



WORKING WITH STROKE SURVIVORS ACROSS THE UK

NEWSLETTER

JANUARY 2016



More people
More active
More often

15 YEARS OF SUPPORTING THE HOSPITALS' WORK WITH STROKE SURVIVORS



The ARNI Institute, a charity, was founded 15 years ago to ensure that there is a growing body of independent therapists and specialist neuro-exercise instructors available to patients who have been discharged from hospital or from other healthcare. ARNI is complementary to, and works with, the

hospital professionals to try to create an unbroken care pathway for patients. ARNI deals with about 30 enquiries each day. These come from stroke survivors or their families, therapists, carers and others who can take advantage of our matching service (where they are recommended to one of our 162 ARNI-qualified professional trainers), or who need signposting to other after-stroke services. Every stroke is different: every patient comes with his or her different needs. A survivor may contact us after discharge or may have been living in the community with the effects of stroke for some years. However early or late an application is made, the ARNI after-stroke programme can support a patient to improve action control and manage functional limitations.

PROVEN reduction in:

**Hospital admissions
Outsourcing to private sector
Ambulance call outs
Antidepressant drugs
Numbers of carers required**

Data presented to World Stroke Congress



ARNI BECOMES CHARITY PARTNER FOR LONDON ART & ANTIQUES FAIR 2016

Since its creation in 2013, the LAPADA Charity Party has helped to raise 1.3 million pounds for charity. LAPADA is delighted to announce Action for Rehabilitation from Neurological Injury as their benefiting Charity for 2016. The Party will take place on Wednesday 14 September 2016. There will be a Reception for 900 ARNI supporters, volunteers, patients, families and instructors in the marquee erected in Berkeley Square, London. PLEASE RESERVE YOUR TICKET NOW!

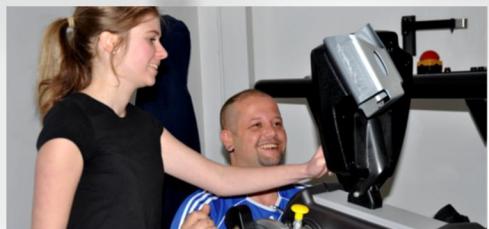
European Royalty as well as US and UK television icons, including ARNI supporter Andrew Marr will be attending. ARNI Chair-

man Lord Lingfield thanks Lord Chaddington for creating the opportunity for this Party to come about. Come and join us for champagne, cocktails,

canapés and a private view of the LAPADA Art & Antiques Fair. Mix with guests and friends whilst enjoying the magnificent Fair! There are very limited Tickets, so it is advisable to RESERVE right now. Tickets are just £75 and limited. If you would like to attend the Dinner and Auction after, tickets (incl Reception) are £400 each. Please call 0203 758 3330 or email Event Co-ordinator party@arni.uk.com



NEW! ARNI / OXFORD BROOKES UNIVERSITY REHABILITATION MSc DEGREE



ARNI and the Movement Science Group at Oxford Brookes University have formed an exciting collaboration to

develop a new physical activity and exercise prescription course for UK Fitness & Health Professionals entitled 'REHABILITATION'.

This MSc degree, which starts in January 2016, covers stroke recovery and how exercise prescription can be embedded as part of the stroke care pathway. It will be based on the newest evidence base concerning exercise and rehabilitation for stroke survivors. The following topic areas will be covered: neuroscience principles, imaging, evidence based processes used in cardiorespiratory training after stroke, ARNI Approach functional rehabilitation strategies and techniques, moving and handling skills, effects of co-morbidities, and lifestyles.

2013-2016 RESEARCH INTO THE EFFICACY OF THE ARNI APPROACH



PERSISTANCE PAYS OFF FOR PENCLAHRC

The clinical effectiveness and cost effectiveness of ARNI has been the focus of applications to the NIHR funding programme called Efficacy, Mechanism and Evaluation (EME) by the South West Stroke Research Network, PenCLAHRC & Brunel University research teams, with support from The University of Leeds since 2010 for a national multi-centre RCT (£2.1 million). Applications were the result of clinical trial developments of Project ReTrain; created to examine the efficacy of implementing a physical Rehabilitation Training programme involving ARNI Approach.



New: Dr Sarah Dean's group at Exeter University has recently been successful in securing £161,180 in research funding from the Stroke Association to develop the programme, and conduct a pilot randomised controlled trial (RCT) to evaluate the feasibility and effectiveness of the ARNI ReTrain programme. The overall aim of the programme is to find out whether ReTrain can help survivors to improve their recovery (particularly physical mobility) after stroke.

Pilot Research Studies

1. A before-and-after case series study of a 1:1 training programme based on the ARNI approach was conducted to explore feasibility, acceptability, potential risks and benefits, programme delivery and choice of outcome measures. Two experienced trainers were put through the 6-month ARNI qualification in order effectively to deliver twice-weekly hourly sessions to single stroke survivors for 14 weeks. The high intensity, functionally-oriented approach produced personally significant improvements in physical ability and psychological factors such as confidence and self-efficacy in all completers. The positivity, high expectations and the non-medicalised approach of trainers were found to be important elements. Results were reported at the SRRC Conference.

