

Organising Support for Carers of Stroke Survivors (OSCARSS): a National Cluster Randomised Controlled Trial (cRCT) with embedded Process Evaluation

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In the UK, informal caregivers for stroke survivors provide care worth up to £2.5 billion per year at great personal cost^{1,2}.

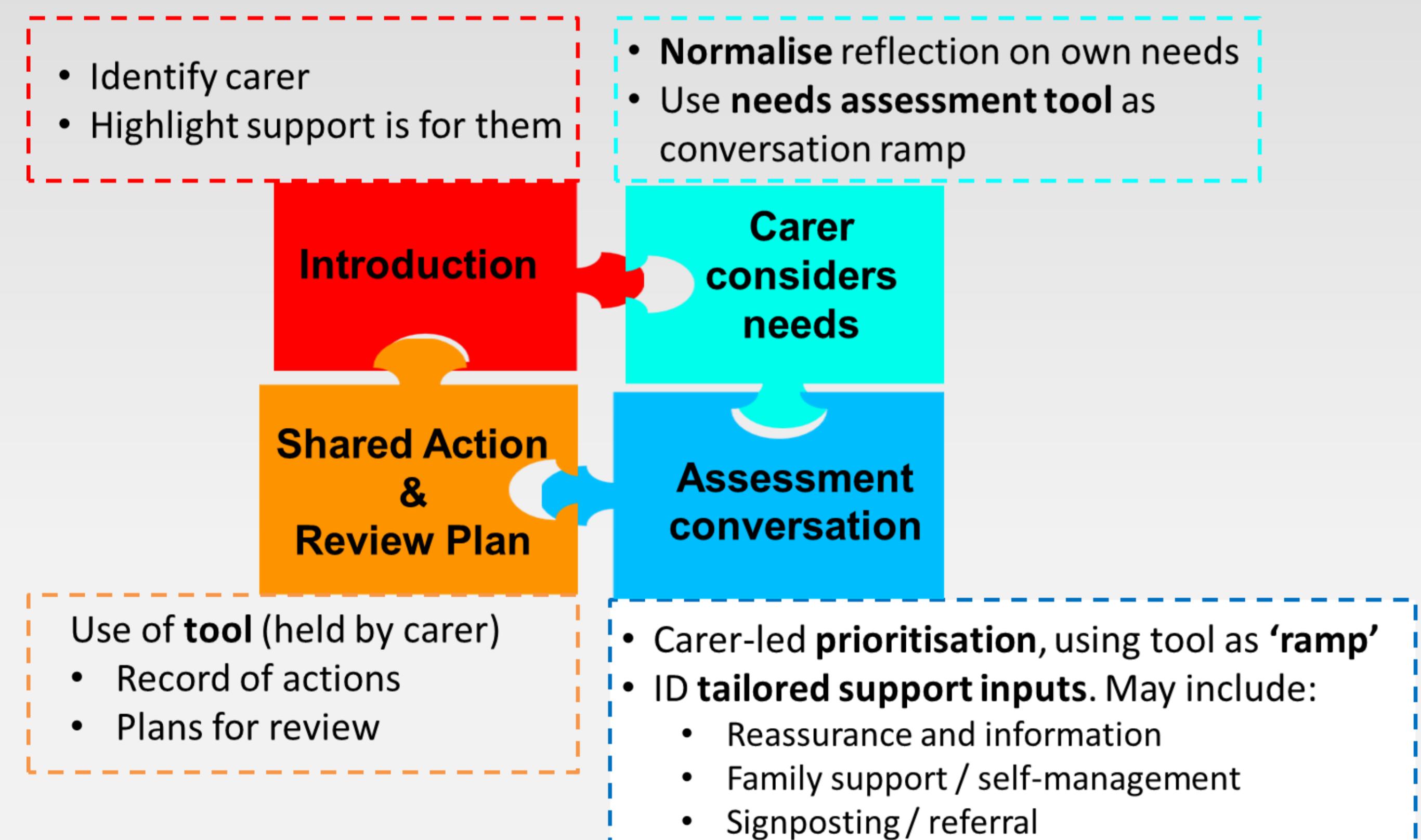
We co-developed an intervention to support carers' needs and are investigating its clinical and cost-effectiveness, and implementation into UK practice.

AIM OF OSCARSS

- Determine the **clinical- and cost-effectiveness** of our co-developed intervention, **compared** to a **control** of standard practice.
- Understand **implementation** into practice: see **process evaluation poster OG08**

CO-DEVELOPED INTERVENTION

Carer-led, staff-facilitated approach to needs assessment and support.



Staff behaviour change facilitated by a toolkit and training

The Carer Research User Group (RUG)

The OSCARSS-specific RUG has worked in partnership with researchers since Dec 2015 to develop, design and manage the study (please see **poster OG13** for info).



