

## Life after stroke in Scotland – RESEARCH PRIORITIES

### Priority Setting Meeting - Wednesday 16<sup>th</sup> November 2011

Below are the Top 24 research questions that we have gathered from stroke survivors, carers and health professionals.

We will be discussing these at the meeting. We will agree a joint top 10 from these.

It would be helpful if – **before the meeting** - you could:

- look through the questions
- decide which questions you feel are most important, and give each a rank from 1 to 24

**Please bring this with you to the meeting.** You will use this to help you in your discussion group.

ID		Your ranking 1 = most important 24 = least important
	<b>Communication</b>	
A	What is the best way to help people recover from aphasia?	
B	Which speech and language therapy treatments work best for aphasia?	
C	What is the best amount and intensity of speech and language therapy for aphasia?	
D	How can stroke survivors and families be helped to cope with speech problems?	

	<b>Mobility &amp; Movement</b>	
E	What is the best physiotherapy regime for recovery after stroke?	
F	Botox to improve function in activities of daily living?	
G	What are the best treatments for arm recovery and function?	
H	Upper limb splints improve arm function and prevent complications after stroke?	
I	What are the best treatments to improve balance, gait and mobility?	
J	Auditory feedback to improve walking, independence and quality of life after stroke?	
K	Leg splints to improve balance and walking after stroke?	
L	What are the best treatments for spasticity?	
	<b>Cognitive impairment</b>	
M	What is the best way to improve understanding (cognition) after stroke?	
N	What is the best way to address 'false beliefs' (impaired perception) after stroke?	
O	How can memory problems after stroke be improved?	

	<b>Coming to terms with life after stroke</b>	
P	What is the best way to improve confidence after stroke?	
Q	What are the best ways of helping people come to terms with the long term consequences of stroke?	
R	Are stroke groups/clubs helpful at improving the sense of well-being among stroke survivors?	
	<b>Vision</b>	
S	What is the best way to treat visual problems after stroke?	
T	Which orthoptic treatments are best at improving quality of life after stroke?	
	<b>Prevention</b>	
U	Which treatments are the best at preventing stroke and subsequent stroke?	
	<b>Emergency care</b>	
V	What is the best way to avoid delayed diagnosis of stroke?	
	<b>Exercise &amp; fitness</b>	
W	Are exercise and fitness programmes beneficial at improving function and quality of life and avoiding subsequent stroke?	
	<b>Fatigue</b>	

X	What are the best ways to manage and/or prevent fatigue?	
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