PUBLICATIONS

Poltawski L, Briggs J, Forster A, Goodwin VA, James M, Taylor RS and Dean S. (2013) *Informing the design of a randomised controlled trial of an exercise-based programme for long term stroke survivors: lessons from a before-and-after case series study.* BMC Res Notes; 6: 324.



Poltawski L, Abraham C, Forster A, Goodwin VA, Kilbride C, Taylor RS and Dean S. (2013) *Synthesising practice guidelines for the development of community-based exercise programmes after stroke.* Implement Sci; 8: 1: 115.

Kilbride C, Norris M, Thies N, Mohagheghi A (2013) *Action for Rehabilitation from Neurological Injury (ARNI): A pragmatic study of functional training for stroke survivors.* Open Journal of Therapy and Rehabilitation. Vol 1, No 2.

Norris M, Kilbride C, Mohagheghi A, Victor C (2013) *A Qualitative Exploration of Participation in an Exercise Instructor Led Functional Training Programme for Community Dwelling Stroke Survivors.* Int. Journal of Therapy and Rehabilitation. Vol 20, No 12.

'A-STAR' STUDY — ARNI IN-CLINIC UPPER LIMB TRAINING

The A-STAR Study (Assisted STroke rehabilitation provided by carers supported by ARNI) is headed up by Dr Khalid Ali as a joint cluster-randomised feasibility/pilot study. Its writing group was funded by the Stroke Research Network Portfolio Development Opportunity (NIHR).



The team includes lead academics from Queen's Square, London, Brighton and Sussex Medical School, University of Surrey, Keele University and Brunel University.

Dr Ali explains: 'The ARNI Approach merges established and innovative functional rehabilitation techniques to 're-train' the brain with growing evidence that ARNI improves physical and psychological outcomes.'

'Our ultimate aim is to conduct a UK multi-centred RCT to evaluate the impact and cost effectiveness of upper limb training, supported by ARNI instructors. In preparation for this, we propose a feasibility study in two hospitals of upper limb physical training for stroke patients supported by ARNI. Patients at the National Hospital for Neurology and Neurosurgery and the Princess Royal, Haywards Heath, will be allocated to ARNI intervention or usual care. The study will measure arm function before and after intervention. It will measure cost & will use

questionnaires and interviews with stroke survivors, ARNI instructors, and rehabilitation ward therapists to assess acceptability.'

'We will assess the acceptability and potential barriers to implementation of this preliminary study by measuring patient recruitment rates, completeness of training and identifying the best physical measures to record progress.'

'Collaborative work between patients and professionals supports the idea of upper limb training starting in hospital and extending to the home environment'.



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FUNCTIONAL REHABILITATION & EXERCISE TRAINING AFTER STROKE COURSE

From 2015 to 2016, 42 more independent professional trainers & therapists throughout the UK completed the 300 hour ARNI Institute Functional Rehabilitation & Exercise Training After Stroke (FRETS) Qualification and earned 30 credits at BSC level from Middlesex University. It usually takes up to 7 months to fully qualify.

Endorsed by the UK Stroke Forum Education and Training, the aim is to support the care pathway from the hospital therapists to qualified exercise trainers upon discharge and assist those already recovering in the community for some time. An emphasis is placed on facilitating instructors to work

with community stroke survivors of all ages throughout the Course. Typical applicants are qualified trainers who are probably already training with stroke patients. The minimum qualification level for entry is a Register of Exercise Professionals (REPs) Level 3 or Level 4 Qualification.

This year has seen an upsurge of physiotherapists and occupational therapists, employed by the NHS, coming on the course for CPD reasons.

For all independent applicants, the full qualification has three entry points per year. Please go to www.arni.uk.com for details about all courses.

Each cohort has no more than 18/20 trainers or therapists.



Course Contents

- * Comprehensive practical and theory training at an ARNI Centre.
- * Stroke Rehabilitation Workshops at Queen Square, UCL.
- * Appropriate Shadowing at ARNI groups & with instructors.
- * Practical & theory Assessments.
- * 3,000 – 3,500 word Case Study.

ARNI has linked up with the NRPT: the UK's leading online directory providing information about qualified and insured UK trainers. All trainers passing the ARNI FRETS Course may apply for membership including insurance.

NEW! STROKE SOLUTIONS IS ACCREDITED PROVIDER OF ARNI INSTRUCTORS

Stroke Solutions is the new method, in operation since February 2015, which standardises the experiences of members of the public in the UK who sign-up with an ARNI Associate instructor. Stroke Solutions is a professional agency which is the administration body for the UK-wide group of contracted ARNI Associate Instructors who have signed up to have their services monitored. It:

Administers the Instructor/Patient match made by the ARNI Institute.

Ensures that the ARNI Associate Instructor is fully qualified, insured, committed and responsive to requests for rehabilitation training.

Ensures that the Instructor adheres to guiding principles for safe practice.