REFERENCES

¹ Luengo-Fernandez et al. (2006) "Cost of cardiovascular diseases in the United Kingdom." Heart 92(10): 1384-9

² Saka, O., A. McGuire, et al. (2009). "Cost of stroke in the United Kingdom." Age Ageing 38(1): 27-32

³ Cooper et al (2006) "Development and validation of a family appraisal of caregiving questionnaire...". Psychooncology 15(7): 613-22.

METHODS

Longitudinal, pragmatic multi-site cRCT with **health economic analysis** and embedded **process evaluation** (see OG08 poster).

Clusters = Stroke Association services randomised to new approach & trained (intervention) or standard practice (control).

Research Participants = Consenting adult carers referred to clusters

Primary Outcomes = Carer strain (self-report) at 3 months (FACQ)³

Secondary Outcomes (measured at 3 and 6 months)

- Caregiver distress and positive appraisals (FACQ)
- Satisfaction with Stroke Services
- Anxiety and depression scale (HADS)

Health Economic Outcomes (measured at 3 and 6 months)

- Quality of Life (EQ-5D-5L) & Health and Social Care service use

PROGRESS

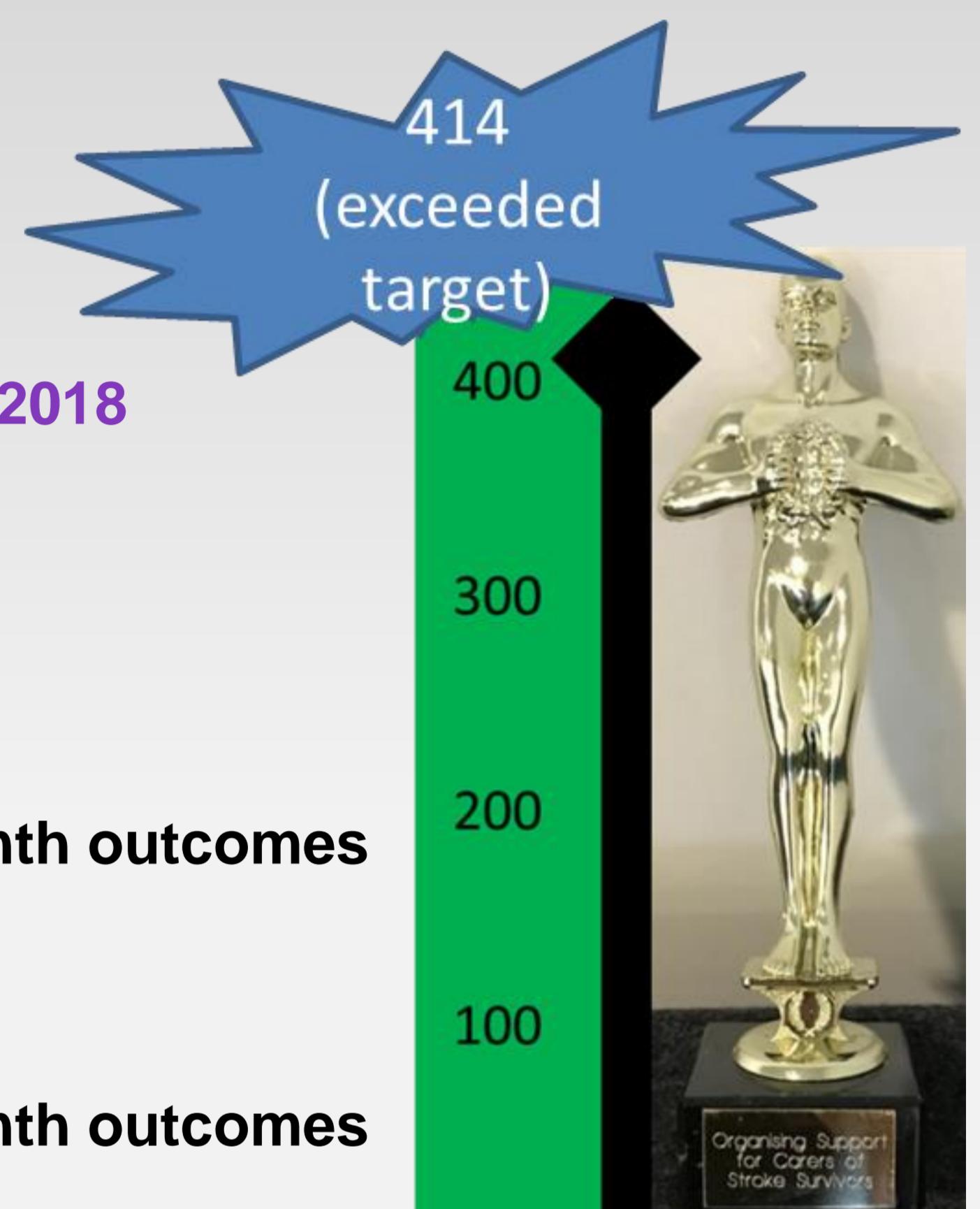
Carer recruitment

Closed to referrals on 31st July 2018

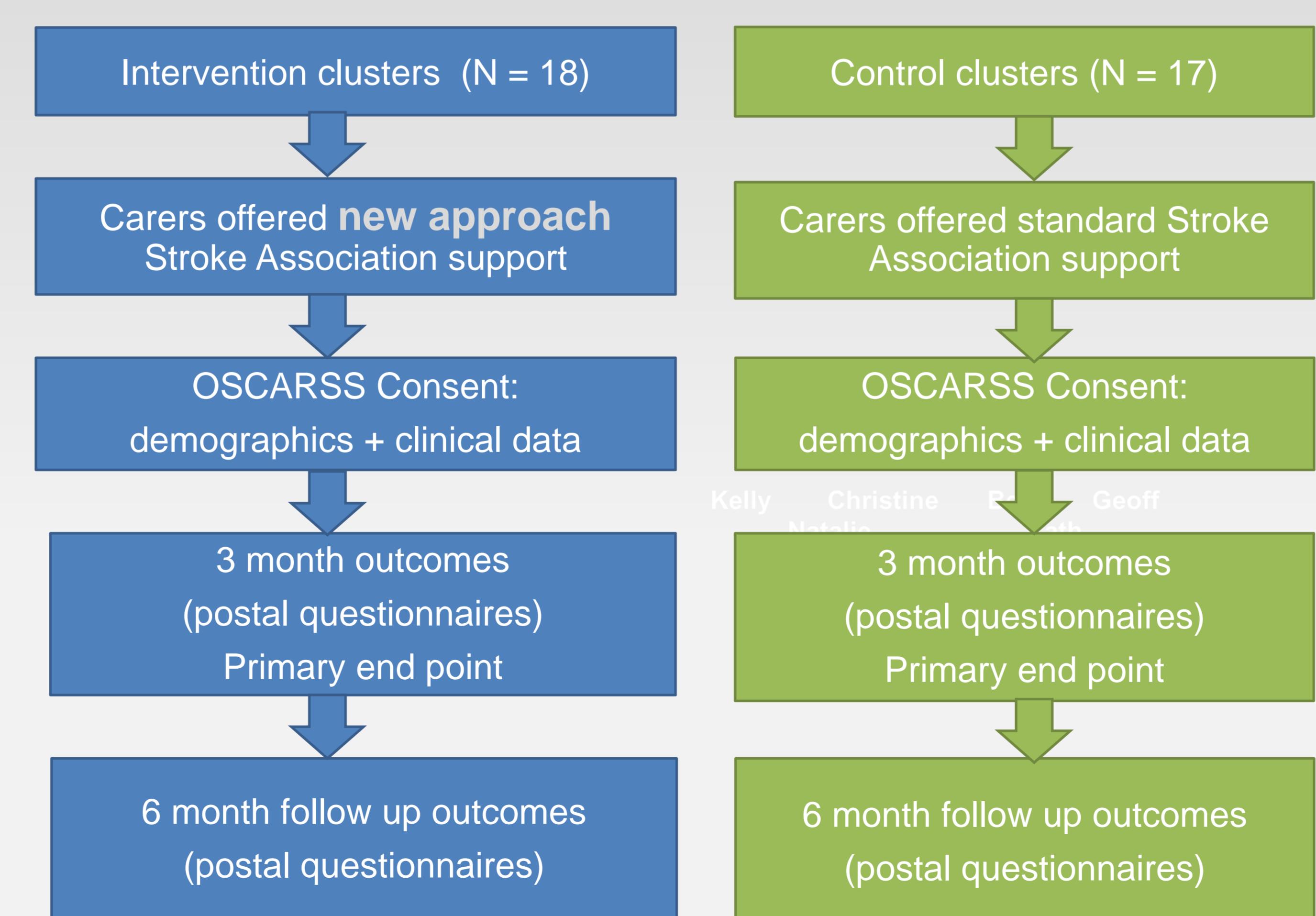
- 414 recruited
(209 intervention; 205 control)

- 355 / 414 (86%) returned **3 month outcomes**
(178 intervention; 177 control)

- 265 / 414 (64%) returned **6 month outcomes**
(123 intervention; 142 control)



cRCT STUDY PROCESS



Next steps

- Data collection ends December 2018
- Data analysis early 2019
- First look results in Spring 2019

OSCARSS will contribute to knowledge of the unmet needs of informal stroke caregivers and inform future stroke service development.

A lay report on results will be made available via the CLAHRC website: <https://www.clahrc-gm.nihr.ac.uk/projects/oscars>

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Results
due
2019

Stroke
association