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December 2019 StrokeEd Newsletter

Welcome to our fourth newsletter and last of 2019. Please see the [attached list of planned workshops for 2020 and 2021](#). You are welcome to share this newsletter with colleagues who may be interested in any of the workshops and content. www.StrokeEd.com]

[1] News, achievements & awards:

Blog:

Topics included to date:

- 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.
- A series on spasticity, including defining spasticity; distinguishing between stiffness, contracture and spasticity, and ideas for measurement;
- Future topics include: The role of soleus during sit to stand, standing and walking

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

New workshops:

Watch out for new workshops that are being planned for 2020.

- Electrical stimulation
- Coaching skills: We now have a [date and venue](#) for this workshop:

How do we effectively train people after brain damage or when their skills have let them down, such as after a fall? This workshop is aimed at developing therapists' coaching skills. How to effectively coach people with movement difficulties? What does the current evidence suggest about strategies which work and why? Skills to be practiced:

Attentive listening – What are we saying? What strategies can we use to develop our listening skills?

Goals and giving feedback: What are the features of goals which change performance? How does the content and timing of feedback change performance? How does measurement change performance?

This will be an interactive and practical workshop with lots of opportunities to practice and develop your coaching skills.

Awards:

- Congratulations to Simone who was promoted to Senior lecturer at the Australian Catholic University's Sydney campus.
- Congratulations to Annie McCluskey who was nominated by 4 PhD students and awarded Postgraduate Supervisor of the Year 2019 in the Faculty of Health Sciences, The University of Sydney for "outstanding knowledge, commitment and care"

Conference presentations 2019:

- **Occupational Therapy Australia national conference, Sydney, July:** Annie presented a plenary 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 <http://strokeed.com/about-workshops/free-lectures/>
- **Chile, Aug 2019:** Annie McCluskey presented 4 keynote presentations in Santiago, Chile at the "Brain Recovery: Applications, Concepts and Challenges Conference" on 26-27th August 2019. Other presenters at this conference included Prof Julie Bernhardt and Prof Barbara Wilson. Annie's lecture topics included (i) translating stroke rehabilitation research into practice, (ii) how to coach well and increase practice intensity during rehabilitation and (iii) addressing sexuality during neuro-rehabilitation and (iv) strategies for increasing the intensity and dosage of practice during 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 (<https://informme.org.au/Learning-and-resources>). 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 now have confirmed workshops in Brunei, Germany, UK and Denmark in addition to workshops in Tasmania, Queensland, NSW, Victoria and South Australia.
- **2021 Plans:** Enquiries from India have now been confirmed for February

[\[See the attachment for confirmed workshops.\]](#)

[2] RESEARCH published by StrokeEd COLLABORATORS (2019)

Vratsistas-Curto A, McCluskey A, Sherrington C (Accepted, 27 July 2019). Dosage and predictors of arm exercise and practice during inpatient stroke rehabilitation: An inception cohort study. Disability & Rehabilitation. Doi:10.1080/09638288.2019.1635215

(3) RESEARCH GRANTS

Implementing a stepped care approach to sexual rehabilitation after stroke in metro and rural NSW.

Annie McCluskey, Karl Schurr, Simone Dorsch & Kate Scrivener

The StrokeEd Collaboration

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