Stroke Bulletin

Articles

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**Aerobic exercise interventions reduce blood pressure in patients after stroke or transient ischaemic attack: a systematic review and meta-analysis.**
[Exercise interventions can result in clinically meaningful blood pressure reductions, particularly if initiated early and alongside education.]
*Available with an NHS OpenAthens password for eligible users*

**Clinical Frailty Independently Predicts Early Mortality After Ischaemic Stroke**
[Clinical frailty is independently associated with 28-day mortality after ischaemic stroke and appears independently associated with attenuated improvement in NIHSS following stroke thrombolysis. Further research is needed to elucidate the underlying mechanisms and how frailty may be utilised in clinical decision-making.]
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**Effectiveness of focal muscle vibration on hemiplegic upper extremity spasticity in individuals with stroke: A systematic review.**
Alashram AR. NeuroRehabilitation 2019;.nre192863.
[FMV may an efficient intervention in reducing upper extremity spasticity in the stroke population. The efficient treatment protocol and dosage remain unclear. Additional randomized controlled trials are strongly needed to study the effects of FMV on spasticity in individuals with stroke.]
*Freely available online*

**Effectiveness of Virtual Reality- and Gaming-Based Interventions for Upper Extremity Rehabilitation Post-Stroke: A Meta-Analysis.**
[Overall, VR/gaming-based upper extremity rehabilitation post-stroke appears to be more effective than conventional methods. Further in-depth study of variables impacting improvement, such as individual motor presentation, treatment dose, and the relationship between the two, are needed.]
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**Implantable cardiac monitors to detect atrial fibrillation after cryptogenic stroke: a systematic review and economic evaluation.**
[Conclusions: All three implantable cardiac monitors could be considered cost-effective at a £20,000–30,000 threshold, compared with standard of care monitoring, for cryptogenic stroke patients with no atrial fibrillation detected after 24 hours of external electrocardiographic monitoring; however, further clinical studies are required to confirm their efficacy in cryptogenic stroke patients.]

**The Influence of Sound-Based Interventions on Motor Behavior After Stroke: A Systematic Review.**
[Despite the heterogeneity of the included studies, evidence was found demonstrating that SBI can induce biomechanical changes in motor behavior during walking in stroke patients. No conclusions could be formulated regarding reaching tasks.]

*Freely available online*

**Reports**

*The following report(s) may be of interest:*

**Computerised speech and language therapy can help people with aphasia find words following a stroke.**
NIHR Dissemination Centre; 2020.
[NIHR Signal. This well-conducted NIHR-funded trial shows that adding computerised speech and language therapy to usual care can have some benefits, and is a relatively low-cost intervention. It also highlights areas for further research.]

*Freely available online*

**Is there Evidence to Support the use of Enteric Coated (EC) Aspirin to Reduce Gastrointestinal Side Effects in Patients with Cardiovascular Disease?**
Specialist Pharmacy Service (SPS); 2020.
[This Q&A reviews the evidence on the use of EC aspirin to prevent GI damage, and also the effect of the enteric coating on the anti-platelet effect of aspirin.]

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