HEART & STROKE FOUNDATION
Canadian Partnership for Stroke Recovery
RESTORING LIVES THROUGH RESEARCH

FONDATION DES MALADIES DU CŒUR ET DE L'AVC
Partenariat canadien pour le rétablissement de l'AVC
LA RECHERCHE QUI RECONSTRUIT DES VIES

<table>
<tr><td>Area of study</td><td colspan="2">Cognition and Activities of Daily Living</td></tr>
<tr><td>Name of trial</td><td colspan="2">Tele-rehabilitation for cognitive disability post-stroke: Enhancing function in the face of geographical disparities</td></tr>
<tr><td>Study Type</td><td colspan="2">Intervention</td></tr>
<tr><td>Description of trial</td><td colspan="2">This study is a single-blind (assessor), randomized wait-list control trial with a one-month follow-up. All testing and intervention sessions will be delivered online.

Stroke results in long-term disability for many people, and particularly for those with cognitive impairment. Yet, access to rehabilitation services for survivors is declining: the 2014 Ontario Stroke Evaluation Report identified that the proportion of stroke patients receiving publicly funded rehabilitation declined to 51.3% in 2011-13. Data from the Cardiovascular Health Study (n=5,888) demonstrates an annual increase in the trajectory of disability post-stroke. The Ontario Stroke Network reported that to achieve best practice standards, 2-3 outpatient or community-based health professional visits for 8-12 weeks should be provided: 16-36 visits and not the current average of 5.8. To rectify the situation, an estimated 1,700 additional stroke patients require these services. It behooves us to consider cost-effective ways to deliver these services particularly in geographically remote areas.</td></tr>
<tr><td>Objective of the Study</td><td colspan="2">The objectives of the study are to investigate the feasibility and preliminary efficacy of delivering a rehabilitation intervention shown to reduce disability post-stroke via tele-rehabilitation.</td></tr>
<tr><td>Eligibility requirements</td><td>Who can apply (inclusion criteria)
• Community-dwelling adults at least three months post-stroke
• Fluent in written and spoken English
• Impairment of cognitive functions
• Ability to self-identify specific areas of difficulty in their everyday life that they would like to improve
• Access to a computer or tablet with a high-speed internet connection and webcam</td><td>Who can not apply (exclusion criteria)
• Presence of dementia
• Severe concurrent depression
• Severe aphasia
• Concurrent substance abuse</td></tr>
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Study Commitment	Participants will receive 16 one-hour therapy sessions over a period of 10 weeks. Prior to and following the therapy sessions participants will participate in test sessions involving answering questionnaires and some thinking tests. These will each last about 2 hours and will be done over the phone and online. The total commitment for the study is 3-5 months. Participants will be reimbursed for time spent in testing.
Location of trial	Therapy and testing sessions are conducted online via the computer program SKYPE™
Funder	Heart and Stroke Foundation Canadian Partnership for Stroke Recovery (CPSR)
Contact information	Study Contact Information: **PI: Deirdre R. Dawson, PhD, OT Reg (ON)** Senior Scientist, Rotman Research Institute, Baycrest 3560 Bathurst St., Toronto, ON, M6A 2E1 Phone: 416-785-2500 x 2136 Email: ddawson@research.baycrest.org **Study coordinator: Yael Bar MSW, RSW** Lab Manager, Rotman Research Institute 3560 Bathurst St. Toronto, ON, M6A 2E1 Phone: 416 785 2500, ext 3377 Email: ybar@research.baycrest.org General Information: If you are interested in participating in or learning more about this study, please email research@canadianstroke.ca or call 416-480-6100 ext. 80941