

Life after Stroke - Top 10 research priorities

1. What are the best ways to improve cognition after stroke?
2. What are the best ways of helping people come to terms with the long term consequences of stroke?
3. What are the best ways to help people recover from aphasia?
4. What are the best treatments for arm recovery and function, including visual feedback, virtual reality, bilateral training, repetitive task training, imagery/mental practice, splinting, electromechanical and robot-assisted arm training and botulinum toxin.
5. What are the best ways to treat visual problems after stroke?
6. What are the best ways to manage and/or prevent fatigue?
7. What are the best treatments to improve balance, gait and mobility, including physiotherapy, gait rehabilitation, visual and auditory feedback, electrical stimulation, different types of ankle foot orthoses and electromechanical assisted gait training?
8. How can stroke survivors and families be helped to cope with speech problems?
9. What are the best ways to improve confidence after stroke, including stroke clubs/groups, offering support, one-to-one input and re-skilling?
10. Are exercise and fitness programmes beneficial at improving function and quality of life and avoiding subsequent stroke?

For more information please go to:

www.lindalliance.org/StrokeinScotlandJLAPrioritySettingPartnership.asp and www.askDORIS.org