

# Tuesday, 12 March 2024

09:30 - 10:30	<b>Parallel 9: Secondary stroke prevention - managing blood (Leinster)</b>
09:35 - 10:00	<i>Stroke secondary prevention – managing blood pressure</i> Dr Eamon Dolan, Connolly Hospital, Ireland
10:00 - 10:25	<i>Stroke secondary prevention – the benefits of exercise</i> Dr Noel McCaffery, ExWell Medical, Ireland
10:25 - 10:30	<i>Discussion</i>
09:30 - 10:30	<b>Parallel 10: Exploring mental health post-stroke (Ulster)</b>
09:35 - 09:50	<i>What do mental health difficulties look like in post-stroke?</i> Professor Niall Broomfield, University of East Anglia, England
09:50 - 10:05	<i>What should you do when you are struggling?</i> Professor Maggie Lawrence, Glasgow Caledonian University, Scotland
10:05 - 10:15	<i>My mental health and me</i> Stacie Broek, Stroke Survivor, Switzerland
10:15 - 10:30	<i>Discussion</i>
09:30 - 10:30	<b>Parallel 11: A disproportionate burden? Life after stroke in women (Munster)</b>
09:35 - 09:50	<i>Contextualising sex and gender to improve stroke research, policy and practice</i> Dr Else Sandset, Oslo University Hospital, Norway
09:50 - 10:05	<i>Specific secondary stroke risk factors in women after stroke</i> Professor Anita Arsovska, Universities Cyril and Methodius, North Macedonia
10:05 - 10:20	<i>Raising a family after stroke-my story</i> Diana Wong Ramos, stroke survivor, Portugal
10:20 - 10:30	<i>Discussion</i>
09:30 - 10:30	<b>Parallel 12: No decision about me without me - speaking together with one voice (Pembroke/Lansdowne)</b>
09:30 - 10:10	<i>Advocacy in action and effective communication: role play session between an allied health professional and stroke survivor – a good conversation and a bad conversation</i> Chris Macey, Irish Heart Foundation, Ireland (moderator); Professor Hariklia Proios, University of Macedonia; Marianne Tangen, Stroke Survivor, Norway; Dr Marina Charalambous, Cyprus University of Technology, Cyprus

10:10 - 10:25	<i>Supporting wellbeing through PEeR Befriending: Outcomes of the SUPERB trial for people with aphasia</i> Professor Katerina Hilari, City University of London, England
10:25 - 10:30	<i>Discussion</i>
10:30 - 11:15	<b>Refreshments, Exhibition &amp; Poster Talks (Herbert)</b>
11:15 - 12:30	<b>Plenary 3: A showcase of life after stroke support in Ireland (Pembroke/Lansdowne)</b>
11:20 - 11:40	<i>The Stroke Connect Service - Filling the gap for support post discharge in Ireland</i> Helen Gaynor, Irish Heart Foundation
11:40 - 11:55	<i>My journey through the Stroke Connect Service and beyond</i> Fiona Bardon, stroke survivor
11:55 - 12:05	<i>Meeting the unmet need for information on stroke for children and young people (CYP) -The CHATS booklet</i> Wendy Moynan, Tallaght University Hospital and Dr Aine Connolly, St James Hospital, Dublin
12:05 - 12:30	<i>What does a good life after stroke mean for you and what support did you need to make it happen?</i> Fiona Bardon (Moderator); Kieran O'Carroll; Clíodhna Ni Bhroin; Gerard Gill; David Walpole

## Welcome to the European Life After Stroke Forum 2024




Join us in Dublin where we will shine a light on the challenges faced by those affected by stroke.

Connect with people with lived experience, researchers, health professionals and policymakers.

Learn more about the latest life after stroke research and best practice and how we can collectively tackle this crucial issue.

Together, let's share knowledge, forge connections and pave the way for a brighter future for life after stroke.

