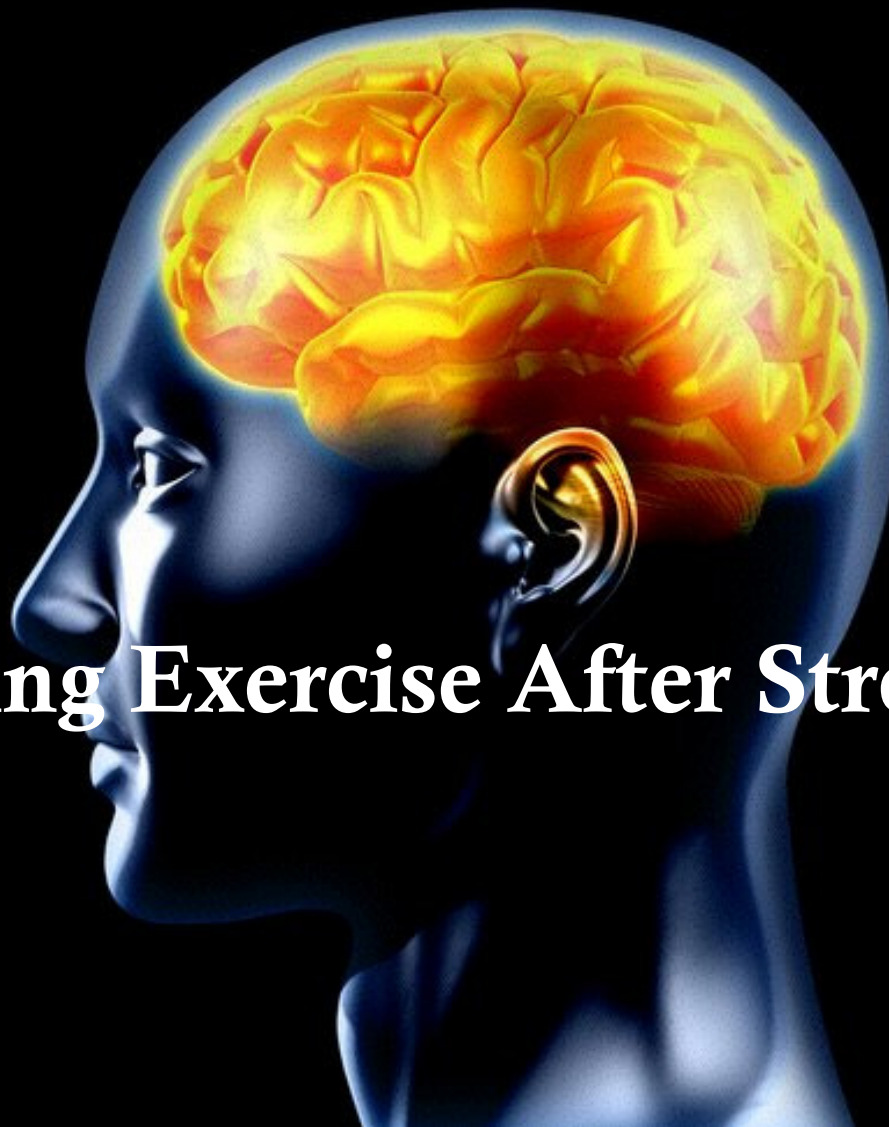


A SPECIAL LECTURE
SERIES FOR
PARTICIPANTS
INVOLVED IN THE
ARNI TRUST LEVEL 4
SPECIALIST
INSTRUCTOR
STROKE COURSE

- Acute Stroke/TIA
- Imaging
- Action Control
- Interventions
- Rehabilitation
- Cognitive Problems
- Speech/Language
- Nutrition
- Self-Efficacy
- Exercise Training



**Monday
1st March 2010
&
Tuesday
2nd March 2010**

Informing Exercise After Stroke

at the
**Royal
Society of
Medicine**
1, Wimpole Street
London



The Royal Society of Medicine

The 'Informing Exercise After Stroke' Lecture Series

Welcome to the Royal Society of Medicine.