Provides year-round opportunities for the Instructor's continued professional development in neuro-rehabilitation.

Has negotiated, with all Associates, an excellent country-wide rate per hour.

Provides a number of easy and secure methods of payment for sessions.

Pays the ARNI Associate Instructor for the patient, leaving him or her free to concentrate on rehabilitation.

Provides a highly functional, secure website: instructors and patients have their own password-protected pages which share weekly rehab calendars.

Monitors the patient's progress using information collated from Instructors.

Regularly calls the patient and family to make sure rehabilitation is proceeding well and supplies answers to any concerns as appropriate.

Please go to www.strokesolutions.co.uk for more information.

The custom website is designed for the Stroke Solutions Administration to send instructors to patients and monitor progress, and it allows the Associate Instructor to use it as a booking system for the patient. It even sends auto-emails and texts to remind patients of their next sessions. There is a full time operator to take payments and route them to instructors, as well as three IT personnel. New for 2016 is a tele-rehabilitation option for upper limb training and speech therapy. The idea of this is that any patient worldwide can signal that they require rehabilitation at any time, and invite all ARNI Instructors to respond.

The screenshot shows the Stroke Solutions website. At the top, there is a navigation bar with links for Home, About Us, Patient / Care, Instructor, and Contact. The main content area features a group photo of five people, with the text "Working for Stroke Survivors across the UK". Below this, there are two circular icons with "LOGIN" buttons: one for "Patient Login" and one for "Instructor Login". At the bottom, there are links for "About Us", "Visitors/Patient Info", and "Call Us", along with social media icons and a phone number: 0203 667 6177 (see below for admin hours).

Call 0203 053 0111

Phone: 9am to 5pm

Email ARNI Central

support@arni.uk.com

ARNI Institute,

PO Box 68,

Lingfield,

Surrey,

RH7 6QQ.

PLEASE GET IN TOUCH:

If you are a stroke survivor

If you are a carer of a survivor

If you are a therapist, or represent a group of therapists, trainers, students, etc.

If you are a qualified fitness instructor interested in stroke

If you would like to support ARNI in any way

If you would like to ask ARNI anything at all

We have a great team here at ARNI, and many kind academic colleagues who will help you

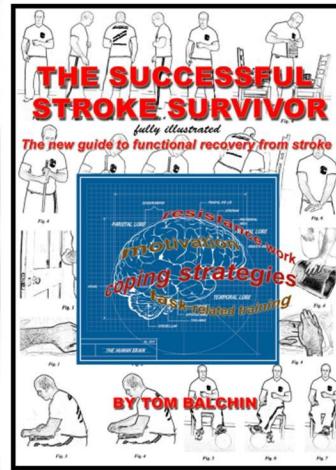


Endorsed by the UK Stroke Forum for Education and Training, therapists are recommending *The Successful Stroke Survivor* by Tom Balchin to patients because it offers a whole new world of possibilities for those who have suffered a stroke, have reached the end of therapy and need help to do better in their rehabilitations.

Users are guided to explore and innovate from the strategies, which are shown with full illustration sequences.

RRP: £34.40

Published by Bagwyn



Get your August 2015

updated copy @ www.successfulstrokesurvivor.co.uk

UPDATE FROM AROUND THE UK: THIS TIME WE PRESENT ARNI BROMSGROVE!

ARNI BROMSGROVE stroke recovery centre has been successfully running for 16 months with ARNI Instructor Pete Rumbold (right) leading the team at Altered Images gym and physio clinic. Recently joined by ARNI Instructors Lara Jackson and Nicky Price the facility is going from strength to strength as a full time stroke recovery centre.



Pete explains: 'We have a very close partnership with *The Life After Stroke Centre, Bromsgrove*: an incredibly successful centre set up as a pilot by the Stroke Association. We are into our 14th month of the successful ARNI group sessions after a pilot scheme proved that ARNI training works in the rehabilitation of stroke survivors.'

We are also forging partnerships with local hospitals and rehab clinics and are in regular contact with community stroke teams. This enables us to help stroke survivors after discharge.'

Pete Rumbold and Stuart Cooper (Regional Information Officer of Stroke Association) regularly visit stroke clubs around the West Midlands (70 in the area) giving talks on the benefits of ARNI training and show videos of clients on the group scheme and how they progress. ARNI is working with local Headway groups to set up group training similar to the ARNSTROKE scheme with the Stroke Association.

Pete states: 'Our patient numbers are growing every week: 25-35 stroke survivors attend our facility for one or two sessions per week.'

'We have stroke survivors attending our facility from all over Central England. We have a waiting list on our group sessions. We also have a Rehab Membership and a 'Buddy Scheme'. We are very proud of our achievements and the fact that we are giving stroke survivors hope for real recovery after stroke.'

'We have had significant successes with stroke survivors who have been told by their physicians or therapists that their recovery may be limited. We are passionate that ARNI training works and that we must continue to promote the innovative ARNI Approach to the thousands of stroke survivors out there who have little support but are struggling with very debilitating limitations.'

