



SINTEF



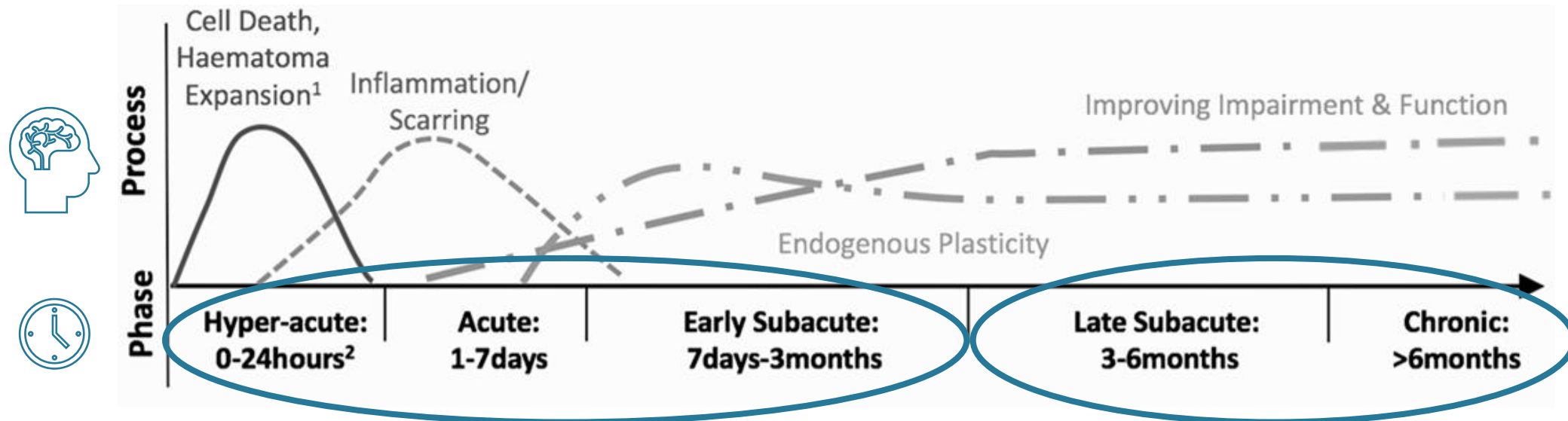
ADHERENCE TO PHYSICAL ACTIVITY FOLLOWING STROKE

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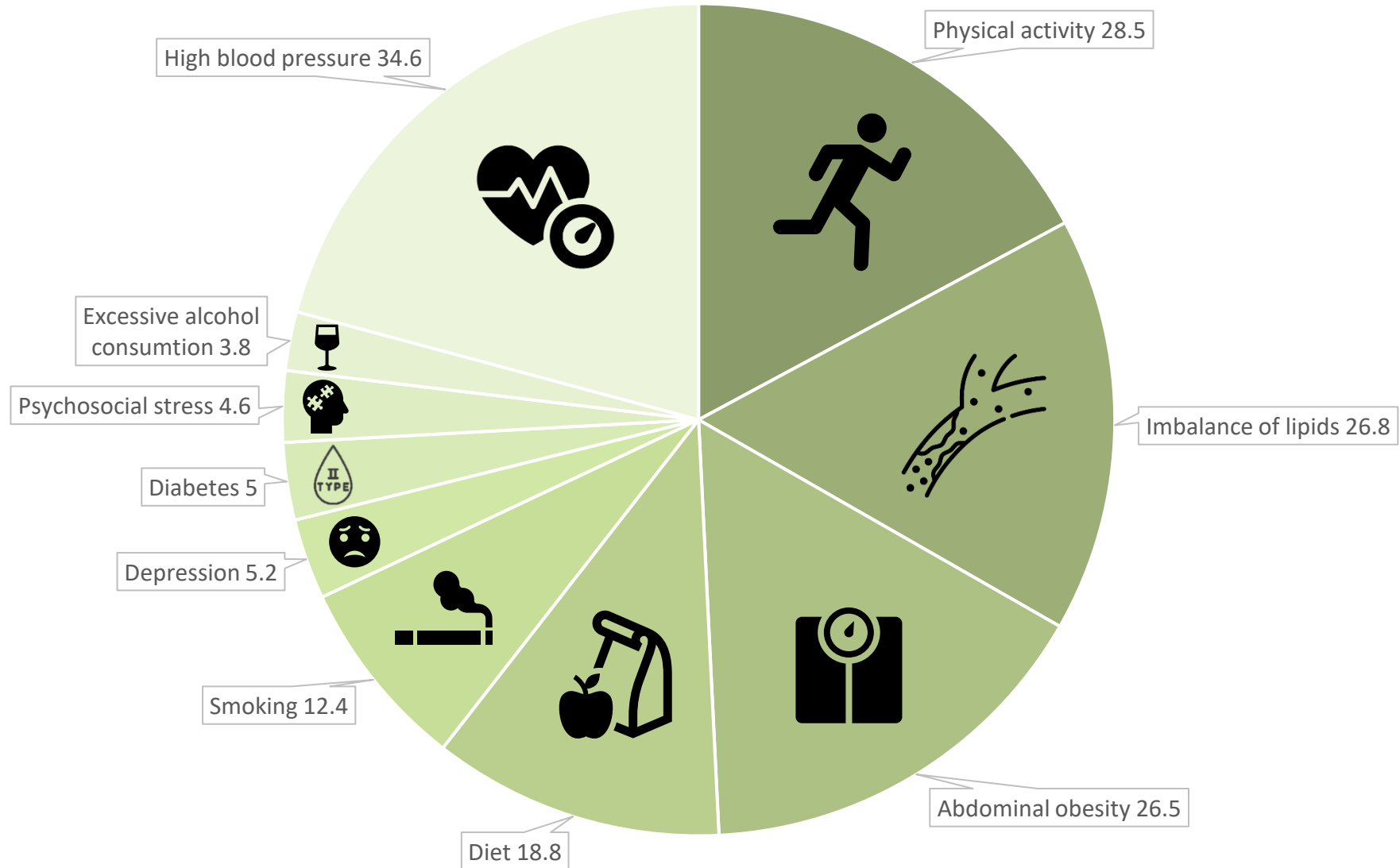
EUROPEAN LIFE AFTER STROKE FORUM
10 March 2023



