Stroke Bulletin

Articles

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**Acupuncture combined with swallowing training for poststroke dysphagia: a meta-analysis of randomised controlled trials.**
[This study showed that acupuncture combined with swallowing training may improve the effective rate, swallowing function and activities of daily life of patients with poststroke dysphagia compared with conventional swallowing training alone.]
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**Behavioural activation treatment for depression in individuals with neurological conditions: a systematic review.**
[We included peer-reviewed studies published in English that used behavioural activation for treatment of depression in adults with a neurological condition. Ten articles were included comprising 590 participants. Intervention components were identifying and engaging in pleasurable activities, psychoeducation, and problem-solving. Adaptations included delivering sessions via telephone, delivering interventions via primary caregivers, and giving psychoeducation to caregivers.]
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**Electrical Stimulation in Lower Limb During Exercise to Improve Gait Speed and Functional Motor Ability 6 Months Poststroke. A Review With Meta-Analysis.**
[Sparse, low-quality evidence indicates that electrical stimulation combined with activity is a relevant intervention to improve activities of daily living within 6 months poststroke.]
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**Safety of Intravenous Thrombolysis Among Patients Taking Direct Oral Anticoagulants: A Systematic Review and Meta-Analysis**
[The results of our study indicated that prior intake of DOAC appears not to increase the risk of symptomatic intracerebral hemorrhage in selected AIS patients treated with IVT.]
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**The effects of ankle-foot orthoses on walking speed in patients with stroke: a systematic review and meta-analysis of randomized controlled trials.**
[Despite reported positive effects in some studies, there is no firm evidence of any benefit of
ankle-foot orthoses on walking speed.

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Reports

The following report(s) may be of interest:

**A diet high in fruit, veg, fibre and dairy is linked to lower stroke risk, study finds.**  
NHS Behind the Headlines; 2020.  
[A large European cohort study looked at the link between different food groups and the risk of stroke in more than 400,000 people (average age 50 years) from 9 European countries. During around 12 years of follow-up, 1 to 2 in every 100 of the study group had a stroke. Researchers found that increased consumption of fruit and vegetables, dietary fibre and dairy were linked with lower risk ischaemic stroke.]

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

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