Stroke Bulletin

Articles

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Behavioural activation therapy for post-stroke depression: the BEADS feasibility RCT. Thomas SA. Health Technology Assessment 2019;23(47):https://doi.org/10.3310/hta23470. [Conclusions: The Behavioural Activation Therapy for Depression after Stroke trial was feasible with regard to the majority of outcomes. The outstanding issue is whether or not a sufficient number of participants could be recruited within a reasonable time frame for a definitive trial. Future work is required to identify whether or not there are sufficient sites that are able to deliver the services required for a definitive trial.]

Exercise Programs Delivered According to Guidelines Improve Mobility in People With Stroke: A Systematic Review and Meta-analysis. Pogrebnoy D. Archives of Physical Medicine and Rehabilitation 2019; doi: 10.1016/j.apmr.2019.06.015. [A combined exercise program comprising aerobic and resistance training that adheres to the American Stroke Association guidelines is safe and should be prescribed in addition to usual care to improve mobility. Further research is needed to understand the relationship between exercise programs and behavior change requirements to improve long-term physical activity levels.]

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Rehabilitation interventions for improving balance following stroke: An overview of systematic reviews. Arienti C. PLoS One 2019;14(7):e0219781. [There are 51 SRs of evidence relating to the effectiveness of interventions to improve balance in people with stroke, but the majority of these are of poor methodological quality, limiting our ability to draw clear implications. 61% of SRs focussed on the effectiveness of physical therapy, 20% virtual reality, 6% electromechanical devices, 4% Tai-Chi, whole body vibration and circuit training intervention, and 2% cognitive rehabilitation.]

Freely available online

[This review discusses the role of aspirin for primary prevention of CVD by critically reviewing key scientific literature, and proposes a decisional framework for clinicians to support prescription of aspirin in primary prevention.]

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**Risks of ischaemic heart disease and stroke in meat eaters, fish eaters, and vegetarians over 18 years of follow-up: results from the prospective EPIC-Oxford study.**
Tong TYN. *BMJ* 2019;366:l4897.
[In this prospective cohort in the UK, fish eaters and vegetarians had lower rates of ischaemic heart disease than meat eaters, although vegetarians had higher rates of haemorrhagic and total stroke]

Freely available online

**Stroke and thromboembolism prevention in atrial fibrillation.**
[Review discusses this association, medical/non-medical therapy for stroke prevention, guideline recommendations for prevention, electrical and pharmacological cardioversion, ablation therapy and antithrombotic medication management, as well as key outstanding research questions.]

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**Transcranial direct current stimulation in post-stroke aphasia rehabilitation: A systematic review.**
[Evidence from published peer reviewed literature is effective for post-stroke aphasia rehabilitation at the chronic stages. tDCS devices are easy to use, safe and inexpensive. They can be used in routine clinical practice by speech therapists for aphasia rehabilitation. However, further studies should investigate the effectiveness in the subacute post-stroke phase and determine the effect of the lesion for precisely identifying the targeted brain areas.]

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Reports

The following report(s) may be of interest:

**On balance, antiplatelet drugs may be restarted for stroke survivors who have bled into the brain.**
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000805/restarting-antiplatelet-drugs-for-stroke-survivors-who-had-a-brain-bleed
[NIHR Signal. Early research suggests that antiplatelet drugs, such as aspirin, can provide more benefit than harm if restarted at about 2 to 3 months after a brain bleed. The results seem to apply best to those patients with a good prognosis who survive with less disability.]

Freely available online

**Robot-assisted training offers little useful improvement in severe arm weakness and**
function after stroke.
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000802/robot-assisted-training-for-stroke-recovery-offers-little-improvement
[NIHR Signal. This large multicentre trial, funded by the NIHR, randomised 770 adult stroke patients to robot-assisted training using the MIT-Manus robotic gym, to an enhanced therapy programme or to usual NHS care. All three groups had improved arm function after three months, with no significant differences between the groups.]
Freely available online

This Bulletin was created by Sian Hudson of NHS East Dorset Knowledge and

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