Our Stroke Research

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Stroke Association
What will happen in this talk?

• I will give you an idea of who our researchers are and what they do.

• Tell you about some of the amazing things our research has achieved.

• Present some of the latest, exciting research developments.

• Explain how you can get involved in research.
What will happen in this talk?

REMEMBER:

You can ask a question at any time.

At the end of each section, I will also ask for questions related to that section.

There will also be time for questions at the end of the talk.
20 years of investing in vital stroke research

We have awarded more than £40 million to support vital stroke research.
20 years of investing in vital stroke research

About a **third of our funding** has gone towards building the research careers of people.

That includes the research careers of medical doctors, nurses, occupational therapists, speech and language therapists, physiotherapists and a paramedic.
Without investing in the stroke researchers of tomorrow, there will be no-one to make the research-breakthroughs of tomorrow.

Building our base of researchers goes hand-in-hand with getting closer to conquering stroke.
Who are our researchers?

Professor David Werring is a clinical researcher at University College London.

His team is investigating the genetic factors that could be involved in subarachnoid haemorrhage.
Who are our researchers?

Professor John Rothwell is a neurophysiologist at University College London.

His team is investigating whether the drug fluoxetine alters the wiring of the brain to help recovery after stroke.
Who are our researchers?

Professor Pippa Tyrrell is a clinical researcher at the University of Manchester.

Her team is investigating whether a drug called IL-1Ra can improve recovery early after stroke.
Who are our researchers?

Dr Eirini Kontou is a psychologist at the University of Nottingham.

Her research aims to make a support programme for people who have had a TIA.
Who are our researchers?

Professor Lalit Kalra is a clinical researcher at King’s College London.

His team has investigated whether brain scans can be used to predict recovery after stroke.
Research prevents stroke

Better stroke prevention strategies

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Increased public awareness of a healthy lifestyle

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40% reduction in the number major strokes over the last 20 years
Our research prevents stroke

Beginning in 1996, we funded Professor Peter Rothwell at the University of Oxford to investigate Transient Ischaemic attacks (TIAs)

- **One in twelve** people who experience a TIA will go on to have a major stroke within a week
- Treating TIA patients in an emergency TIA clinic can **prevent 80%** of them going on to have a major stroke within 3 months
- If all TIA patients were treated this way, about **10,000 strokes a year** could be prevented.
- They developed **the ABCD score** to help doctors predict which TIA patients are most at risk of a major stroke
Our research saves lives

In 2004, Professor Gary Ford at the University of Newcastle showed that ambulance paramedics can use FAST to recognise when someone is having a stroke.

**Suspect a stroke? Act FAST and call 999.**

- Facial weakness
- Arm weakness
- Speech problems
- Time to call 999

- This research formed the basis of the FAST stroke recognition campaign.
- In its first four months emergency 999 calls for stroke increased by 55% bringing life-saving medical attention to thousands more stroke patients.
Our research saves lives

Our research has led to the more widespread use of thrombolysis in the UK, through funding a trial called IST-3, which reported its findings in 2012.

(Use of thrombolysis in England and Wales increased from 1.8% in 2008 to 11.8% in 2013).
Our research saves lives

In 2013, our research led to new guidance on the use of compressor pads to reduce deep vein thrombosis through the ‘Clots in legs or stockings after Stroke’ (CLOTS) trial.
Exciting areas of new research

Changing our view of fatigue after stroke

Dr Anna Kuppuswamy is a physiotherapist, and one of our research fellows at University College London.

Her research suggests that fatigue is not directly related to depression, sleep problems and pain, as commonly thought.
Exciting areas of new research

Changing our view of fatigue after stroke

Using safe brain stimulation techniques, measures of muscle strength, and measures of fatigue, her research suggests that fatigue after stroke is instead related to the parts of the brain that control movement and processing of our senses.

Her work could help to direct treatments of fatigue in the future.
Exciting areas of new research

Changing our view of fatigue after stroke

We are also funding the Nottingham Fatigue After Stroke (NotFAST) Study, based here at the University of Nottingham.

It aims to determine how often fatigue occurs after stroke in the absence of depression, and to develop appropriate management strategies for fatigue after stroke.
Exciting areas of new research

Mechanical clot retrieval to treat stroke

Shown to be effective for a specific type of large ischaemic stroke

But how effective is it across all ischaemic strokes?

How will we be able to deliver it in the UK?

Research we funded at the University of Glasgow continues to investigate this key area of research.
Exciting areas of new research

A new drug for clot-busting stroke treatment?

There is only one drug currently licensed for clot-busting (thrombolysis) treatment in hospital in the early hours after stroke. It is called ‘alteplase’.

However, our funded researchers, led by the University of Glasgow, are testing a newer drug called ‘tenecteplase’ to see whether it is more effective.
Future research - Where is it needed?

Our New Priority Programme Awards

• Haemorrhagic stroke

• Psychological consequences of stroke

• Vascular dementia
How do I get involved in research?

1. Join our Service User Review Panel (SURP)
2. Become a research participant in a study
3. Take part in one of our workshops
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How do I get involved in research?

Service User Review Panel (SURP).

Twice a year, this panel is asked to comment on the research applications we receive, and help decide which should be given funding. It helps us to ensure our research is important and relevant to the people affected by stroke.

To be eligible, you must have a personal link to stroke and an interest in research.
How do I get involved in research?

Becoming a research participant in a study

Clinical trials and stroke booklet

Aphasia friendly version of the booklet

Clinical trials and stroke

Information from
The Stroke Association and
NIHR Stroke Research Network

Stroke Helpline 0303 3033 100
stroke.org.uk
How do I get involved in research?

Becoming a research participant in a study

(NEW) Clinical trials and stroke booklet

Aphasia friendly version of the booklet
How do I get involved in research?

Becoming a research participant in a study

Take part in a clinical trial through the online, UK Clinical Trial Gateway (http://www.ukctg.nihr.ac.uk/).
How do I get involved in research?

Becoming a research participant in a study

Find research projects recruiting volunteers through the Talkstroke forum on our website:
How do I get involved in research?

Take part in one of our workshops

Where researchers, clinicians, stroke survivors and their carers come together to discuss and set priorities for key areas of research.
Contacting the research team

Get in touch by email:

research@stroke.org.uk

Or call:

0207 566 0300

and ask for a member of the research team
Any questions
We’re for life after stroke

Thank you for your time
For more information

**Helpline:** 0303 3033 100

**Website:** stroke.org.uk