

## AuSCR Research Task Group approved projects

<b>Title</b>	<b>Understanding the representativeness of the Recovery focused Community support to Avoid readmissions and improve Participation after Stroke (ReCAPS) trial cohort</b>
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<b>AuSCR role</b>	Data Provision
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<b>Status</b>	In progress

**Summary** Stroke constitutes a large burden of suffering on survivors, with ongoing risk of adverse health outcomes, including unplanned hospital readmissions or recurrent stroke, and poor quality of life post discharge. Briefer hospital stays leave many survivors unprepared for the transition from hospital to home. Accessible self-management support and education programs that align with both recovery and lifestyle goals are needed.

Through an iterative process, we have developed a 12-week self-management support package with use of personalised electronic messages for patients discharged home with 2 weeks of stroke. The **Recovery-focused Community support to Avoid readmissions and improve Participation after Stroke (ReCAPS)** is being tested in a Phase III trial to provide important evidence about the potential effectiveness of the personalised innovative discharge support program that comprises of: a) Discharge care planning pack with standardised Recovery Goal Setting for use by clinicians and patients, and b) technology-based tools with integrated SMS/email messaging gateway (iVERVE) permitting personalised and tailored messages based on patient nominated goals.

### **Overall aim of ReCAPS**

The aim of the Phase III trial is to determine the effectiveness of the ReCAPS intervention, including cost effectiveness and improvements in health outcomes.

### **Aim of current sub-study for ReCAPS**

To compare characteristics of eligible patients, admitted to hospitals which participated in ReCAPS trial, who participated in the trial with those who and did not participate. Data will also be used to estimate population level characteristics of stroke survivors similar to those who participated in the HOME trial – a rehabilitation trial completed in the states involved in ReCAPS.

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