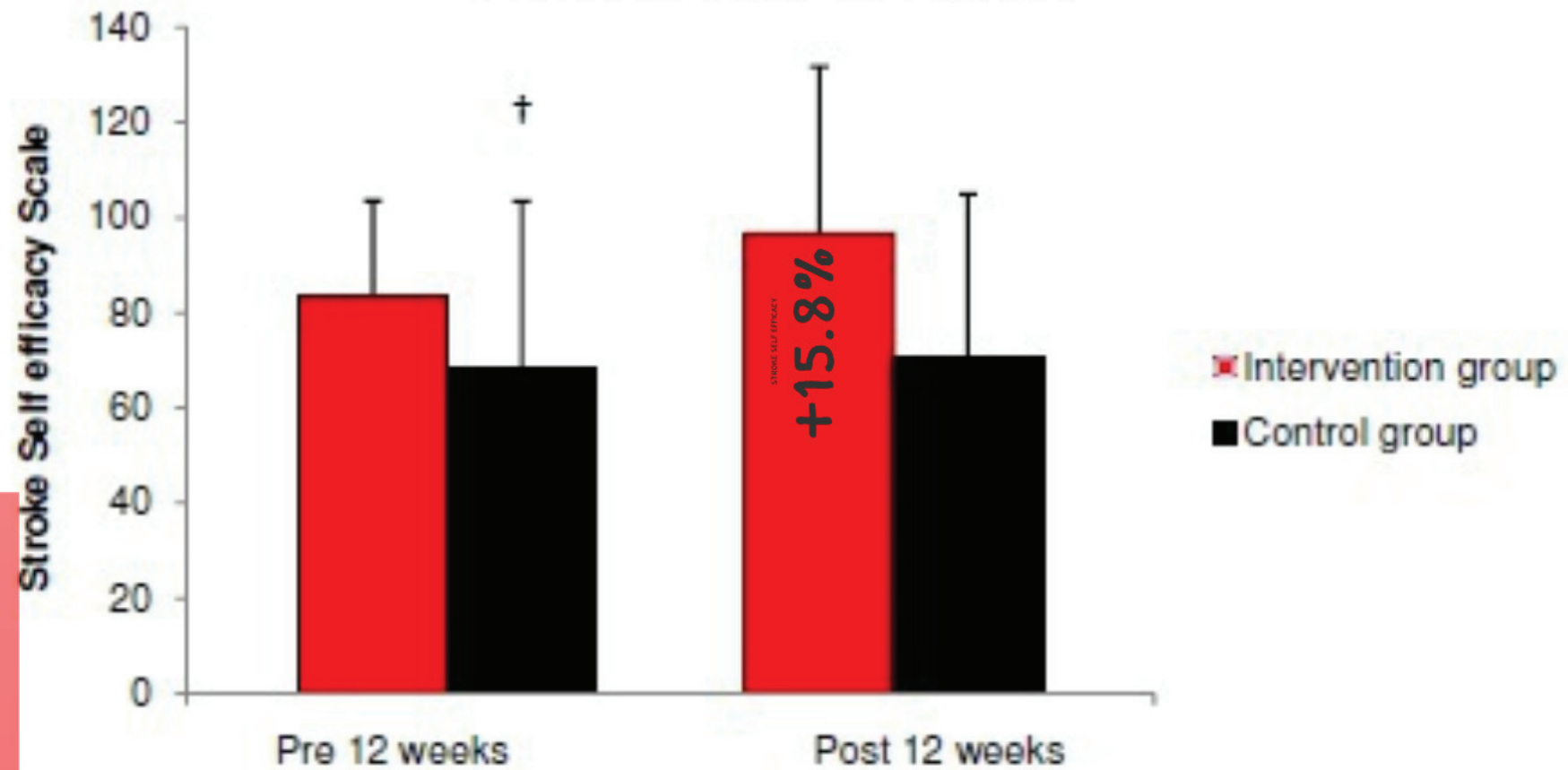
- Stroke Self Efficacy
- Short form 36 social functioning
- Short form 36 Emotional functioning
- Short form 36 Physical Functioning
- Reintegration into normal living index
- Timed get up and go score
- Fatigue Assessment Scale



