

Understanding how stroke telerehabilitation works and for whom, to inform recommendations for practice; the TELSTAR study protocol.

N Chouliara¹, S Ballard-Ridley², T Cameron¹, R Fisher³, J Kettlewell¹, L Kidd⁴, L Luxton⁵, V Pomeroy⁶, R Stockley⁷, S Thomas¹, A Gordon¹

Why the research is needed:

- Telerehabilitation is the remote delivery of rehabilitation services.
- It complements in-person rehabilitation and offers opportunities to reach more people and provide more rehabilitation at home.
- It is a new way of working; we need to ensure it is offered in line with the evidence and that the needs and preferences of people with stroke are considered and respected.



Findings will help us:

- Understand how telerehabilitation can be best delivered by community stroke rehabilitation services.
- Identify barriers to accessing telerehabilitation.
- Develop resources for stroke survivors and clinicians.
- Work towards providing people with stroke equal and fair access to telerehabilitation services.

What we would like to do & how:

- Review the evidence to understand who may benefit from telerehabilitation and for whom it may not be the best option.
- Talk to staff and patients from 3 community stroke rehabilitation services in England.
- Work with people affected by stroke, clinicians and policy makers to develop recommendations for practice.

Can you help?

Are you a stroke survivor or clinician with experience of telerehabilitation?

- You could join one of our Expert Stakeholder Group (ESG) meetings.
- We will discuss current evidence and ask for your perspective.
- The study has obtained ethical approval and will run until December 2024.

 Applied Research Collaboration
East Midlands

The study is funded by a Stroke Association project grant. The study is supported by the NIHR Applied Research Collaboration East Midlands (ARC EM). The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care.

Get in touch:

niki.chouliara@nottingham.ac.uk @NikiChouliara