Recovery after stroke in different phases



Modifiable risk factors for ischemic stroke



Modifiable risk factors for ischemic stroke

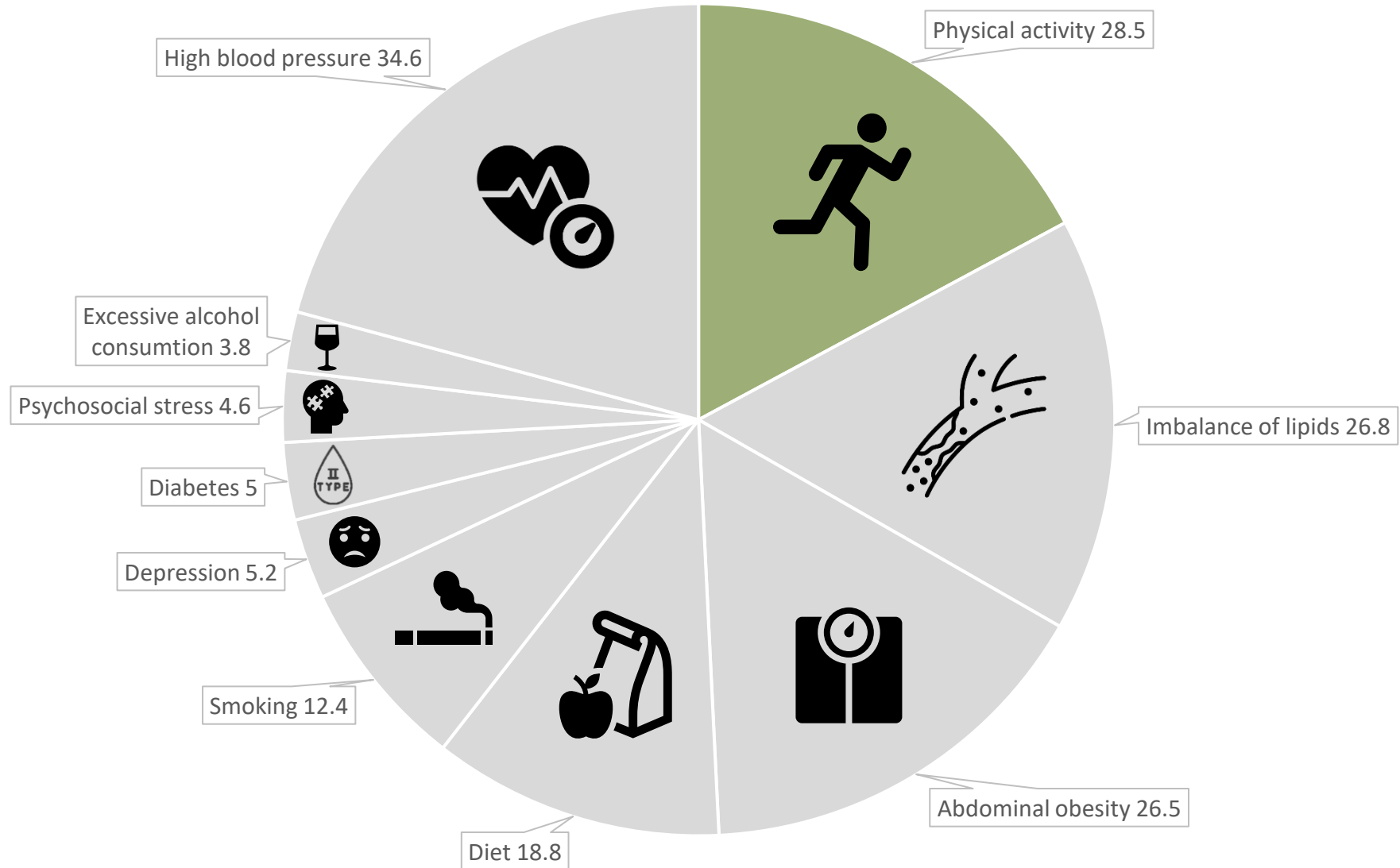




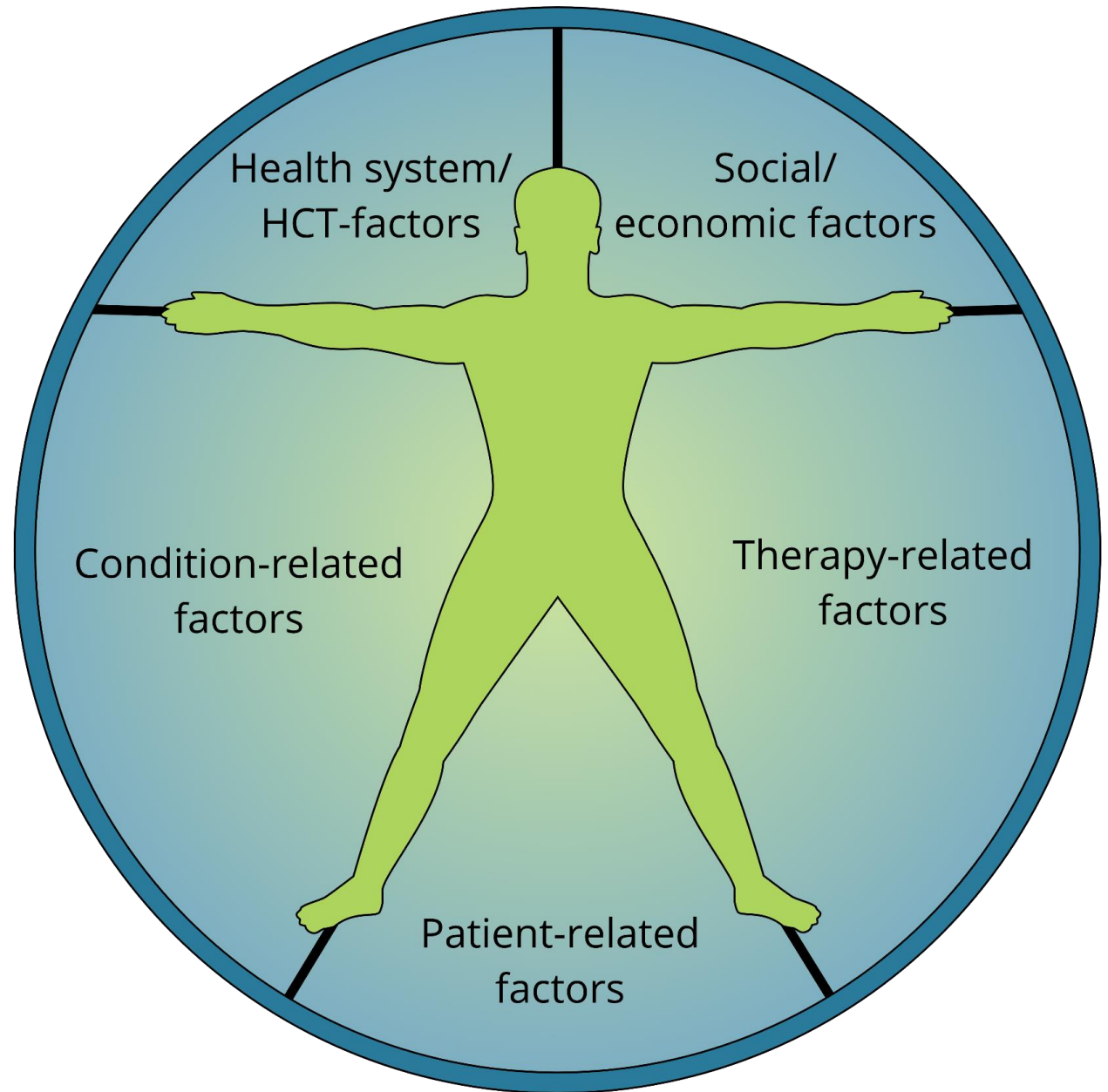
Photo: Geir Mogen/NTNU

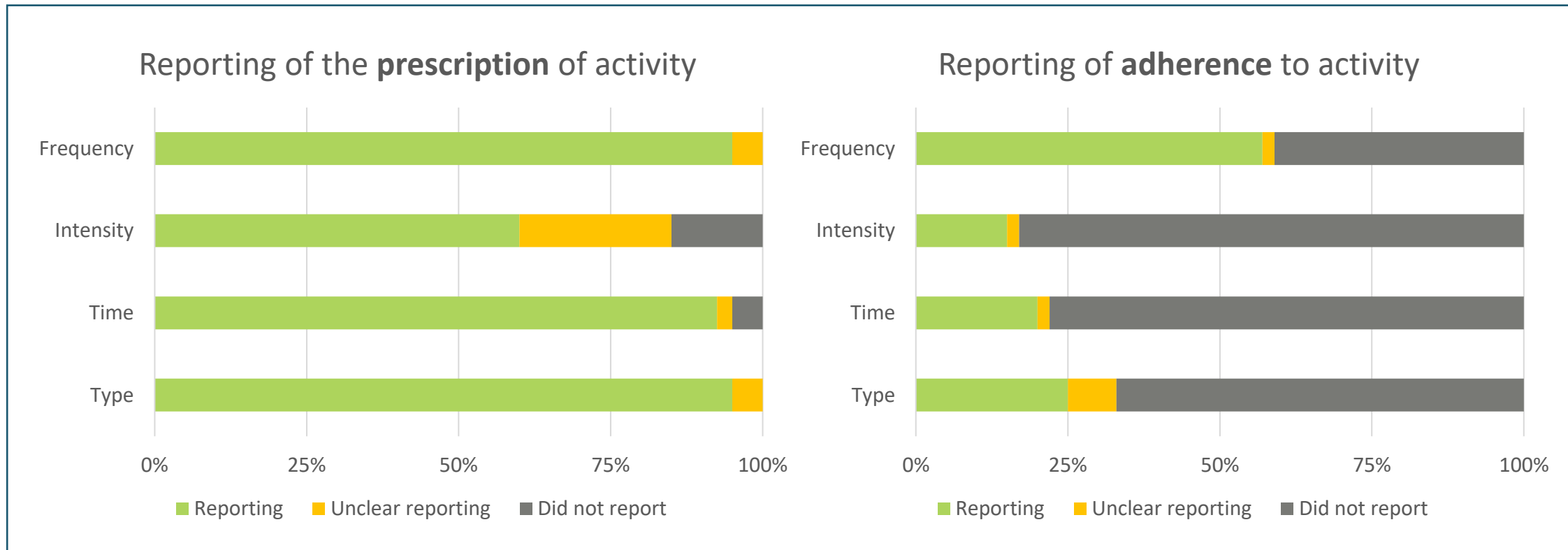
Adherence

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The extent to which a person's behavior corresponds with agreed-upon recommendations from a healthcare provider.

World Health Organization, 2003





Original Contribution

Efficacy and Safety of Individualized Coaching After Stroke: the LAST Study (Life After Stroke) A Pragmatic Randomized Controlled Trial