This exciting 2-day stroke theory course is designed for professional physical exercise Instructors who are taking the ARNI Trust Exercise After Stroke Level 4 Course. These trainers have an interest in gaining knowledge, skills and experience concerning rehabilitation from stroke. Instructors on the course may have trained stroke survivors for many years or may not have yet trained someone coping with physical and psychological limitations resulting from brain injury.



Whatever your knowledge base, we are proud to be able, with the assistance of the lecturers who are giving their time over the next two days, to take you on a journey through stroke. You will find out how stroke is dealt with in the acute hospitals and how neuro-rehabilitation is initiated. You will be shown how the structure of the brain is altered and continues to alter after stroke. You will find out how stroke affects so much of the survivor's daily life, from movement control to cognition, speech and vision. You will find out what it is like to have a stroke and be left with residual limitations... and what kinds of interventions are being shown positively to affect recoveries. The aim is to inform your training of this cohort.

The ARNI Trust: working for stroke survivors across the UK

“The ARNI Trust contributes toward the ideal of an unbroken care pathway”

The Action for Rehabilitation for Neurological Injury Trust is an exciting UK-based development in the field of stroke rehabilitation, which has an international reputation for serious results.

Operating since 2001, it is a registered charity formed in response to the very real demand throughout the UK from stroke survivors, who uniformly state that they are 'stuck in limbo' after coming home from hospital and finishing with neurophysiotherapy.

Because ARNI techniques are having such good results with stroke survivors around the UK, some eminent surgeons, clinical scientists and university specialists, NHS stroke network representatives, hospital directors and therapists working in the areas of neuro-rehabilitation are actively recognising and encouraging its efforts. ARNI scopes for, seeks, sponsorship for (if appropriate), trains, accredits and supports professional fitness and health instructors, as well as dedicated stroke rehabilitation nurses and therapists.



Your contribution to stroke rehabilitation in your community

As we proceed into 2010, new advances in scanning and hence, better diagnoses are saving more and more lives. Moreover, the future for stroke rehabilitation is more optimistic than ever before, as innovative ideas concerning how to rehabilitate are being trialled. ARNI emphasises that training stroke survivors when neurophysiotherapy comes to an end, or becomes ineffective for further use, need not be a complicated matter. It needs an armoury of practical techniques to impart, and the appropriate neurological knowledge. Over these two days of presentations, experts from most areas of stroke will help you to understand stroke and where you fit in.



The Programme you are taking part in encourages and advances the rehabilitation of those suffering from the effects of stroke which require progressive recovery of movement, balance, physical strength and confidence. Whether you are a Network nominated NHS Technical Instructors, local council health trainer, referral consultant or independent professional trainer (including those who assist stroke charities), thank you for having decided that you want to help more in the area of rehabilitation after stroke.

Monday March 1st 2010

Timings	Lecture Title	Guest Speaker	Position
9.00 - 9.30	<i>Arrival</i>		
9.30 - 9.40	Chair: Welcome The ARNI Concept	Dr Tom Balchin	Director, the ARNI Trust, UK.
9.45 - 10.30	Stroke in the UK	Dr Ian Wellwood	Lecturer in Public Health and Health Services Research, Division of Health and Social Care Research, King's College, London.
10.30 - 11.00	<i>Coffee break</i>		
11.05 - 12.05	KEY LECTURE: Action Control after Stroke & Neuroimaging	Dr Nick Ward	Clinical Senior Lecturer & Hon. Consultant Neurologist, Sobell Department of Motor Neuroscience, Institute of Neurology, UCL.
12.10 - 1.00	Acute Care/TIA Care in the Hospitals	Dr Lakshmanan Sekaran	Consultant Stroke Physician, Clinical Director, Stroke Unit, Luton & Dunstable Hospital, Bedfordshire.
1.00 - 2.00	<i>Lunch</i>		
2.05 - 2.15	ADDRESS (Trustee of The ARNI Trust)	Prof Alan Roberts, OBE	Clinical Director, Institute of Pharmaceutical Innovation, University of Bradford & President, Technology in Medicine Section, Royal Society of Medicine.
2.20 - 3.10	Neurorehabilitation after Stroke: NHS input	Sandra Chambers	Clinical Specialist Physiotherapist, Guy's and St Thomas' NHS Foundation Trust, London,
3.15- 3.45	<i>Coffee break</i>		
3.45 - 4.35	Recovery and Self- Efficacy after Stroke	Dr Fiona Jones	Senior Lecturer, Faculty of Health and Social Care, St George's, University of London,
4.40 - 4.50	Your Role as Exercise after Stroke Trainers	Cynthia Van As	Stroke Services Improvement Manager, Bedfordshire & Hertfordshire Stroke Network, Bedford.
4.55 - 5.00	Chair	Dr Tom Balchin	Director, the ARNI Trust, UK.

