

Working collaboratively with a Stroke Support Organisation (SSO) to implement a co-designed, evidence-based stroke secondary prevention intervention

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Background



11% and 40% increased **risk of recurrence** at 1 and 12 years¹



90.5% of strokes linked to **modifiable** risk factors²



Secondary prevention can reduce up to **80%** of recurrences³

There is a need for delivery of secondary stroke prevention in Ireland that targets modifiable lifestyle risk factors.

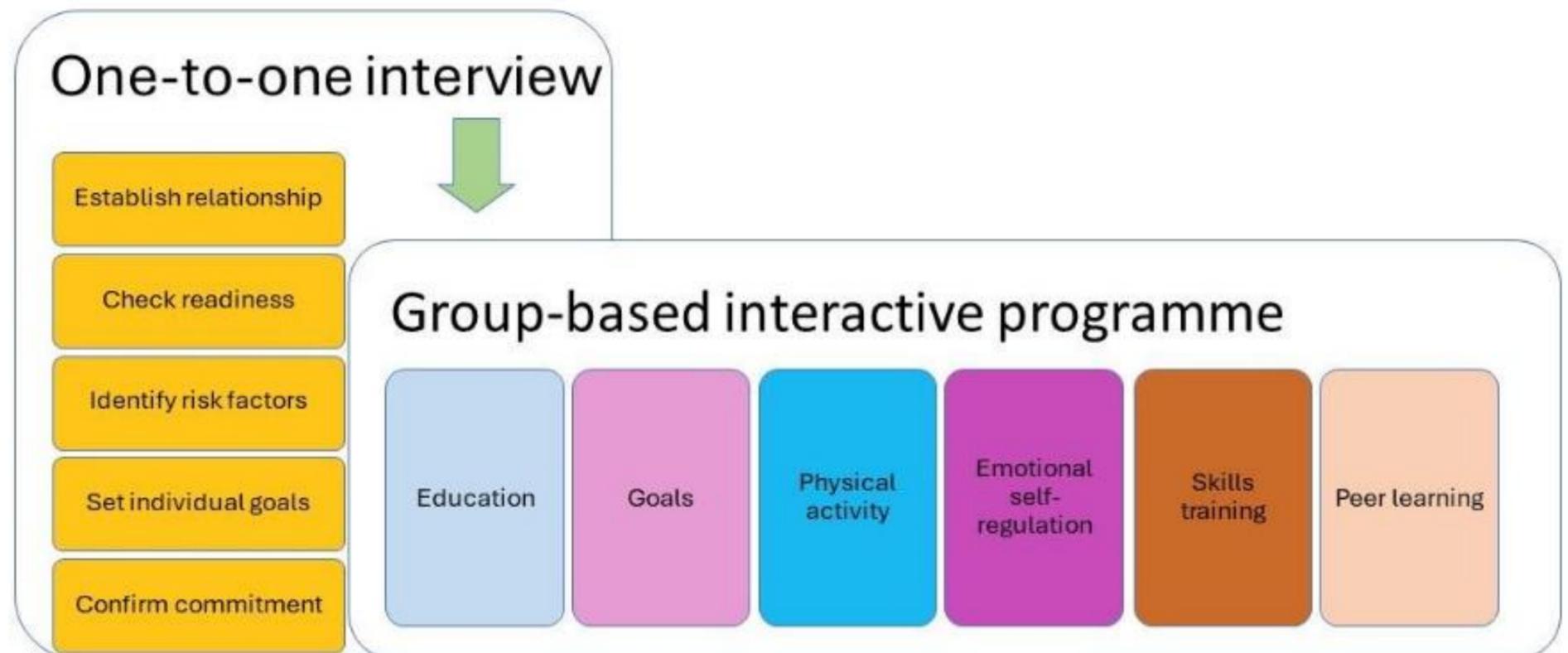
Improving Health and Lifestyle Programme (iHeLP)

- iHeLP (©2024 Hall-Lennon) aims to support **healthy lifestyle participation** after stroke⁴.
- Developed by **Patricia Hall**, funded by an Irish Health Research Board Collaborative Doctoral Award.



iPASTAR

Improving Pathways for Acute Stroke and Rehabilitation



Working with a Stroke Support Organisation (SSO)

- **The Irish Heart Foundation (IHF)** is Ireland's national charity for stroke and heart disease⁵.
- A **research placement** with the IHF was completed to support implementation of iHeLP.
- **Goals of the placement:**



Map services



Identify
prevention
supports



Assess
feasibility of
iHeLP



Adapt iHeLP



Plan evaluation



**Irish Heart
Foundation**

The National Stroke & Heart Charity



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Why adapt iHeLP?