Torunn Askim, PhD; Fergita Lal, PhD; Hege Ihle-Hansen, MD, PhD;
Mari Gunnes, MS; Sian Indresen, PhD; Ben Indredavik, MD, PhD;
on behalf of the LAST Collaboration Group*

Background and Purpose—The evidence for interventions to prevent functional decline in the long term after stroke is lacking. The aim of this trial was to evaluate the efficacy and safety of an 18-month follow-up program of individualized regular coaching on physical activity and exercise.

Methods—This was a multicentre, pragmatic, single-blinded, randomized controlled trial. Adults (age ≥ 18 years) with first-ever or recurrent stroke, community dwelling, with modified Rankin Scale < 5 , and no serious comorbidities were included 10 to 16 weeks poststroke. The intervention group received individualized regular coaching on physical activity

Original Contribution

Efficacy and Safety of Individualized Coaching After Stroke: the LAST Study (Life After Stroke Tailored Counselling) Pragmatic Randomized Controlled Trial

Torunn Askim, PhD; Birgitta Langhammer, PhD; Hege Ihle-Hansen, MD, PhD; Mari Gunnes, MSc; Sian Lydenen, PhD; Ingrid Madsdovik, MD, PhD; on behalf of the LAST Collaboration Group*

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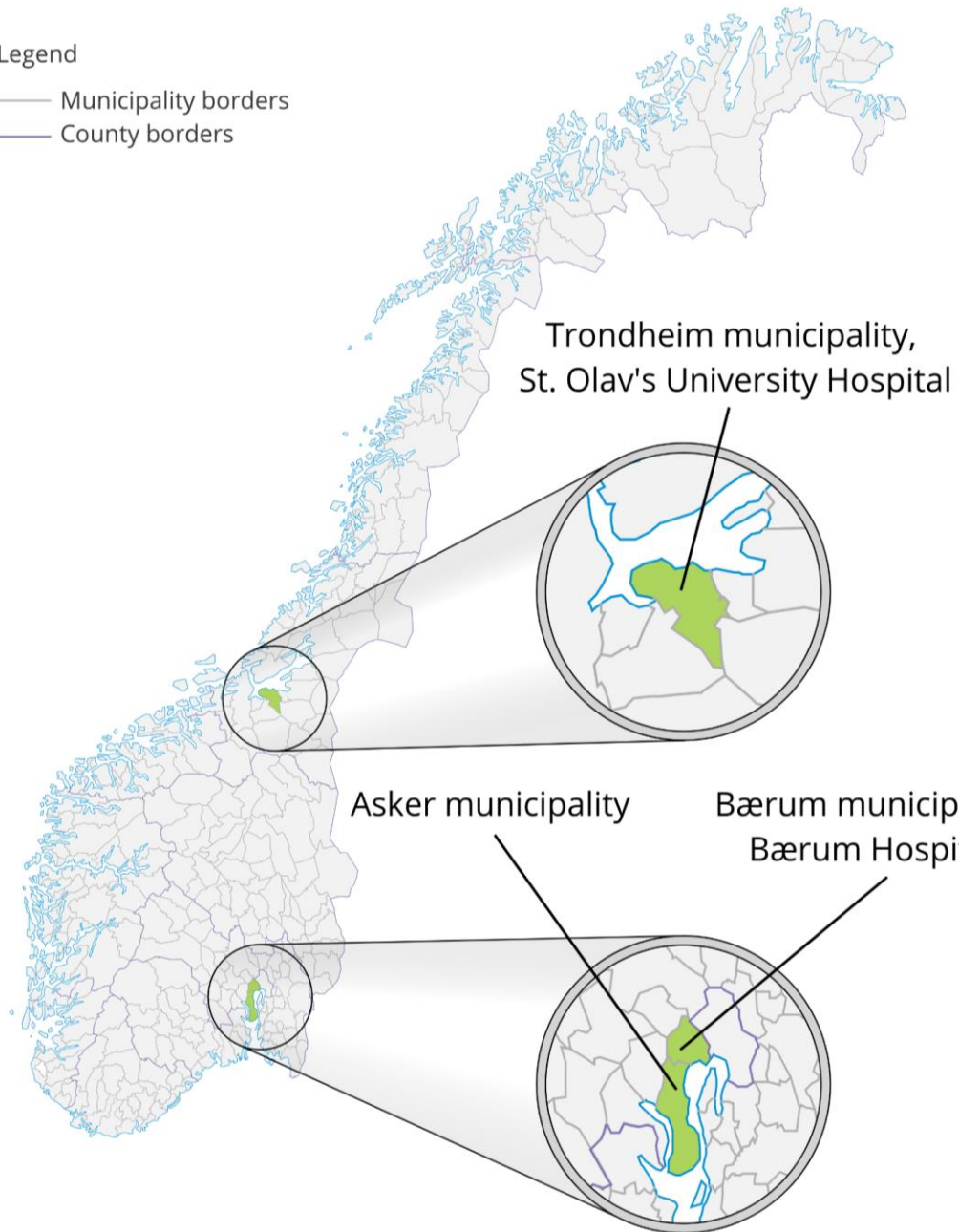
Life After Stroke (LAST)



