Sam Hancock: Advanced Physiotherapist in Stroke

An Evaluation of the Efficiency and Effectiveness of the East Lancashire Community Stroke Rehabilitation Team Balance Class

Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Greater Manchester

Project aims and objectives

Aim: An evaluation of the efficiency and effectiveness of the East Lancashire Community Stroke Team balance class

Project aims and objectives

Objectives:

1. To evaluate the objective outcome data to demonstrate the physical impact of the balance class
2. To evaluate the views of the participants of any benefit of the balance class
3. To describe the staffing model and resource requirement of the class
4. To identify any unintentional consequences of the class and to formulate questions for possible future research
5. To produce a case study article

Project plan

Activities so far:

A revision of 'The basics'
- Participated in Manchester university online courses in critical appraisal, literature searching, identifying sources, using endnote

Performed a detailed literature search and evaluated the literature into
- Group work and stroke
- Balance and stroke
- Exercises and sub acute stroke
- Cost effectiveness of group work

Liaised with experts in the field who are doing similar work or may offer advice (Professor Forster and Professor Tyson)

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Project plan

Attended a stake holder event into a project on the psychological intervention in stroke being conducted by CLAHRC NWC

(the ADOPT Trial) to expose me to the process.

Evaluated and collated the data from the CSRT balance class:
- The objective balance measures of the class (Berg and CONFBAL)
- The opinions of the service users about the benefits of the class (patient questionnaire)
- The proportion of attendees who are continuing with supported exercises following the class.
- The resource demands including the skill mix of the staffing of the class

Project plan

National Institute for Health Research

The Next Steps: The Challenges

1. Writing the project up into a case study format

2. Describing the service model and demonstrating the innovation in service design and delivery….. Not just looking at it through my clinical brain

consider why stroke specialist intervention is more beneficial than generic intervention in this population

3. Formulating hypothesis for future research

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Resources

Manchester University Library online training Resources
- Critical appraisal for health sciences
- Getting results: Performing a search in ovid
- Know your sources
- Shopping for info: Introducing subject data bases
- Using Endnote

The Hub. Email, google drive, the contact list

The CLAHRC staff… for advice, guidance and confirmation

Greatest resource………the time and guidance to do this.

Obstacles/challenges faced

1.Direction:
Trying to channel and organise all the thoughts around the project and subject matter in my head into something that is constructive, directional and benefits the service

2. Time management:
The justification of having the luxury of time when the service is clinically stretched

3. Confidence:
In my ability and knowledge in literature searching etc.
In approaching the experts
In writing down the results into something that is worth reading!

Key achievements:

Achievements:

- Improved knowledge and ability to conduct an efficient literature research and appraise the literature in a more timely manner and organise the storing of literature (endnote)

- Developed a contact on a clinical trial into cardiovascular exercise following stroke. This could offer guidance in the future.

Key highlight:

Time!