- Many evidence-based stroke interventions are not routinely applied in practice⁶
- **Implementation** can change across different populations and services^{6,7}
- **Adaptation** is important to improve the intervention-context fit
- **The ADAPT guidance** was used to adapt iHeLP to the Irish Heart Foundation context⁷

iHELP to a better me after stroke

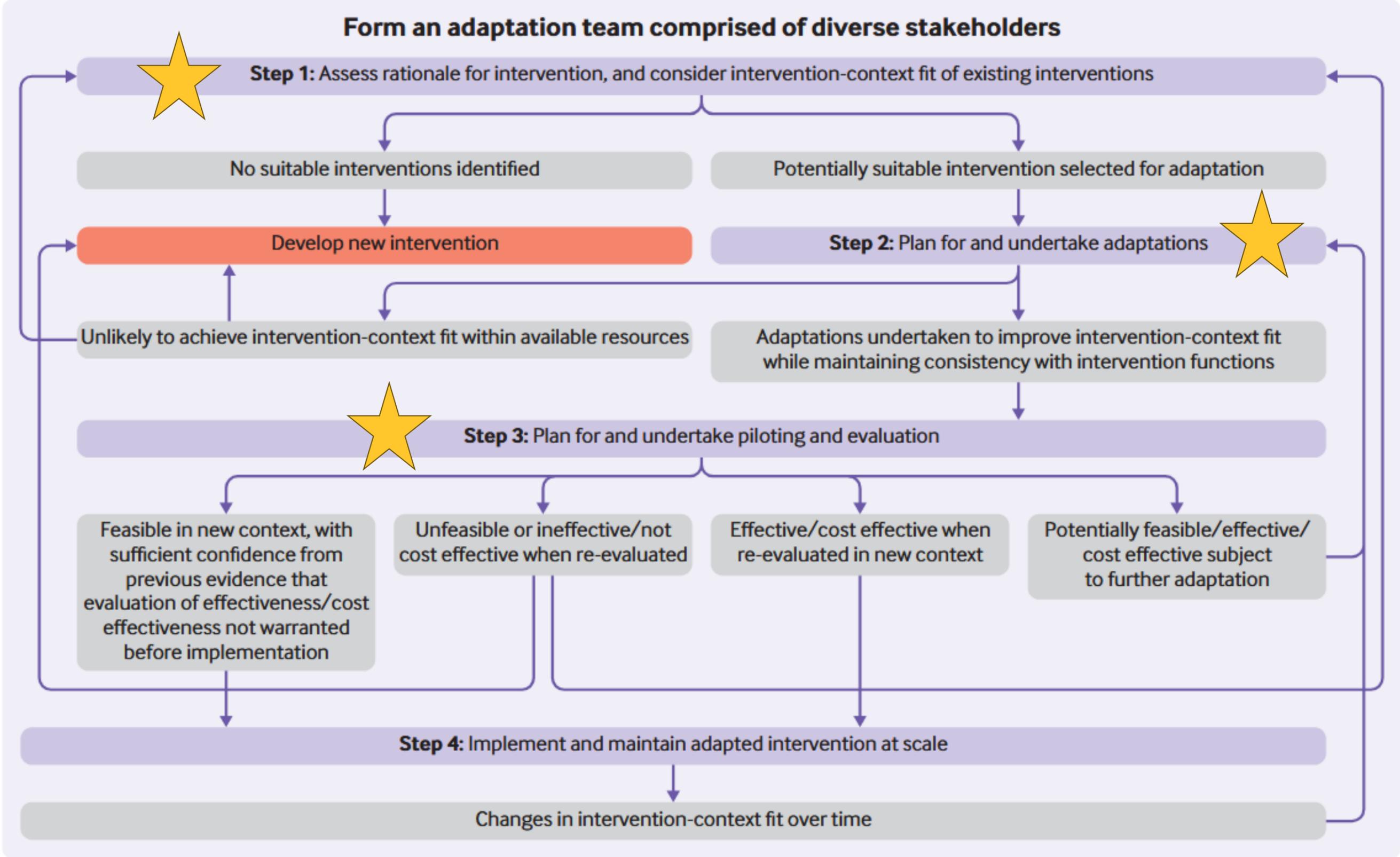
improving **HE**alth and **L**ifestyle **P**rogramme



**Irish Heart
Foundation**

The National Stroke & Heart Charity

The ADAPT guidance (Moore et al., 2021)



Step 1: Assessing intervention-context fit

- There is no structured lifestyle intervention routinely available in the Irish stroke services.

- Several factors were explored to answer this question:

Could iHeLP fit within the Irish Heart Foundation services?



