



## RACP Foundation Research Awards

### FINAL REPORT

<b>Project / Program Title</b>	An assessment of post stroke spasticity and associated problems in nursing home residents	
<b>Name</b>	Dr Yuriko Watanabe	
<b>Award Received</b>	2015 AFRM Ipsen Trainee Research Development Scholarship	
<b>Report Date</b>	31 July 2018	
<b>Chief Investigator / Supervisor</b>	Yuriko Watanabe   Steven Faux	
<b>Administering Institution</b>	St Vincent's Hospital Sydney	
<b>Funding Period</b>	Start Date:	1 August 2015
	Finish Date:	31 December 2017

#### PROJECT SUMMARY

Post-stroke spasticity can impair motor function and may cause pain, limb deformity, contracture, and difficulties with limb care. Centre-based spasticity management clinics can offer assessment and treatment for ambulatory stroke survivors, but access to such clinics may be limited for patients residing in residential care facilities.

A total of 264 nursing home residents were screened across the 3 facilities located in metropolitan Sydney to assess the prevalence and burden of post stroke upper limb spasticity in nursing home residents.

Of these, 51 eligible participants with a diagnosis of stroke were identified, representing 19.3% of all residents. Consent was able to be obtained from 23 of these participants (or from a person responsible), who were included in the study. 61 % of residents were male (n=14) with a mean age of 78.9 years. On average, participants were  $5.4 \pm 4.4$  years post-stroke at the time of assessment.

A high proportion (70%) of nursing home residents with stroke demonstrated upper-limb spasticity, associated with greater pain and passive care difficulties negatively impacting hygiene, dressing and other basic activities of daily living. These results suggest that there is an unmet need for spasticity management among nursing home residents, and consideration of an outreach spasticity management service may be warranted.

#### PROJECT AIMS / OBJECTIVES

The aim of the study was to assess the prevalence and burden of post stroke upper limb spasticity in nursing home residents.

### **SIGNIFICANCE AND OUTCOMES**

70% of residents with stroke demonstrated upper-limb spasticity of at least one joint associated with greater pain and difficulty with nursing care.

There is an unmet need for spasticity management among nursing home residents. An outreach spasticity service may be warranted.

### **PUBLICATIONS / PRESENTATIONS**

Preliminary results from this study were presented at the 2017 Annual Scientific Meeting of the Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ, 17-20 Sept, Canberra Australia). The final study New Zealand (RMSANZ, 17-20 Sept, Canberra Australia). The final study results are currently being prepared for publication in a peer-reviewed journal, and for presentation at the 2018 STROKE conference in Sydney, Australia (7-10 Aug 2018).