Tuesday March 2nd 2010

Timings	Lecture Title	Guest Speaker	Position
9.00 - 9.30	<i>Arrival</i>		
9.30 - 9.40	Chair	Dr Tom Balchin	Director, The ARNI Trust, UK.
9.40 - 10.15	Diet after Stroke & Neural Stem-Cell Research	Dr Sandrine Thuret	Lecturer and RCUK Academic Fellow in Neural Stem Cell Research, CCBB, Institute of Psychiatry at the Maudsley Hospital, Kings College, London.
10.15 - 10.45	<i>Coffee break</i>		
10.45 - 11.15	Interventions for Upper Limb Spasticity after Stroke	Amanda Wallace	Senior Research Physiotherapist, Sobell Department of Motor Neuroscience, Institute of Neurology, UCL.
11.20 - 12.30	Speech, Language & Reading Recovery after Stroke	Dr Alexander Leff	Lecturer & Consultant Neurologist, Wellcome Trust Centre for Neuroimaging, Institute of Neurology, UCL.
12.30 - 1.30	<i>Lunch</i>		
1.35 - 1.45	ADDRESS (Chairman of The ARNI Trust)	Sir Robert Balchin, DL	Chairman, The ARNI Trust UK.
1.50 - 2.40	Outside, after Stroke	Dr Pip Logan	Associate Professor in Community Rehabilitation, Division of Rehabilitation and Ageing and Division of Primary Care, University of Nottingham.
2.45 - 3.10	Review of the Evidence: Life after Stroke	Ayfer Kahraman	Doctoral Student, Faculty of Health and Social Care, St George's, University of London.
3.10- 3.40	<i>Coffee break</i>		
3.40 - 4.00	The Impact of Stroke on Families and Carers	Florence Joseph	Family & Carer Support Co-ordinator, The Stroke Association.
4.05 - 4.25	Different Strokes	Lorraine Ayers	Group Developments Manager, Different Strokes.
4.30 - 5.00	Chair	Dr Tom Balchin	Director, The ARNI Trust, UK.

Dr Ian Wellwood



Dr Ian Wellwood is Senior Lecturer in Public Health + Health Services Research, Department of Primary Care and Public Health Sciences, King's College London.

Dr Wellwood's research programme is funded through the National Institute of Health Research's Comprehensive Biomedical Research Centre based at Guy's and St Thomas' NHS Foundation Trust and King's College London where he carries out health services research and teaches at undergraduate and postgraduate level.

Dr Wellwood has a longstanding interest in stroke research with involvement in a number of studies looking at the outcome after stroke, trials of stroke interventions and international comparisons of health services for stroke. He has a background as a physiotherapist specialising in neurological rehabilitation.

Dr Nick Ward



Dr Nick Ward is Clinical Senior Lecturer & Honorary Consultant Neurologist, Sobell Department of Motor Neuroscience, Institute of Neurology, University College London and National Hospital for Neurology and Neurosurgery, Queen Square, London.

Dr Ward's research programme (Wellcome Trust funded) is concerned with the use of imaging techniques, particularly functional magnetic resonance imaging, to study the relationship between reorganisation within the cerebral motor system and behavioural change in the context of, (i) focal brain injury e.g. stroke, (ii) the normal ageing process, (iii) motor skill learning. His intention is to develop an empirical understanding of cerebral reorganisation and how it may be influenced to promote recovery, such that the population of stroke patients will benefit from empirically derived treatment regimes.

