

Have your say for stroke research

Stroke Priority Setting Partnership

Are you:

- over 16, living in the UK, and had a stroke?
- a relative or close friend (of any age*) caring for or supporting someone who has had a stroke?
- a health or social care professional working with people who have had a stroke?

Are there questions about stroke that you think are important for research to try to answer? **Your questions could help to improve treatment, rehabilitation and prevention in the future.**

* If you are under 16 and supporting someone who's had a stroke, you can only take part if you have consent from a parent/guardian.

1. How can you take part?

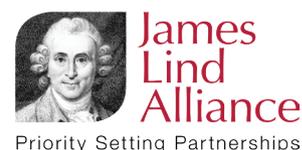
Ask us any questions about stroke that you would like research to try to answer. This will help the stroke research community to understand where best to target money and time.

You can do this online at www.stroke.org.uk/jla, where you can also download a copy of the form in Word, or we can send you a paper copy of the form.

How long it takes will depend on how long you spend thinking about your questions. It might take 10 to 30 minutes.

You don't have to give us your contact details unless you want to. If you do, we will keep them securely, separately from your answers.

We're proud partners



E-mail your completed form to Sandra.regan@stroke.org.uk

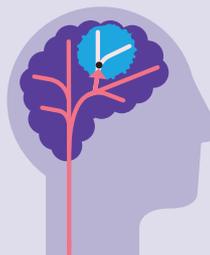
What do we mean by stroke?

A stroke happens when the blood supply to part of the brain is cut off, killing brain cells. Damage to the brain can affect how the body works. It can also change how you think and feel.

There are two main types of stroke:

- An ischaemic stroke (blockage) is caused by the blood supply to the brain being cut off. About 85% of strokes are caused by blockages.
- A haemorrhagic stroke (bleed) is caused by bleeding in or around the brain. About 15% of strokes are caused by bleeds. A brain bleed can be called a subarachnoid haemorrhage or intracerebral haemorrhage.

Some people may have had a transient ischaemic attack or TIA (mini-stroke). Symptoms pass within 24 hours. This is because the blockage that stops the blood getting to the brain is temporary.



1. Ischaemic:
due to a blocked blood vessel in the brain.



2. Haemorrhagic:
due to bleeding in or around the brain.

2. Who are we and why are we doing this?

We are called the Stroke Priority Setting Partnership. We are a partnership involving The Stroke Association, the James Lind Alliance, a number of other organisations, and people affected by stroke. You can see who's involved at www.stroke.org.uk/jla.

The James Lind Alliance aims to help patients, their informal carers and health professionals identify gaps in research. These are often referred to as unanswered research questions.

Stroke is the fourth biggest killer and one of the leading causes of disability in the UK. There are around 100,000 strokes every year, that's one every five minutes. Stroke can strike anyone at any time – a third of strokes are in people aged 20 to 64. There are over 1.2 million stroke survivors in the UK.

Medical research is essential to develop new treatments and therapies for stroke so that patients can get the best possible care. We believe it's important that future research priorities are set by people with personal and professional experience of stroke. This is a great opportunity for you to influence what research is done to improve stroke care by identifying these unanswered research questions.

3. Have similar surveys been done before, and have they made a difference?

Research priorities relating to 'Life After Stroke' were established in 2011. The published priorities directly influenced a wide number of research projects and research funding. You can see a full list of partnerships, including more information about 'Life After Stroke' on the James Lind Alliance website here: www.jla.nihr.ac.uk.

4 How can you contact us?

If you have any questions, or would like to receive a paper copy of the survey, please contact:

Sandra Regan

Email sandra.regan@stroke.org.uk

Phone **07703 319791**

For more information about the Stroke Priority Setting Partnership visit www.stroke.org.uk/jla

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