Evaluate the **efficacy and safety** of an 18-month follow-up program of individualized tailored counselling on physical activity and exercise after stroke.

Legend

- Municipality borders
- County borders



Life After Stroke (LAST)





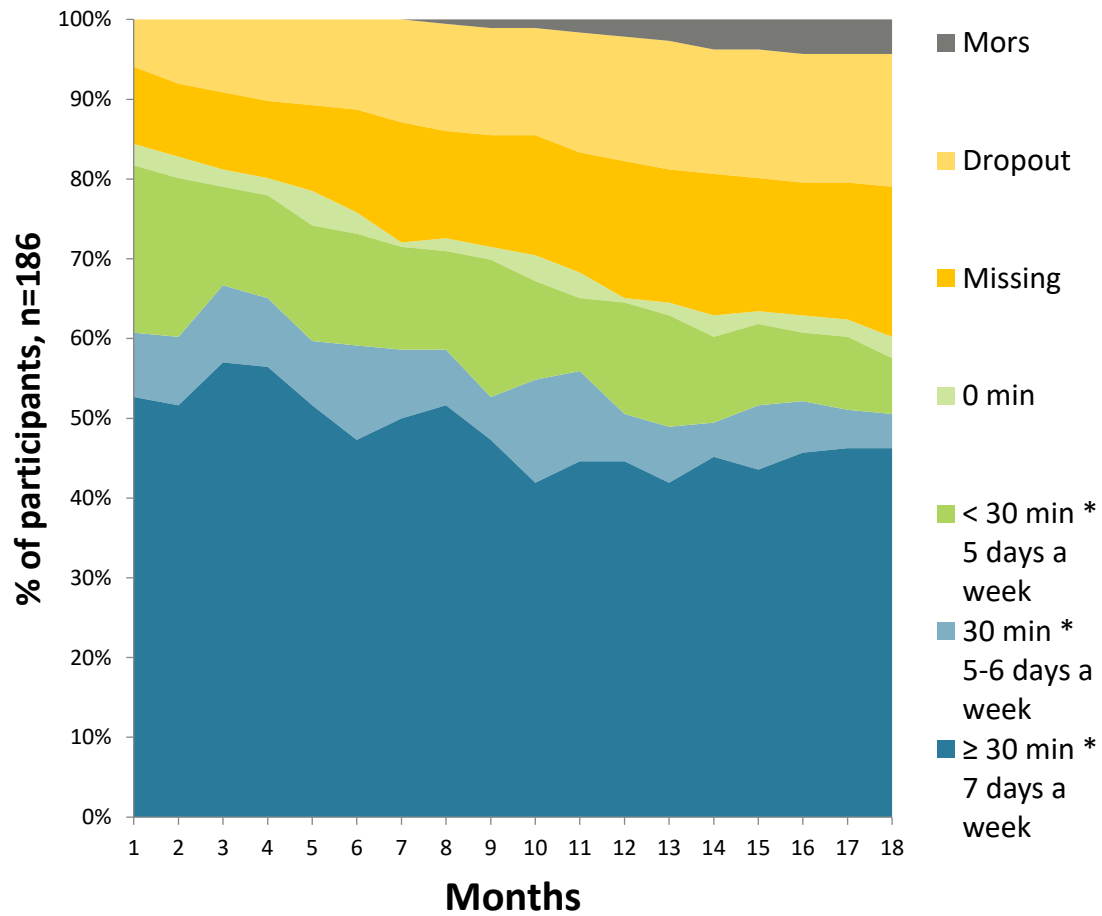
Conclusions

The regular individualized coaching **did not** improve maintenance of motor function, or the secondary outcomes, compared with standard care.