Dr Ward completed his training as a clinical neurologist at the National Hospital for Neurology and Neurosurgery, Queen Square and at the Royal London Hospital. He was subsequently appointed The Stroke Association Clinical Fellow in Stroke Medicine, at the National Hospital for Neurology and Neurosurgery, Queen Square, in order to further his experience in vascular neurology. He currently holds the post of honorary consultant neurologist at the National Hospital for Neurology and Neurosurgery, Queen Square, London.

Dr Lakshmanan Sekaran



Dr Lakshmanan Sekaran is Consultant in Stroke Medicine and Clinical Director, Dept of Medicine for Elderly at Luton & Dunstable NHSFT.

Dr Sekaran has set up a successful Acute Stroke Unit at Luton & Dunstable NHSFT, currently offering 24 hour thrombolysis & Daily TIA service. He is Principal Investigator for UK Stroke Research Network sponsored trials (e.g., CLOTS, VITATOPS, COS-SACS, UK Stroke genetics study, CLOTS3, IST-3, Brains at L&D)

Dr Sekaran is currently exploring telemedicine & telehealth care for stroke & geriatric patients. He is a member of the Bedfordshire & Hertfordshire Stroke Network and the East of England Stroke programme board.

Sandra Chambers



Sandra Chambers is Clinical Specialist Physiotherapist in Neurorehabilitation and Stroke at Guy's and St Thomas' NHS Foundation Trust, London.

Her main clinical interests are in early rehabilitation after stroke and the techniques and strategies for promoting best recovery and function after brain injury.

Sandra trained as a Physiotherapist in the USA and has a Master's in Rehabilitation from McGill University in Canada.

Dr Fiona Jones



Fiona Jones is Senior Lecturer, Faculty of Health and Social Care Sciences, St George's, University of London.

She is a qualified physiotherapist, and has specialised in neurorehabilitation for over 20 years. Fiona completed her PhD, which examined factors enabling activity and participation following stroke, in 2005. Since then Fiona's research concerning self-management in stroke has led to the development of stroke self-management programme known as 'Stepping Out', which has now been adopted by stroke teams across the UK.

Fiona actively collaborates with University of Ulster and is a co-applicant on a large RCT trial on self-management and stroke, she is also involved in research collaborations with the Psychology Department at Royal Holloway University, and Emory University in Atlanta, Georgia and a co-applicant on an SDO funded study based at St George's University of London, and Kings College Hospital, which is exploring teamwork in stroke care. Since April 2006 Fiona has been editor of *Physiotherapy Research International* journal, and in the last three years she has published in many international journals on the themes of self-efficacy, self-management and stroke.

Cynthia Van As



Cynthia Van As is Stroke Improvement Manager at the Bedfordshire and Hertfordshire Stroke Network, NHS Bedfordshire.

Cynthia qualified as a physiotherapist in 1990 from the University of Amsterdam, Holland and has also she another degree in Human Movement Science. Her Masters degree was in Neuro-rehabilitation. She has worked as a physiotherapist in neuro-rehab since 1996. In 2009 she accepted a post of service development manager with the Bedfordshire and Hertfordshire Heart and Stroke Network to coordinate and facilitate the implementation of the National Stroke Strategy.

Cynthia currently works with 4 acute trusts, 3 PCT's, 5 local authorities and many charities to develop the optimal stroke pathway for patients in Bedfordshire and Hertfordshire. By 2011, she will have facilitated 50 professional instructors through the ARNI Trust L4 specialist Exercise After Stroke course.

Dr Sandrine Thuret



Dr Sandrine Thuret is Lecturer and RCUK Academic Fellow in Neural Stem Cell Research, at the Nutrition, Neurogenesis and Mental Health Laboratory, Centre for the Cellular Basis of Behaviour, Institute of Psychiatry, King's College, London.

Dr Thuret graduated in food engineering from Polytech Clermont-Ferrand, France and obtained her PhD in Neurobiology from the University of Heidelberg, Germany. She pursued postdoctoral studies at the prestigious Salk Institute in California, USA.

