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August 2019 StrokeEd Newsletter

Welcome to our third newsletter. Please see [attached list of workshops](#) for the rest of this year and currently planned workshops for 2020.

This newsletter includes a brief description of the StrokeEd blog site, teaching in Malaysia and plans for new workshops for 2020.

Feel free to share this newsletter with colleagues who may be interested in the content or perhaps may want to attend one of the future workshops
[\[www.StrokeEd.com\]](http://www.StrokeEd.com)

[1] News, achievements & awards:

Blog:

[We have started a blog.](#)

Topics covered so far have included: Strategies to increase practice – including semi-supervised practice; How language therapists use can positively or negatively impact people's performance; Cueing of cadence; How to run a successful journal club.

Topics to be covered include a series on spasticity.

If you are interested in subscribing to the blog go the bottom of the StrokeEd website home page and register to receive blogs about topics related to issues in stroke.

New workshops:

Watch out for new workshops that are being planned for next year.

- Electrical stimulation,
- Coaching skills

Teaching News:

- **Malaysia:** Karl and Simone visited NASAM* in Kuala Lumpur, Malaysia earlier this year to teach the Lower Limb, Balance and 1000 reps workshops.



NASAM therapists in Malaysia

*NASAM is the National Stroke Association of Malaysia, an NGO with a mission to show that there is Life After Stroke through evidence based rehabilitation and to promote the concept of stroke prevention to the wider population.

NASAM was founded by Janet Yeo in November 1996 when she was recovering from a severe stroke. At the time of her stroke Janet was an advertising executive well known in that industry. Since her stroke Janet has made it her life's commitment to help stroke survivors regain their self-esteem, confidence and hope. Over the years NASAM has grown into a large and impressive NGO that employs over 30 therapists and provides rehabilitation in 9 centers across Malaysia. Their long-term goal is to establish a NASAM centre in every major town in Malaysia so that stroke survivors can access rehabilitation facilities and services wherever they may be in the country.

Conference presentations 2019:

- **Occupational Therapy Australia national conference, Sydney, July:** Annie presented a keynote lecture titled "10 things I wish I had known when I graduated about stroke and upper limb retraining". This lecture has been recorded and [is available on the StrokeEd website](#). Annie co-presented a workshop on implementing CIMT with Lauren Christie, Meryl Lovarini and Nicola Acworth
- **SSA/SmartStrokes conference, Hunter Valley, Aug 2019:** Annie co-presented a 90 minute workshop with PhD student and occupational therapy colleague, Lauren Christie - 'How to' implement upper limb constraint-induced movement therapy
- **Chile, Aug 2019:** Annie McCluskey will present 3 keynote presentations in Santiago, Chile at the "Brain Recovery: Applications, Concepts and Challenges Conference" on 26-27th August 2019. Other presenters at this conference include Prof Julie Bernhardt and Prof Barbara Wilson. Annie's lecture topics include (i) translating stroke rehabilitation research into practice, (ii) how to coach well and increase practice intensity during rehabilitation and (iii) addressing sexuality during stroke rehabilitation
- **Stroke Foundation learning modules:** StrokeEd collaborators are currently busy making teaching videos and preparing online learning modules for the [Stroke Foundation's InformMe website](#). The focus of these modules is analysis and training of sitting-to-standing, walking and upper limb function, demonstrating how to apply stroke guideline recommendations. Kate and Simone already completed a module on walking analysis and retraining.
- **2020 Plans:** We have had enquiries from a number of countries including Brunei, Malaysia., Germany, UK and Denmark. Look out for announcements

[See the attachment for confirmed workshops](#)

[2] RESEARCH published by StrokeEd COLLABORATORS (2019)

- Stewart C, Power E, **McCluskey A**, & Kuys S. (*Online early*, 2019). Development of a participatory, tailored behavior change intervention to increase active practice during inpatient stroke rehabilitation. *Disability & Rehabilitation*. doi: 10.1080/09638288.2019.1597178.
- Pocovi, N., Colliver, Y., Pacey, V., Liao, J., O'Laco, E., Shepherd, R., & **Scrivener, K.** (2019). Analysis of infant physical activity in the childcare environment: An observational study. *Infant Behavior and Development*, 57, 101338.

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