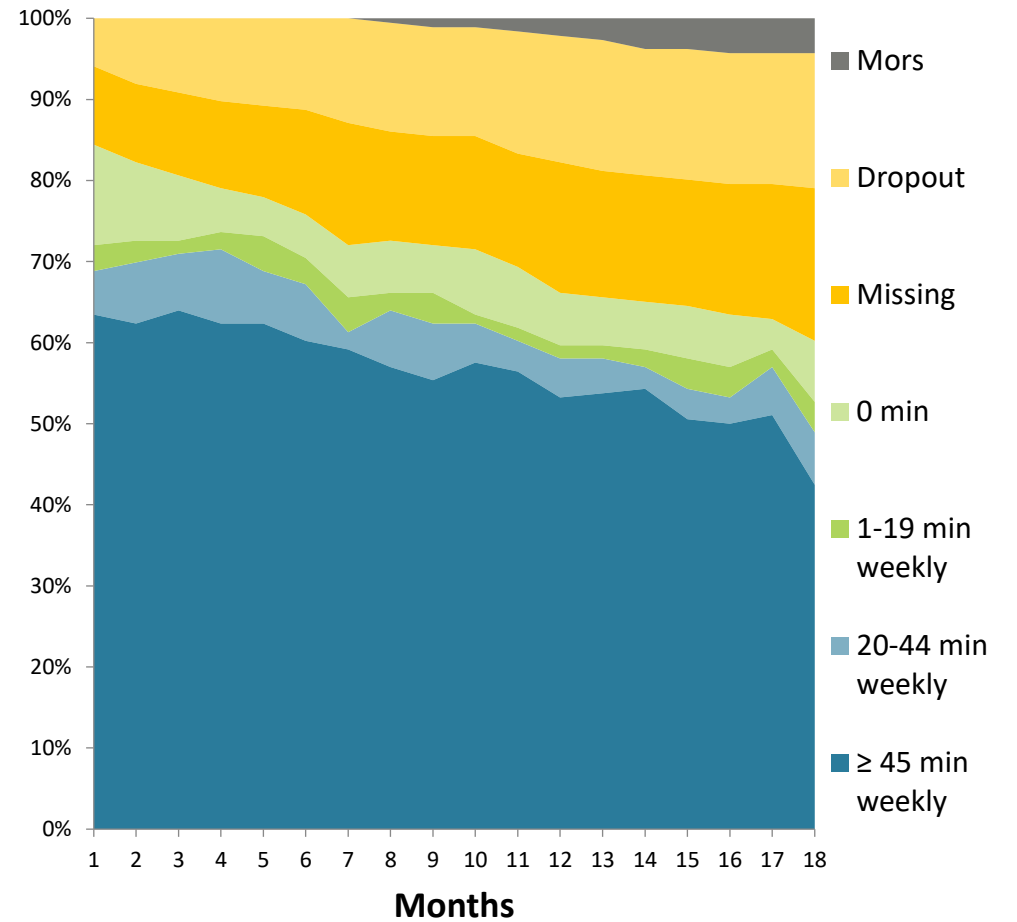




Adherence to **amount** of physical activity

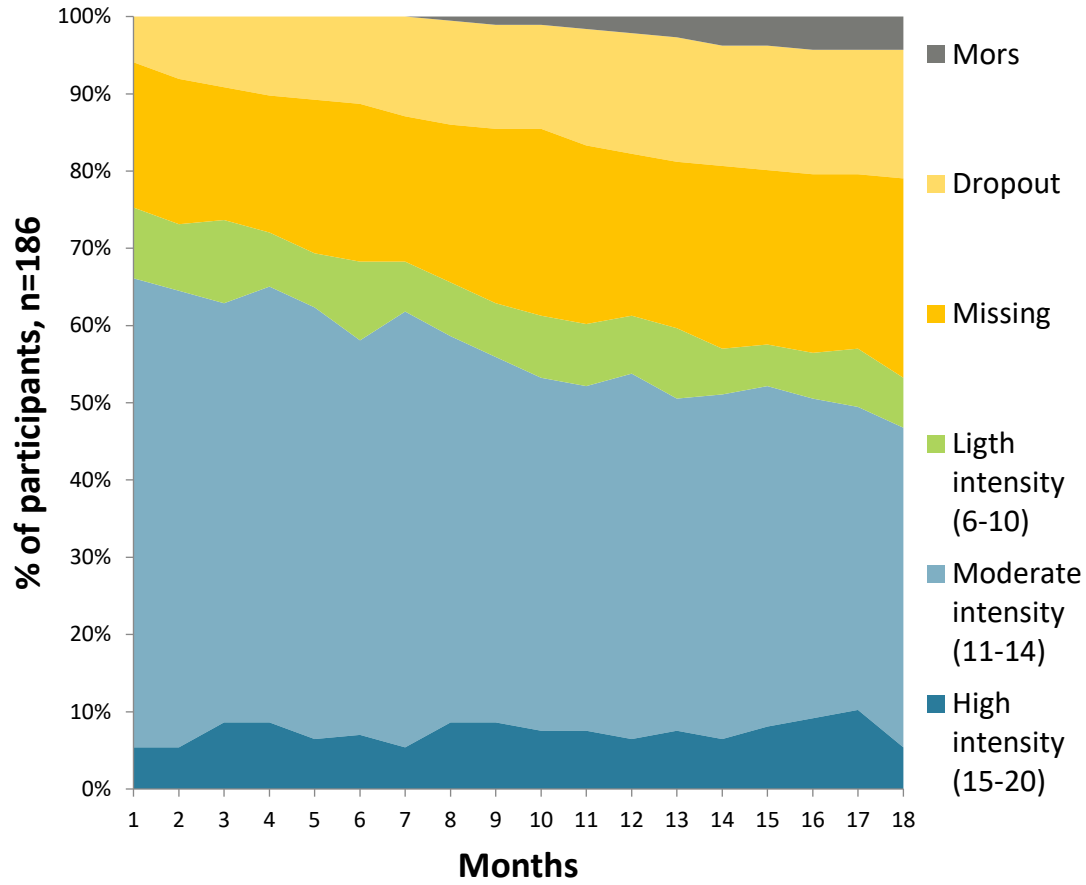


Adherence to **amount** of exercise

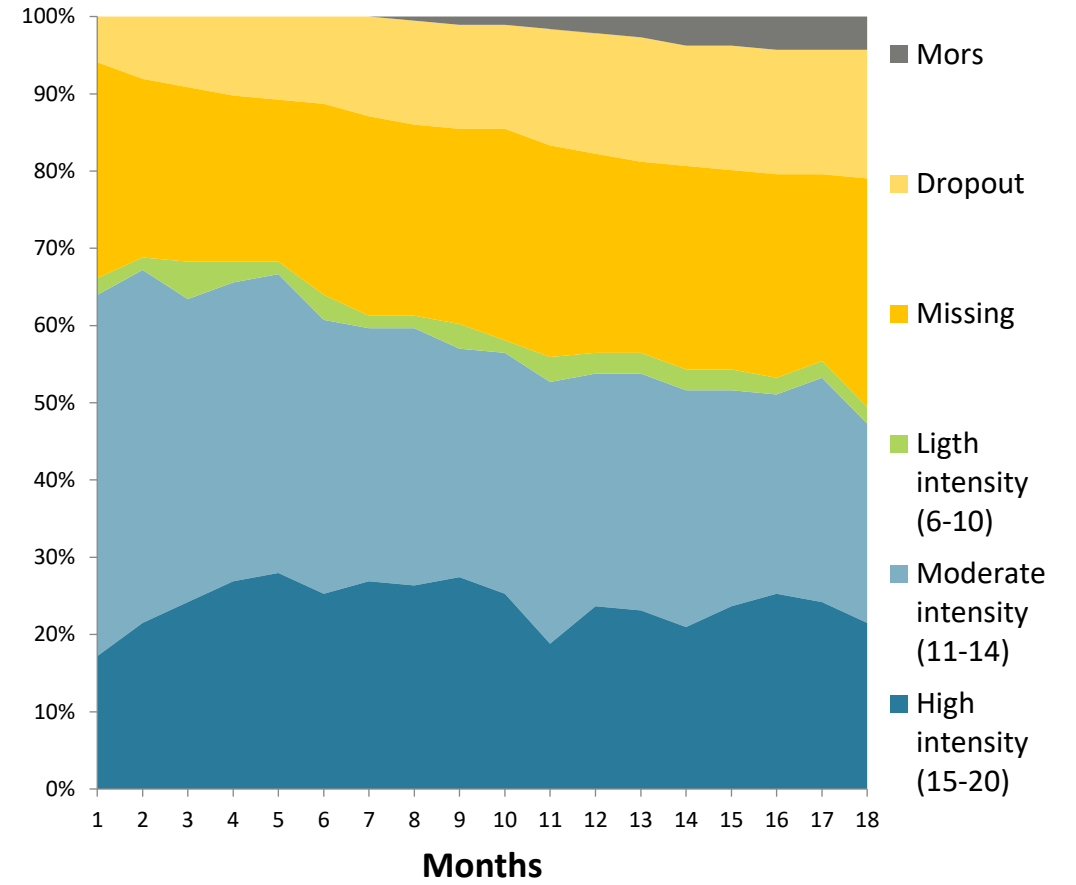


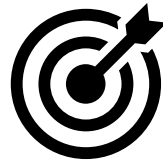


Adherence to **intensity** of physical activity