Dr Thuret currently leads a research team at the Institute of Psychiatry, King's College London, where her laboratory investigates the influence of diet on neural stem cells and behaviour. One current stream of research involves possibilities of stem cell transplants after stroke.

Amanda Wallace



Amanda Wallace is Senior Research Physiotherapist, Sobell Department of Motor Neuroscience, Institute of Neurology, University College London.

Amanda is a physiotherapist with more than 10 years clinical experience in neuro-rehabilitation working in the UK and overseas. For the past four years, she has also worked as a research physiotherapist at UCL Institute of Neurology where her work has focused on stroke and upper limb rehabilitation.

Amanda's past research work included investigating the use of novel non-invasive brain stimulation as a therapeutic tool to improve post-stroke motor deficits in chronic stroke. She had a leading role in reviewing the research evidence and developing and implementing the physiotherapy intervention programme in a large multi-centre treatment study.

Current projects include a randomised controlled trial in the use of targeted botulinum toxin injections to achieve active functional improvement after stroke (PrOMBiS) and whether brain stimulation can accelerate re-learning of impaired wrist and hand movements early after stroke (both funded by The UK Stroke Association).

Dr Alexander Leff



Dr Alexander Leff is Consultant Neurologist, Wellcome Trust Functional Imaging Laboratory, University College London, Queen Square, London.

Dr Leff's focus concerns how people recover language function following brain injury. His PhD focused on patients with problems reading after having had a stroke or head injury and involved investigating changes in brain activity associated with a behavioural rehabilitation paradigm. He has just completed running an interventional project investigating the effects of a drug and behavioural therapy in patients with a specific form of aphasia, so-called Wernicke's aphasia (patients have problems understanding what people are saying to them), using functional imaging to try and capture therapy induced improvements in brain function.

He is pioneering internet based behavioural assessments and therapy for patients with language impairments. In collaboration with UCL Media Services, he is developing a website that patients and their carers can access to test their reading abilities and access rehabilitation materials for free: www.readright.ucl.ac.uk (funded by a Stroke Association project grant).

Dr. Leff's view is that web-based applications will have an important role in providing translational impact for behavioural therapies. He plans to develop such resources for clinically proven material, which can act as diagnostic, therapeutic and research tools.

Dr Pip Logan



Dr Pip Logan is Associate Professor in Community Rehabilitation, Division of Rehabilitation and Ageing and Division of Primary Care, University of Nottingham

Dr Pip Logan is an Occupational Therapist who combines a University academic career with a clinical NHS post. She has been involved with over ten randomised controlled stroke rehabilitation trials and has recently won a £1.2 million grant from the HTA to complete a multi-centre randomised controlled trial of a rehabilitation intervention for people with stroke, called the Getting Out of the House study.

Dr Logan has obtained two large UK Department of Health Research Scholarships and numerous grants and prizes from charities and industry. Her research interests revolve around increasing community participation for people who have health issues especially after having a stroke. She is particularly interested in outdoor mobility, transport for people with mobility limitations, community rehabilitation, stroke rehabilitation, assistive devices and falls.

Ayfer Kahraman



Ayfer Kahraman is Doctoral student, Faculty of Health and Social Care Sciences, Faculty of Health and Social Care, St George's, University of London.

Ayfer is a qualified physiotherapist with special interests in neurorehabilitation and musculoskeletal physiotherapy. She holds a BSc (Hons) in Physiotherapy from the University of Manchester and an MSc in Musculoskeletal Physiotherapy from Manchester Metropolitan University.

Currently, Ayfer is studying full time for a Ph.D. at St George's, University of London and Kingston University. Her research explores self-management following stroke and its enablers and barriers in the longer term. Ayfer teaches various undergraduate physiotherapy modules and Interprofessional Foundation Programme modules at St George's. She also reviews research papers for Physiotherapy Research International and The Journal of Clinical Nursing.

