

Synergies TO Prevent stroke – STOPstroke – an interdisciplinary research program on stroke prevention

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1 - University of Tasmania, 2 - Monash University, 3 - University of Western Australia, 4 - Royal Adelaide Hospital, 5 - Auckland University of Technology

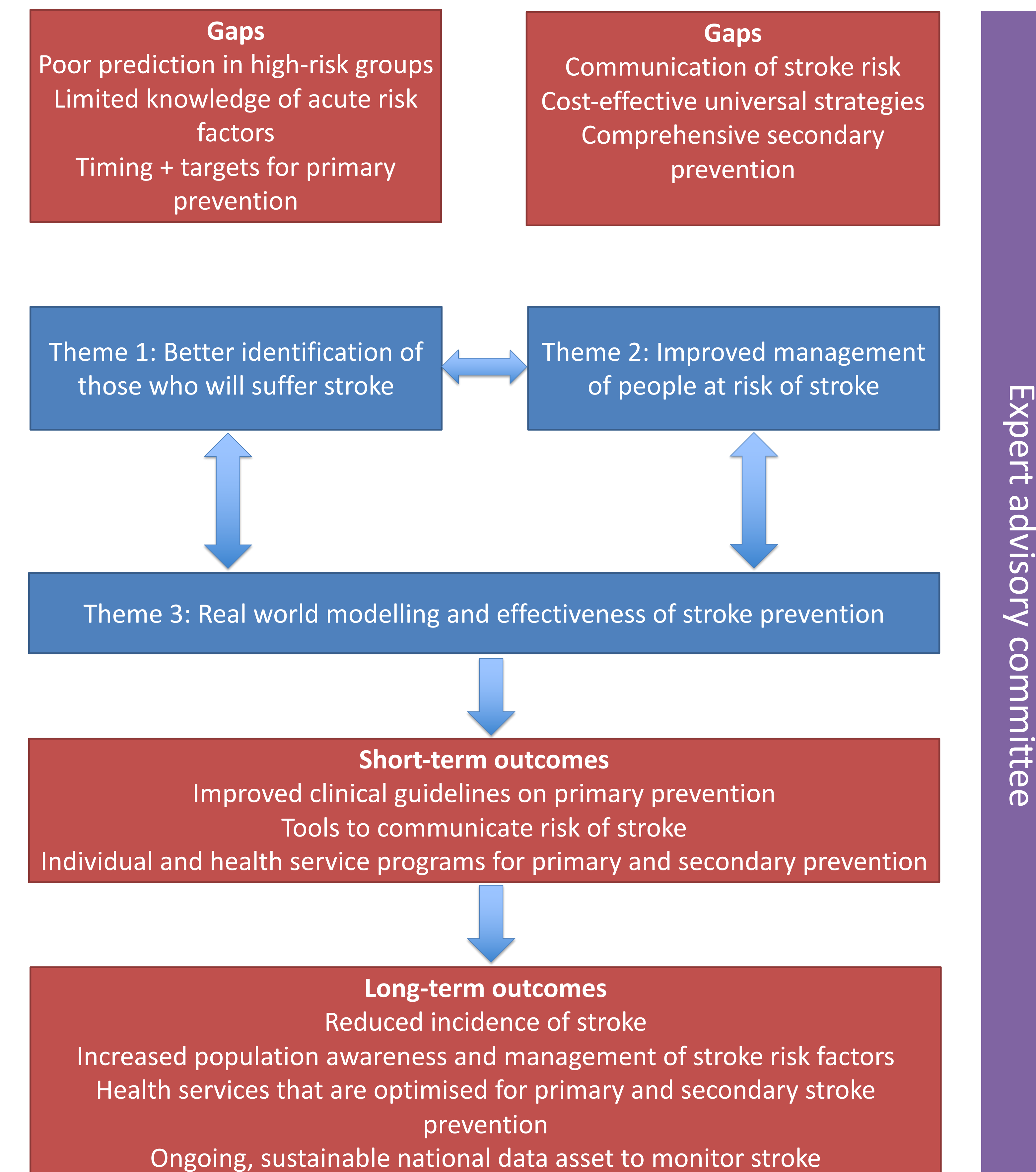
Introduction

- In 2021, around 13 million people will have their first stroke.
- We could *theoretically* prevent at least 10 million of these strokes by controlling risk factors, such as high blood pressure and smoking.
- While much research has been directed to acute stroke care and recovery, less has addressed stroke prevention.

Methods

- Our Australian and New Zealand collaboration obtained \$5 million from 2020-2024 from the Australian National Health and Medical Research Council for a research program on stroke prevention.
- Interdisciplinary skills:
 - epidemiologists
 - clinicians (neurologists, general practitioners, nursing and allied health)
 - consumer representatives
 - health services researchers
- Diversity:
 - genders
 - cultural backgrounds
 - career stages
- Expert advisory committee:
 - Interdisciplinary
 - Guidance on progress and dissemination

Program Plan



Progress

- In first 12 months we have:
 - Established governance processes
 - Set up expert advisory committee
 - Recruited key staff including program manager
 - Developed protocol for consultative priority setting exercise
 - Preliminary results for theme 1 and 3
 - Recruitment for intervention studies in theme 2 in 2021

Conclusions

- There is a need for a concerted effort globally to enhance the prevention of stroke.
- Our research program will provide contemporary information on who, what and when we should target to improve the prevention of stroke.

For more information about our group please e-mail: stop.stroke@utas.edu.au
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