**RSM STROKE TECHNOLOGY – 18TH JUNE**

ARNI is organizing a major conference at the Royal Society of Medicine for the Technology in Medicine Section:

**STROKE REHABILITATION TECHNOLOGIES CONFERENCE.**

**Sate Linfield (Bonk, No.) - 68 from ARNI**

Programme includes 12 expert presenters from around the world, introduction from The Lord Linfield, Rt. DL, and Comment by broadcast, and after Andrew Man. Featuring:

- Advances in Neuroimaging of Recovery
- Navigation and Brain Simulation
- Assesive Technologies (ATRAS trial)
- Applications from 3D movement analysis
- Robotics Rehabilitation of the Hand
- Managing Upper Limb Arterio Control
- Hand Rehabs: Improving Sensory Deficits
- Improving Visual Function

**RECORD SALES WORLDWIDE FOR STROKE SURVIVOR BOOK/ MANUAL**

The Successful Stroke Survivor by Tom Bachtin, published in 2011, was the best selling book/manual for stroke survivors in 2013 with over 2000 sales in its first year. It is a massive resource linked to the most current stroke rehabilitation evidence base. The book is £45 A4 pages with 204 illustrations and 356 photos, and it took three years to write with an extra year of senior clinical physiotherapist due diligence.

**NEW! STROKE RECOVERY E-BOOKS**

Out now on Amazon Kindle, ranging from £3.99 to £7.50.

**THE SUCCESSFUL STROKE SURVIVOR**

This set of e-books includes features such as animations and diagrams. Follow @arniuk on Twitter for more information.

**ARNI LUTON STROKE FACTILITY**

Featuring a biometric upper and lower body biofeedback system, treadmills, bikes, ergometers, parallel bars and matted rooms, the Stroke Facility has been running for three years. Significant benefits have been costed at £27,400 p.a., with just two ARNI therapists committed at any one time.

**ARNI INSTITUTE CHARITY SUPPORTS THE HOSPITALS WORK WITH STROKE**

ARNI supports the hospitals and works towards the goal of an unbroken care pathway. ARNI is a volunteer action group. Supporting the Health Service, ARNI Charity deals with about 30 enquiries per day, from stroke survivors or their families, therapists, carers and others who phone or email to access the “matching” service to one of our 162 ARNI (qualified professional) trainers or therapists, or who need signposting to other afterstroke services.

Every stroke is different; everyone comes with their own particular needs and requirements. An applicant may present 6 weeks after discharge or may have been living in the community with the effects of stroke for many years. However early or late the applicant applies, the ARNI after-stroke ‘re-training programme’ can support them to significantly improve action control and to manage functional limitations.

**S T R A T E G Y ‘ I G O ’: GETTING UP FROM THE FLOOR**

Falls are common among stroke survivors. Fear of not being able to get up after a fall may limit mobility and confidence, and so restrict participation in daily life. Funded by the Royal Devon and Exeter NHS Foundation Trust, The BID Project was designed to evaluate getting up from the floor without support—a major innovative strategy created by Dr Balshin which has been taught to ARNI instructors as ‘the Gateway Technique’. Since 2002, with hundreds of documented successes, for many of these interventions, it took less than one hour to teach it (with retained success) to patients who could formerly only transition to and from the floor with the use of a chair. Dean, Poltawski et al conducted a study (presented via poster presentations at the December 2012 & 2013 UK Stroke Forum Conference). 

**STRATEGIES TO HELP SUPPORT STRATEGIES TO HELP SUPPORT**

To help support the strategy, stroke surrogate with residual disability, who are unable to get up from the floor without assistance or a chair, are able to master this functional activity. Furthermore, ‘no significant adverse events were reported and subgroup biomarker changes analysis revealed no safety concerns.’

**WORKING WITH STROKE SURVIVORS ACROSS THE UK**

**NEWSLETTER**

**JANUARY 2014**

**The ARNI Stroke Facility at Chaul End in Luton was the subject of a poster at the World Stroke Organisation in Brazil 2012. Featuring on the BBC News and BBC Radio as a centre of excellence for stroke patients, it provides a twice-weekly programme, 24 patients can be retained per day and there are drop-in sessions run by ARNI therapists. Scott Hills, Sacha Clarke, Richard Rphax & Tyrone Butcherord (pictured left with a Community Award presented to the ARNI Team for outstanding contributions). Info: contact Chaul End Day Centre on 01582 557146.**
2013 RESEARCH INTO THE EFFICACY OF THE ARNI APPROACH

The ARNI Institute’s services are in ever greater demand by stroke survivors and their therapists as the ‘next step’ once a formal therapy has come to an end. ARNI is a Charity which continues to promote stroke-specific training and education aligned to the Stroke-Specific Education Framework (SSEF) via its qualified Associate invalidated therapists to deliver the research evidence (see above) and University to evaluate a number of innovative strategies for stroke rehabilitation that it has initiated during the last decade, for potential addition to the evidence base. It is essential that interventions such as this, which are already being used widely across the UK are given fair trial to see whether they are making a significant, retained difference. The ARNI Approach is designed to facilitate community therapists to discharge their patients to specialist professional trainers working in the community with confidence that these trainers are following the latest clinical evidence-base for stroke rehabilitation. The Successful Stroke Course (SSC) incorporates evidence from the most recent stroke reviews which suggests that problem solving (intensive task-related practice) allied to strengthening in function (resistance work during ADLs) can lead to improvements in action control.

