Home-based Reach-to-Grasp training for people after stroke is feasible: a pilot randomised controlled trial

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Total stroke admissions during recruitment window (n=2156)

Identified by therapists as potential participants (n=102)
PIL provided and referred as eligible by therapists (n=60)
Consented to referral to research team (n=52)

Consented to trial (n=48)

Baseline assessment (n=47)
Action Research Arm Test (ARAT) (n=47); Wolf Motor Function Test (WMFT) (n=47); Motor Activity Log (MAL) (n=46); Stroke Impact Scale (SIS) (n=47)

Randomised (n=47)

Allocated to Reach to Grasp group (n=24)
Allocated to Usual Care group (n=23)

Included in analysis population (n=24)
Included in analysis population (n=23)

7 week follow-up data available (n=23)
Action Research Arm Test (ARAT) (n=23) Wolf Motor Function Test (WMFT) (n=23) Motor Activity Log (MAL) (n=21) Stroke Impact Scale (SIS) (n=23)

7 week follow-up data available (n=22)
Action Research Arm Test (ARAT) (n=22) Wolf Motor Function Test (WMFT) (n=21) Motor Activity Log (MAL) (n=20) Stroke Impact Scale (SIS) (n=22)

12 week follow-up data available (n=23)
Action Research Arm Test (ARAT) (n=23) Wolf Motor Function Test (WMFT) (n=23) Motor Activity Log (MAL) (n=20) Stroke Impact Scale (SIS) (n=22)

12 week follow-up data available (n=21)
Action Research Arm Test (ARAT) (n=21) Wolf Motor Function Test (WMFT) (n=20) Motor Activity Log (MAL) (n=18) Stroke Impact Scale (SIS) (n=21)

24 week follow-up data available (n=16 of 17)
Action Research Arm Test (ARAT) (n=16) Wolf Motor Function Test (WMFT) (n=16) Motor Activity Log (MAL) (n=14) Stroke Impact Scale (SIS) (n=15)

24 week follow-up data available (n=16 of 19)
Action Research Arm Test (ARAT) (n=16) Wolf Motor Function Test (WMFT) (n=15) Motor Activity Log (MAL) (n=15) Stroke Impact Scale (SIS) (n=16)

Exclusions (n=42)
Not discharged home (n=9); No remaining upper limb movement deficit (n=28); Pre-stroke pathology of stroke-affected upper limb (n=1); Unable to lift hand off lap (n=3); Severe fixed contractures of elbow and wrist (n=1); More than 12 months post-stroke (n=1); Died before approach (n=1)

Exclusions (n=8)
Did not consent to referral but agreed to details being recorded (n=2); Did not consent to referral or details being recorded (n=6)

Exclusions (n=4)
Did not consent to trial but agreed to details being recorded (n=1); Did not consent to trial or details being recorded (n=3)

Exclusions (n=1)
Patient withdrawal (n=1)

Patient consent to contact carer(s) (n=26)

Carer consent to interview (n=12)

Carer assessment:
At 12 weeks (n=9); At 24 weeks (n=6)

Exclusions (n=1)
Patient withdrew after intervention, diagnosed with another health problem, agreed to data collected to be used (n=1)

Exclusions (n=1)
Patient lost to follow-up (n=1)

Exclusions (n=1)
Patient lost to follow-up (n=1)

Exclusions (n=1)
Patient lost to follow-up (n=1)