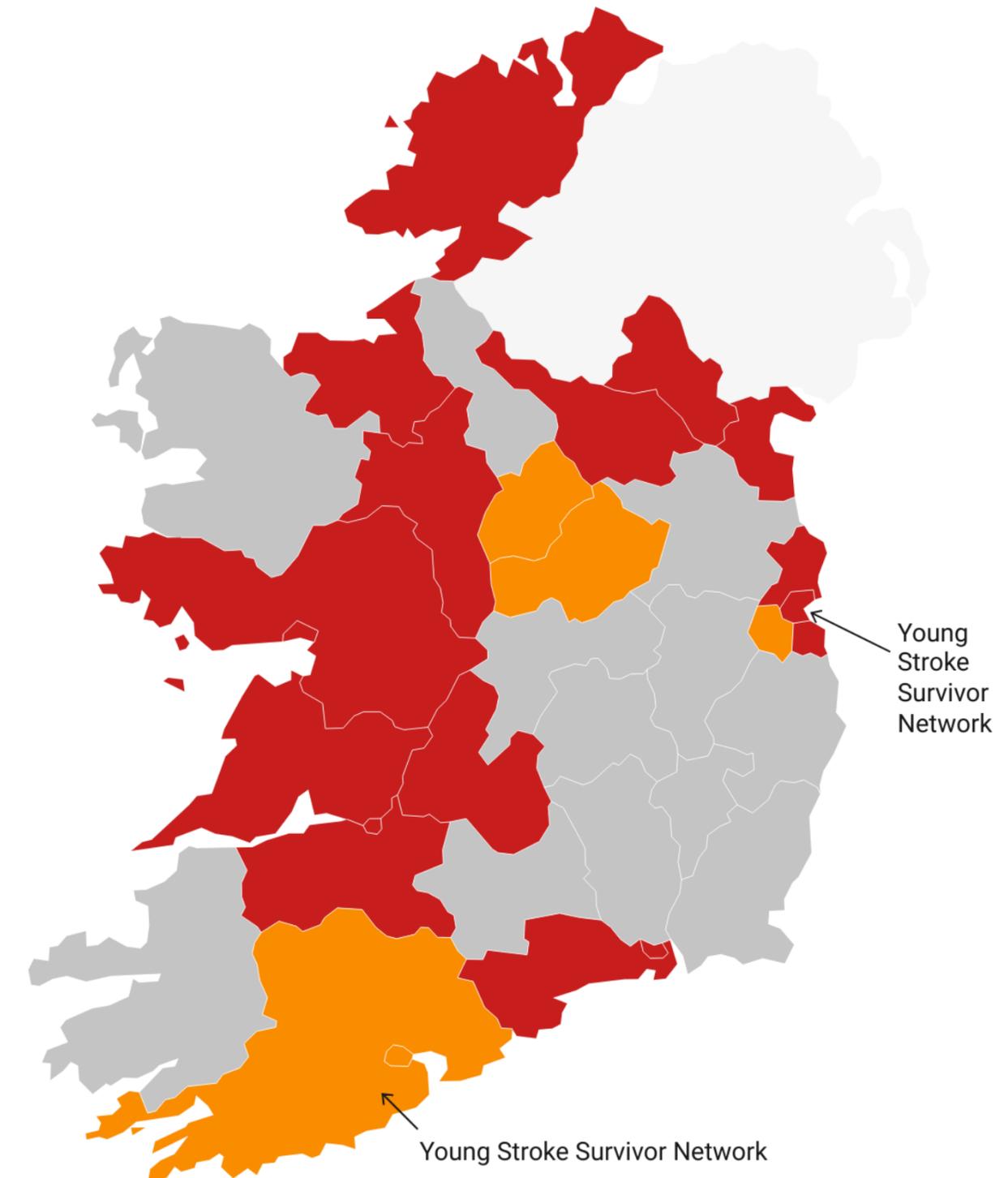
Mapping of existing services



Irish Heart Foundation In-Person Support Groups

Mapping of IHF In-Person Support Group Network

■ Coordinator-led ■ None ■ Volunteer-led



Practical considerations for delivery of iHeLP



Online vs.
in-person



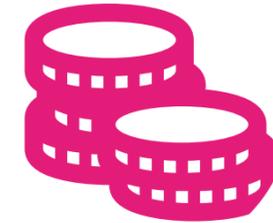
Staffing needs



Willingness



Training needs



Costs

Step 2: Adapting iHeLP for a new context

iHeLP was adapted for the Irish Heart Foundation context, to produce **iHeLP-IHF**

What stayed the same?
1:1 interview and group sessions
Face-to-face group sessions
Core intervention components and priorities
Programme coordinator -led delivery

What changed?
Shorter sessions and overall programme
Virtual 1:1 option
Integrated within existing delivery models
Internal/external staff as guest speakers

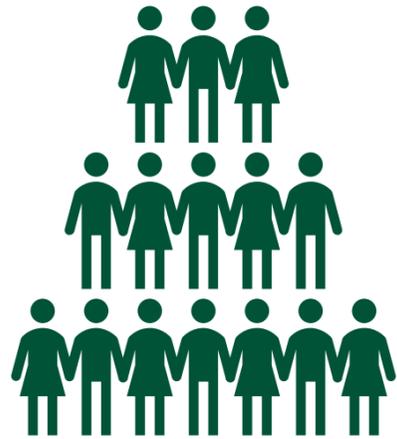
Step 3: Evaluating the adapted intervention

- Feasibility study of iHeLP-IHF currently underway to inform future research and implementation

What are we testing?



Key learnings and future steps



Capacity and resources challenge implementation



Stakeholder collaboration supports sustainability^{8,9}



Stroke support organisations are key to secondary prevention

Research is ongoing to support implementation of iHeLP-IHF

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Thank you for listening

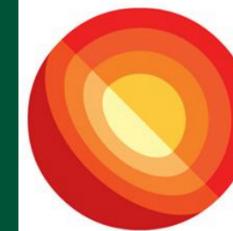
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