Don't forget to join the conversation about #lifeafterstroke

-  Stroke Alliance For Europe
-  Stroke Alliance for Europe
-  @StrokeEurope



European  
**Life After  
Stroke  
Forum**

**11-12  
March  
2024**

**SAFE**  
STROKE ALLIANCE FOR EUROPE

**#lifeafterstroke**

# Monday, 11 March 2024

09:15 - 09:30	<b>Welcome (Pembroke/Lansdowne)</b>
09:30 - 10:45	<b>Plenary 1 - Building the evidence for supporting life after stroke (Pembroke/Lansdowne)</b>
09:35 - 09:45	<i>What kind of evidence is really important? A personal perspective</i> Grethe Lunde, Stroke Survivor, Norway
09:45 - 10:00	<i>Mapping the evidence base for life after stroke: a research perspective</i> Professor Amanda Farrin, University of Leeds, England
10:00 - 10:15	<i>How can we use research evidence to improve life after stroke: a clinical perspective</i> Associate Professor Margit Alt Murphy, University of Gothenburg, Sweden
10:15 - 10:45	<i>Discussion</i>
10:45 - 11:30	<b>Refreshments, Exhibition &amp; Poster Talks (Herbert)</b>
11:30 - 12:30	<b>Parallel 1: A disproportionate burden? Life after stroke in women (Leinster)</b>
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12:05 - 12:20	<i>Raising a family after stroke - my story</i> Diana Wong Ramos, stroke survivor, Portugal
12:20 - 12:30	<i>Discussion</i>
11:30 - 12:30	<b>Parallel 2: Spasticity: What is it and how can we manage it? (Ulster)</b>
11:35 - 11:50	<i>What is spasticity?</i> Dr Iwona Sarzyńska-Długosz, Institute of Psychiatry and Neurology Warsaw, Poland
11:50 - 12:15	<i>Management of spasticity with botulinum toxin / physiotherapy management</i> Dr Stephen Ashford Kings College, London, England
12:15 - 12:30	<i>Discussion</i>

11:30 - 12:30	<b>Parallel 3: A vision for vision after stroke (Munster)</b>
11:35 - 11:50	<i>Vision assessment in stroke care services: the KROSS project</i> Professor Helle Falkenberg, of South-Eastern Norway, Norway
11:50 - 12:15	<i>What helps in coping with and self-management of sight loss after stroke</i> Jeremy Johnston Stroke Survivor, England; Dr Lauren Hepworth, University of Liverpool, England
12:15 - 12:30	<i>Discussion</i>

11:30 - 12:30	<b>Parallel 4: No decision about me without me - speaking together with one voice (Pembroke/Lansdowne)</b>
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12:20 - 12:30	<i>Discussion</i>

12:30 - 14:00	<b>Lunch, Exhibition &amp; Poster Talks (Herbert)</b>
14:00 - 15:15	<b>Plenary 2: Life after stroke support in action (Pembroke/Lansdowne)</b>
14:00 - 14:08	<i>Perspectives from Europe: After you left hospital what non-medical support did you find most helpful to help you live a good life after stroke?</i>
14:08 - 14:50	<i>Perspectives from support organisations: What types of support have made the most difference to people's lives and what have been the most successful strategies?</i> Dr Michael Brinkmeier, Stiftung Deutsche Schlaganfall-Hilfe, Germany; Mercé Ayesta, Fundacio Ictus, Catalonia; Katherine Staley, Stroke Association UK, England
14:50 - 15:10	<i>Discussion</i>

15:15 - 16:00	<b>Refreshments, Exhibition &amp; Poster Talks (Herbert)</b>
16:00 - 17:00	<b>Parallel 5: Highest scoring abstracts from research and service provision (Pembroke/Lansdowne)</b>
16:05 - 16:15	<i>Socialising from home - Peer support and communication practice at the Aphasia Café</i>

16:15 - 16:25	<i>Dr Helen Kelly, University of Cork, Ireland</i>
16:25 - 16:35	<i>Enhancing the competency of coordinators in a stroke support organization; creating a self-assessment framework</i> Suzanne Smith-Bayley, March of Dimes, Canada
16:35 - 16:45	<i>Addressing sexuality post-stroke: Can a targeted implementation change practice?</i> Associate Professor Margaret McGrath, University of Sydney/University College Cork, Ireland
16:45 - 17:00	<i>Life one year after stroke – results from the Swedish Riksstroke quality-of-care review</i> Professor Mia von Euler, Orebro University, Sweden
16:45 - 17:00	<i>Discussion</i>

16:00 - 17:00	<b>Parallel 6: Spasticity: What is it and how can we manage it? (Ulster)</b>
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16:45 - 17:00	<i>Discussion</i>

16:00 - 17:00	<b>Parallel 8: Exploring mental health post-stroke (Leinster)</b>
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19:00 - 21:00	<b>Welcome Reception (Herbert)</b>
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