Dr Tom Balchin, Director, ARNI Institute, Honorary Senior Research Fellow, Oxford Brookes University.

BRENDON UNIVERSITY FEASIBILITY STUDY

A year long feasibility study by Brunel University into the efficacy of the ARNI strategies has now completed. The study used four groups of stroke survivors (n=36), over 48 weeks of intensive training, referred to the ARNI training programme by Hillingdon Hospital and funded by Hillingdon PCT. Results: The ARNI Approach offers significant benefit in terms of better balance and gait control as well as positive changes in ‘real life’ capacities. Patients reported reduced fear of the consequences of exercising and an enhanced confidence in tackling activities of daily life, inside and outside of their homes. The results indicated that four aspects of the training were significant for the participants: 1. It seemed to the methods rehabilitation and safety after stroke. 2. It promoted active citizenship. 3. It encouraged self-management. 4. It was peer-led and supported.

NEW! OXFORD BROOKES UNIVERSITY STROKE REHABILITATION MSC DEGREE

The clinical effectiveness and cost-effectiveness of ARNI was the focus of an application to the NIHR funding programme called Effective Mechanism and Evaluation (EME) by the South West Stroke Research Network, PenCLAHRC & Brunel University research teams in July 2013 with support from The University of Leeds for a national multicentre RCT (£1.2 million). This application was the result of clinical trial development and funding for Project ReTrain; conducted since 2010 to examine the efficacy of implementing a physical rehabilitation training programme. Pilot Research Studies 1. A before-and-after case series study of a 12 week training programme based on the ARNI approach was conducted to explore feasibility, acceptability, potential risks and benefits, programme delivery and choice of outcome measures. Two experienced trainers were placed through the 6-month ARNI qualification in order to effectively deliver twice-weekly hourly sessions for 14 weeks. The highly integrative, functional approach produced personally significant improvements in physical ability and psychological factors such as confidence and self-efficacy in all completers. The positive, high expectations and the non-medicalised approach of trainers were found to be important elements. Results were reported at the Society for Rehabilitation Research Conference.

2013 PUBLICATIONS


In 2013, 52 more independent professional trainers & therapists throughout the UK completed the 300 hour ARNI Institute Functional Rehabilitation & Exercise Training After Stroke (FRES) Qualification and earned 30 credits at BSc level from Middlesex University. It usually takes up to 7 months to qualify.

Endorsed by the UK Stroke Forum Education and Training, the aim is to support the care pathway from the hospital therapists to qualified exercise trainers upon discharge and assist those already recovering in the community for some time. An emphasis is placed on facilitating instructors to work with community stroke survivors of all ages throughout the Course. The minimum qualification level for entry is a Registered Exercise Professional (REPs) Level 3 Qualification.

Typical applicants are qualified trainers who are probably already training with stroke patients, as well as some Level 4 technical instructors employed by the NHS. From 2009 to 2014, UK Stroke Networks, Councils and Charities have sponsored some 95 exercise instructors through the ARNI Institute FRES Qualification.

For independent applicants, the full qualification has three entry points per year.

Each cohort has no more than 15 trainers or therapists.

Member of the public, commissioners, sponsors & independent applicants may be assured that ARNI has taken care that specialist insurance is obtainable at a competitive price. ARNI also has specialist insurance for non-UK residents who wish to become ARNI Instructors, which is also dependent upon completing the ARNI FRES Qualification.

ARNI has linked up with the NRTT’s UK’s leading online directory providing information about qualified and insured UK personal trainers. With over 900 personal trainers, they are the UK’s ‘go-to’ resource for the public to use.

The NRTT has been approved by the following providers: the National register of Professional Trainers and Insurers to Support People with Stroke (NIPTS) and the National Register of Personal Trainers (NRTT). The NRTT is in place to ensure that professional standards are maintained and that people have access to a wide range of high-quality, cost-effective personal training services.

The NRTT is the UK’s leading online directory providing information about qualified and insured UK personal trainers. With over 900 personal trainers, they are the UK’s ‘go-to’ resource for the public to use. ARNI has linked up with the NRTT so that each qualified trainer may automatically be insured if they are NRTT members. If not, there is a discount insurance to provide cover for just £80 per.