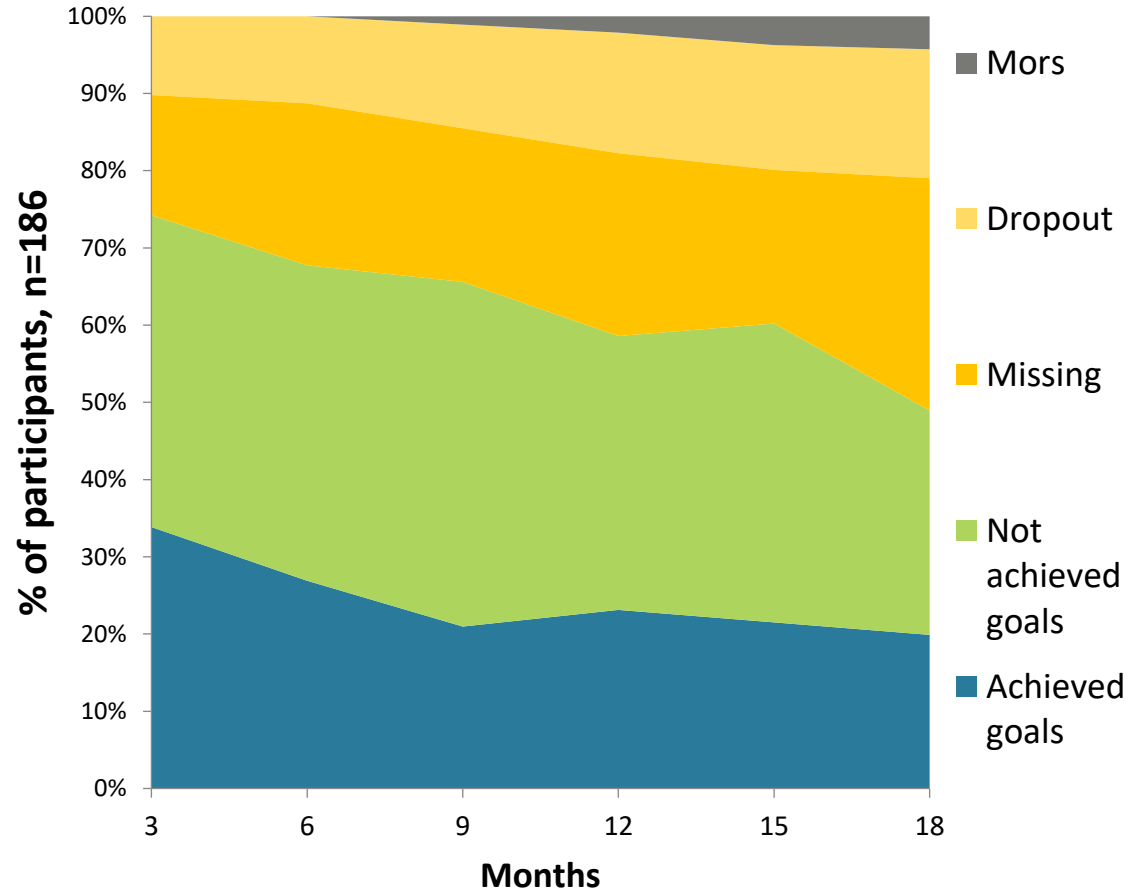


Adherence to **intensity** of exercise

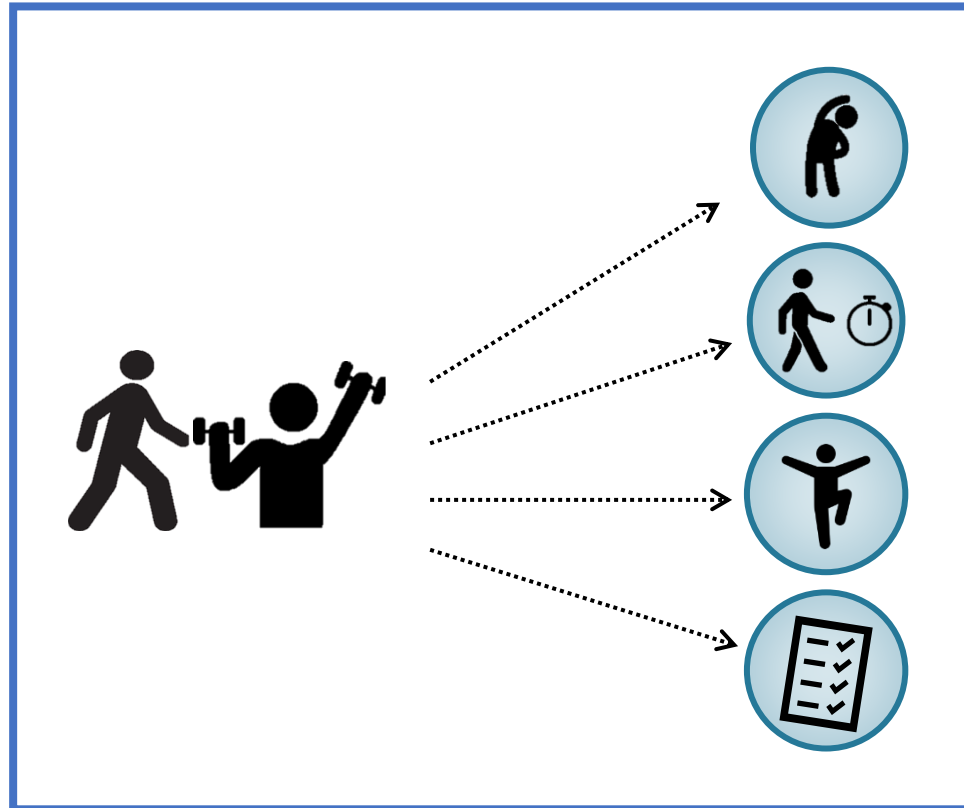




Goal achievements over time



Significant associations between **adherence** to physical activity and exercise, and **functional recovery** 18 months after inclusion





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All stroke clinicians play an important role in encouraging and empowering stroke survivors to become physically active and make physical activity a part of their everyday lives.

— *Fini, Bernhardt, Said, Billinger. Stroke 2021*



Thank you for listening!



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