



Organisation for Psychological Research into Stroke

## An interdisciplinary forum for all things psychological in stroke

8 December 2023

### Programme and registration information

Sessions commence: 7am Perth, 10am Sydney/Melbourne (AEDT), 9am Brisbane, 12pm New Zealand (NZT), 11pm 7 December United Kingdom

Time (NZT)	Time (AEDT)	Topic	Speaker
11.45am	9.45am	Zoom open to attendees	
<b>11.55am</b>	<b>9.55am</b>	<b>Welcome</b>	Felicity Bright
12pm-1pm	<b>10-11am</b>	<b>Invited presentation: Psychological interventions for stroke: From trials to real-world implementation</b>	<b>Eirini Kontou</b>
1-1.10	11-11.10	Break	
1.10-1.30	11.10-11.30	Delivering psychological intervention for patients with post stroke depression: Can short term treatment help during inpatient rehabilitation?	Peta Prindiville
1.30-1.50	11.30-11.50	Strengths-based resilience intervention for informal carers of stroke survivors	Ayesha Qureshi
1.50-2.50	<b>11.50-12.50</b>	<b>Invited presentation: When 'systems of connection' collide with 'the system of health': Learnings from Indigenous Māori perspectives and recovery journeys after stroke</b>	<b>Bobbie-Jo Wilson</b>
2.50-3.20	12.50-1.20	Break	
3.20-3.30	1.20-1.30	Recognising resources for well-being: How stroke services can impact well-being after stroke	Claire Ibell-Roberts
3.30-3.50	1.30-1.50	Promoting community integration after stroke	Jonathan Armstrong
3.50-4.00	1.50-2.00	Posttraumatic growth after stroke: A systematic review and meta-regression analysis	Megan Klass
4.00-4.20	2.00-2.20	Neuropsychological Outcomes Following Endovascular Clot Retrieval and Intravenous Thrombolysis in Acute Ischaemic Stroke	Sam Humphrey
4.20-4.30	2.20-2.30	Surf therapy: People with aphasia's perceptions towards surf therapy as a therapeutic intervention	Catie Houghton
4.30-4.45	2.30-2.45	Break	
4.45-4.55	2.45-2.55	"I don't want to make mess...": Post-stroke urinary incontinence, and an example of managing embarrassment on the acute stroke ward.	Deborah Hersh
4.55-5.15	2.55-3.15	Online meditation for people with aphasia: A feasibility study	Britta Biederman
5.15-5.35	3.15-3.35	Evaluating the co-designed Kalmer relaxation intervention for people with aphasia after stroke: A feasibility case series.	Rebecca El-Helou
5.35-5.55	3.35-3.55	Aphasia, Depression, and Psychological Therapy (ADaPT): A single case design evaluation of a modified Cognitive Behavioural Therapy intervention to treat depressive symptoms in stroke survivors with aphasia	Priscilla Tjokrowijoto
<b>5.55-6.00</b>	<b>3.55-4.00</b>	<b>Closing</b>	Felicity Bright

**Registrations open now** [https://utsau.au1.qualtrics.com/jfe/form/SV\\_3lLhYLxroIF097M](https://utsau.au1.qualtrics.com/jfe/form/SV_3lLhYLxroIF097M)

International registrations are welcome. The event will be live. Only the keynote presentations may be recorded.

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### **Psychological interventions for stroke: from trials to real-world implementation**

Dr Eirini Kontou

Stroke continues to be a global public health issue. A stroke can affect people's physical and mental health irrespective of type or severity. There is now extensive and robust research highlighting the emotional and cognitive effects of stroke. Numerous feasibility, pilot and large-scale studies have evaluated a wide range of psychological interventions to address the difficulties experienced by stroke survivors, their families, and carers. However, fewer studies have addressed the adoption, integration, or large-scale uptake of evidence-based psychological interventions within healthcare organisations. This talk aims to highlight lessons learned from the conduct of a feasibility clinical trial to develop and evaluate a psychoeducational intervention for people following less severe strokes. It will cover next steps for undertaking future work to enrich and inform implementation research. Recommendations for future research into psychological interventions after stroke/TIA will be highlighted.

Dr Eirini Kontou is an Assistant Professor based at University of Nottingham and works clinically as a Highly Specialist Clinical Psychologist at Nottinghamshire Healthcare NHS Foundation Trust. She qualified as a practitioner clinical psychologist (DClinPsy) from the University of Sheffield and pursued a clinical academic career in neuropsychology. In 2020, Eirini completed a charity-funded Postdoctoral Fellowship to develop a group psychoeducational programme for people after TIA and minor stroke. Following this, she was awarded a career development award to develop her expertise in developing and evaluating complex interventions in clinical trials. Eirini currently holds an NIHR/HEE Clinical Lectureship to undertake research that will be focused on optimising psychological care pathways for people after less severe strokes.



### **When 'systems of connection' collide with 'the system of health': Learnings from Indigenous Māori perspectives of well-being and recovery journeys after stroke.**

Bobbie-Jo Wilson (Ngāti Tūwharetoa)

BJ will share some differing perspectives held by whānau Māori living with stroke in Aotearoa, and the relational systems of connection which interweave their experiences of well-being. The importance for Indigenous identities, ways of being and systems of connection to have space and representation within the scope of care provided after stroke will be highlighted, including potential opportunities where stroke services may better support well-being and recovery journeys (from Indigenous perspectives) after stroke.

Bobbie-Jo Wilson has a physiotherapy background and is a Senior Lecturer within the School of Clinical Sciences of AUT. Her teaching and wider contributions within the clinical sciences, focus on integrating and contextualising Te Tiriti o Waitangi within our health, education and research practices and working in reciprocal partnerships within cross-cultural environments. She is active with qualitative research (within the Centre for Person Centred Research) which prioritises Kaupapa Māori or Māori-centred methodologies which uphold whānau Māori perspectives and support transformations in healthcare towards health equity for all in Aotearoa