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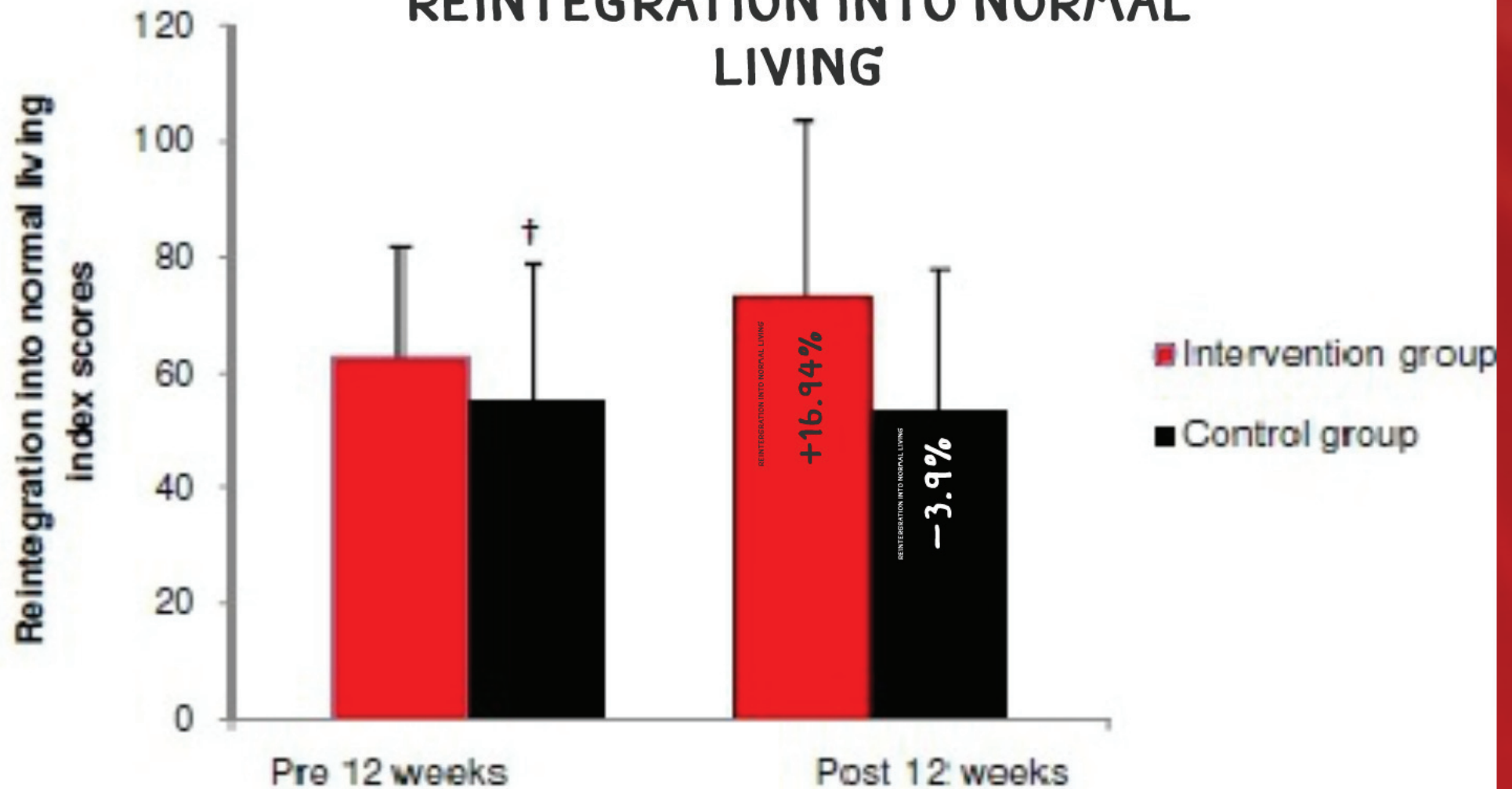
STROKE SELF EFFICACY



