

Trial Description

Title

Optimizing transition home from inpatient stroke rehabilitation

Trial Acronym

OpTheraS

URL of the trial

[---]*

Brief Summary in Lay Language

Transition from inpatient to outpatient care is not optimally organized according to judgments of clinicians, family physicians, physiotherapists and occupational therapists.

The purpose of this study is to investigate the current transition practice from inpatient to outpatient care after stroke and determine interventions to overcome problems in discharge home in the future.

A systematic literature search will be conducted and patients with stroke will be interviewed after discharged home. Clinicians, family physicians, occupational therapists, physical therapists, speech therapists and nurses will be asked about their experiences and attitudes to the current discharge practice.

Brief Summary in Scientific Language

In Saxony-Anhalt, the number of people suffering from stroke is much higher than the national average in Germany (371 versus 326 per 100 000 inhabitants per year). Transition from inpatient to outpatient care is not optimally organized according to judgments of clinicians, family physicians, physiotherapists and occupational therapists.

The study will 1) systematically identify barriers of the current transition practice from inpatient to outpatient care and 2) determine interventions to overcome these problems in the future. The study uses the UK Medical Research Council's guideline on developing and evaluating complex interventions as framework.

First, a scoping review about interventions to improve discharge of stroke patients' transition will be conducted. Second, a sample of 360 patients will be interviewed via phone six weeks after discharge. If the respondent is engaged in any therapy during the point of time, the therapist will be additionally asked about the specific prescribed therapy. Third, semi-structured interviews with clinicians and family physicians (n=8) will be conducted as well as group discussions with occupational therapists, physical therapists and speech therapists aimed to explore professionals' attitudes to the current discharge practice and to identify challenges of transition from inpatient to outpatient care. A final inter-professional workshop will summarize the results and discuss the feasibility of potential interventions.



Organizational Data

- DRKS-ID: **DRKS00006780**
- Date of Registration in DRKS: **2014/09/18**
- Date of Registration in Partner Registry or other Primary Registry: [---]*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **2014-76 , Ethikkommission der Medizinischen Fakultät der Martin-Luther-Universität Halle Wittenberg**

Secondary IDs

Health condition or Problem studied

- ICD10: **I63 - Cerebral infarction**
- ICD10: **I61 - Intracerebral haemorrhage**

Interventions/Observational Groups

- Arm 1: **Patients will be interviewed via phone six weeks after discharge from hospital or inpatient rehabilitation. They will asked about quality of life,stroke specific limitations, use of services and satisfaction with services.**

Characteristics

- Study Type: **Non-interventional**
- Study Type Non-Interventional: **Observational study**
- Allocation: **Single arm study**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Uncontrolled/Single arm**
- Purpose: **Health care system**
- Assignment: **Single (group)**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

Patient interviews will be conducted only once. Since this is not an interventional trial, it is not distinguished between primary and secondary outcomes. Patients will be asked about quality of life, stroke specific limitations, use of services and satisfaction with services.

Secondary Outcome

Patient interviews will be conducted only once. Target criterias will not be differentiated into primary and secondary outcomes.

Countries of recruitment

- DE **Germany**

Locations of Recruitment

- University Medical Center **Neurologische Klinik, Halle Saale**
- Medical Center **Neurologische Klinik der Berufsgenossenschaftlichen Kliniken Bergmannstrost, Halle Saale**
- Medical Center **Neurologische Abteilung der Rehabilitationsklinik Saale, Bad Kösen**
- Medical Center **Neurologische Abteilung der Rehabilitationsklinik der Moritz Klinik GmbH & Co. KG, Bad Klosterlausnitz**

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2014/08/25**
- Target Sample Size: **360**
- Monocenter/Multicenter trial: **Multicenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **18 Years**
- Maximum Age: **no maximum age**

Additional Inclusion Criteria

diagnosis I63 or I61 ICD-10, discharge home, persistent need for therapy (recommendation to follow-up outpatient treatment in the discharge letter)

Exclusion criteria

Patients, already taking part in a post hospital intervention study

Addresses

■ Primary Sponsor

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Sources of Monetary or Material Support

■ Institutional budget, no external funding (budget of sponsor/PI)

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Status

- Recruitment Status: **Recruiting complete, follow-up complete**
- Study Closing (LPLV): **2015/12/31**

Trial Publications, Results and other documents

- Paper **Saal S., Kirchner-Heklau U., Müller T., Wohlfarth K., Hamzei F., Müller M., Strobel S., Clewing C.: Optimierung der Überleitung von der stationären zur ambulanten Gesundheitsversorgung nach Schlaganfall (OpTheraS) - Bestandsaufnahme der aktuellen Praxis und Analyse von Wirkmechanismen der Überleitung. Die Rehabilitation. DOI: 10.1055/s-0043-124347; EPub: 2018/01/30.**

* This entry means the parameter is not applicable or has not been set.

*** This entry means that data is not displayed due to insufficient data privacy clearing.