Florence Joseph



Florence Joseph is Family and Carer Support Co-ordinator, The Stroke Association (Kensington & Chelsea branch)

Florence has been working with The Stroke Association since 2005. She spent the first three years setting up a Greater London Stroke Service for People of Working Age co-ordinating information, support, networking with other services, primary and secondary stroke prevention with a particular focus on hard to reach minority ethnic groups, peer support and befriending services. Through a confidence-building "Moving On" course opportunities were also given to stroke survivors to use their skills and experience as volunteers to provide emotional support to their peers through a Buddy and Befriender Scheme. Support with getting back into employment and mentoring of individual clients were also core elements of the service which reached in excess of 200 younger stroke clients across the capital.

Lorraine Ayers



Lorraine Ayers is UK Group Development Manager, Different Strokes Charity.

Lorraine is currently working with Different Strokes on projects to set up exercise classes and support groups for stroke survivors on a national basis, as well as a "Work after Stroke" project with one of the stroke networks.

Lorraine is interested in developing models of excellence for Different Strokes, for the benefit of young stroke survivors and ideally would like the group's fitness and exercise instructors to undergo ARNI level 4 training, something she is currently working on with Tom Balchin. Lorraine works with stroke survivors across the country to empower them, and if they wish, assist them to set up groups so that they can help other stroke survivors.

ADDRESS: MONDAY 1ST MARCH 2010

Professor Alan C. Roberts, OBE,TD, DL.



Professor Alan Roberts is the immediate past Vice President of The Royal Society of Medicine and former Pro-Chancellor of The University of Leeds. He is currently President of the new section of the RSM: Technology in Medicine.

Professor Roberts has international standing in the field of Bio-Materials in Surgery and Body Reconstruction. He is Professor of Bio-Materials in Surgery at the Academic Surgical Unit University of Hull, and holds research appointments at Bradford and Brunel Universities. He was awarded the Prince Philip Medal for outstanding research achievement in the field of Implantation Materials in the Human Body, and awarded honorary doctorates from four Universities in recognition of his work, also two Insignia Awards in Technology for Prosthetic Reconstruction in Plastic and Maxillo-Facial Surgery.

He is Clinical Director of a Unit in the Institute of Pharmaceutical Innovation University of Bradford, being credited with two Drug Licenses. His research has made a major contribution to Surgery and Rehabilitation and his developments are used throughout the Medical field.

ADDRESS: TUESDAY 2ND MARCH 2010

Sir Robert Balchin, DL.



Sir Robert Balchin is the Chairman of The ARNI Trust.

Sir Robert Balchin is a distinguished educationalist who was knighted for services to education in 1993. He was the Director General of St John Ambulance in the 1980s and led the government's movement for state school autonomy in the 1990s. In 2006 his appointment as Knight Principal (Chairman of the Knights' Council) was approved by Her Majesty The Queen.

Sir Robert Balchin is the Pro-Chancellor of Brunel University and has received several honorary degrees and fellowships. He is a Knight of the Order of St John and holds several foreign awards. Among many other roles, he is the Chairman of the Commission on Special Education Needs and the Chairman of the League of Mercy (a charity which encourages voluntary work for the disabled in many healthcare areas).

CHAIR

Dr Tom Balchin



Dr Tom Balchin is founder and Director of The ARNI Trust.

Dr Balchin set up Action for Rehabilitation from Neurological Injury (ARNI) in 2001 in response to requests for after-stroke training from members of the public. The Trust has grown into a national charity which matches stroke survivors up with their Accredited rehabilitation trainers. In 2010 the efficacy of the techniques and strategies of the specialist level Course are being studied in an RCT by The Peninsula Collaboration for Leadership in Applied Health Research and Care and the Peninsula Stroke Research Network.

Dr Balchin's doctoral studies and publications concern high ability, gifted behaviour and the brain. He has worked at Goldsmiths College and Brunel and Reading Universities specialising in international gifted education. He is currently a Visiting Lecturer at Middlesex University, specialising in stroke rehabilitation. He is a Director and member of Council of the United Kingdom Rehabilitation Council and sits on the new Section Council (Technology in Medicine) at the Royal Society of Medicine.