STROKE SELF EFFICACY

+15.8%

REINTEGRATION INTO NORMAL LIVING



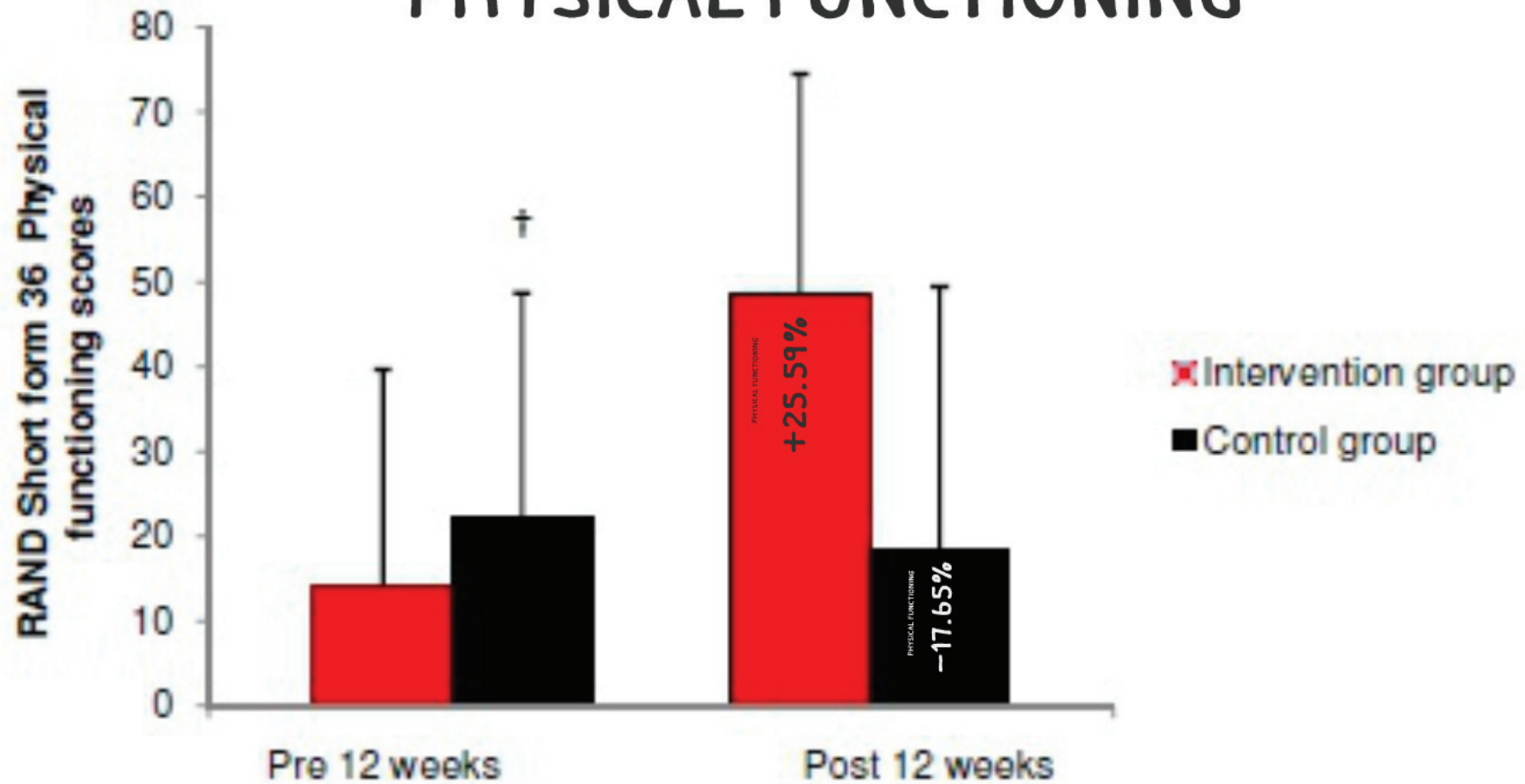
REINTEGRATION INTO NORMAL LIVING

+16.94%

REINTEGRATION INTO NORMAL LIVING

-3.9%

PHYSICAL FUNCTIONING



PHYSICAL FUNCTIONING

+25.59%

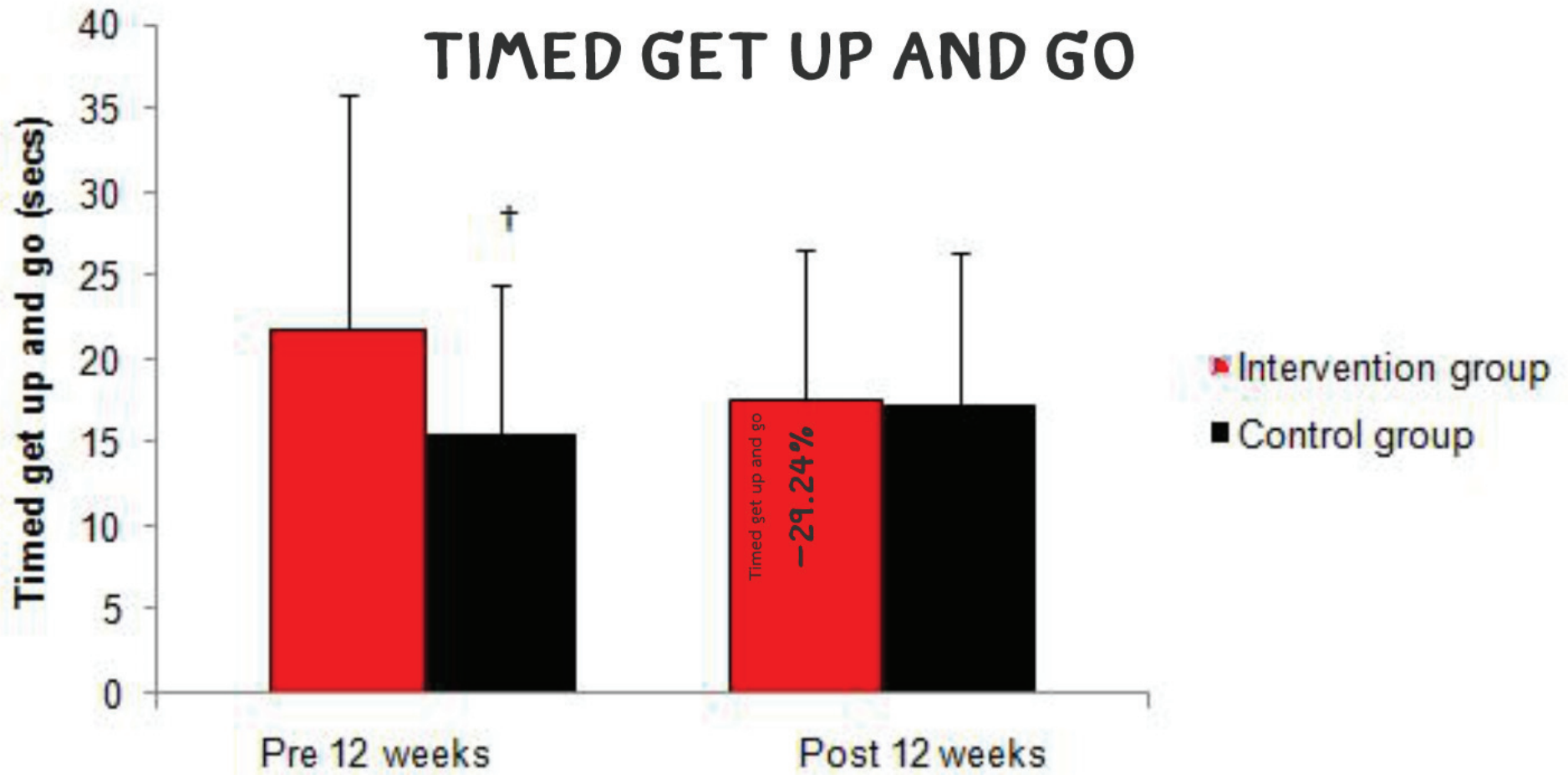
PHYSICAL FUNCTIONING

-17.65%



Prezi

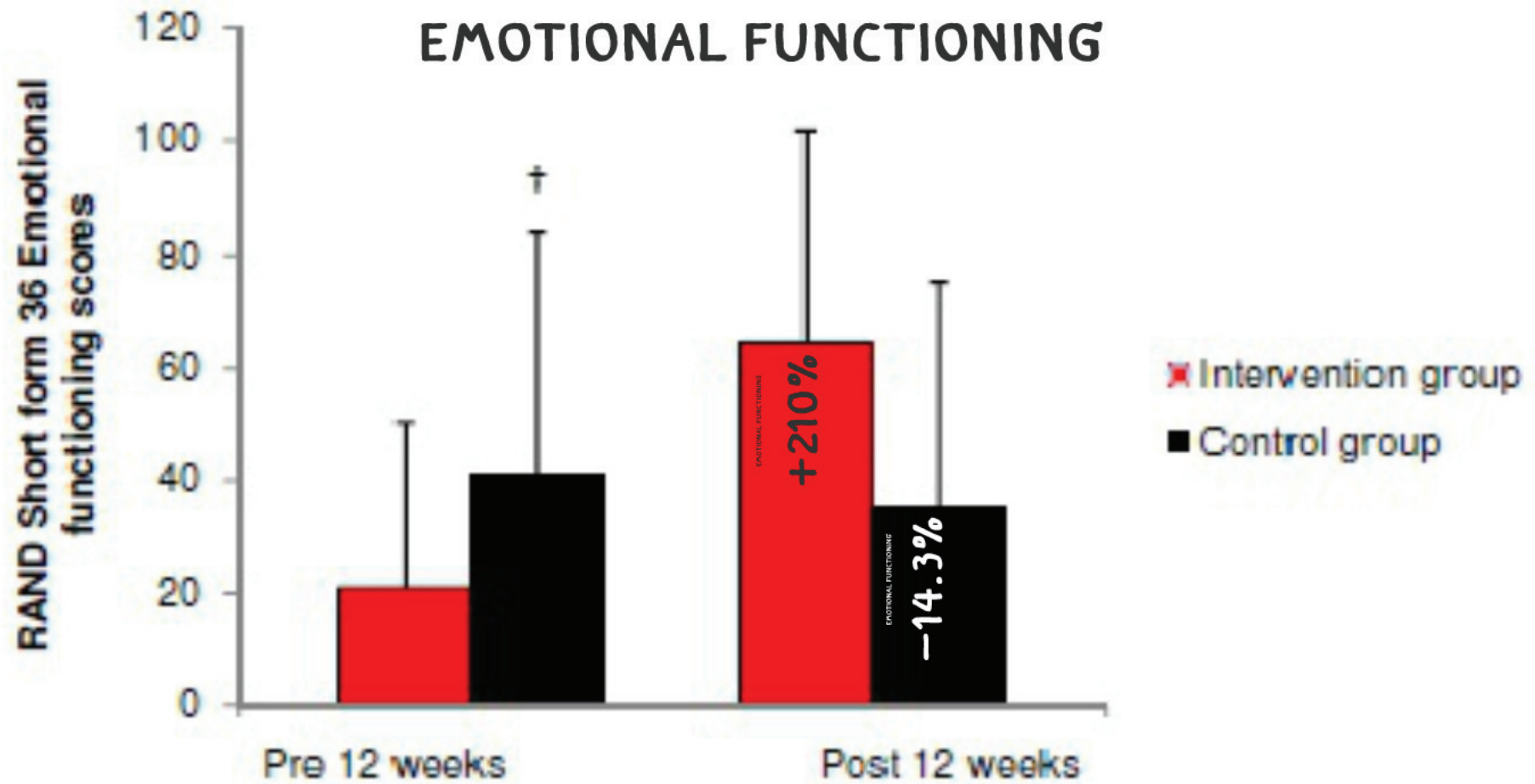
TIMED GET UP AND GO



Timed get up and go

-29.24%

EMOTIONAL FUNCTIONING



EMOTIONAL FUNCTIONING

+210%

EMOTIONAL FUNCTIONING

-14.3%



Prezi

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What we have learnt

- Collaboration between Voluntary & Statutory sectors maximises the range of options available after stroke
- PREP improves stroke survivors confidence, mobility, independence, and provides reassurance about their condition
- PREP also supports the delivery of NICHS care services model for Stroke Survivors and the self management pathway.
- As a result of the clear benefits for stroke survivors PREP is now in Belfast (Grove) and South Eastern trust (Ards and Lisburn). It will be rolled out into Western trust September and Northern Trust over the summer

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or prep@nichs.org.uk.