

Media statement

22 October 2019

Launch of innovative stroke rehabilitation trial in Queensland

Sunshine Coast University Hospital (SCUH) stroke unit is the first Queensland hospital to start recruitment of participants to AVERT DOSE, a new international stroke rehabilitation trial.

This research aims to find the best way to reduce disability after stroke by testing four different mobility therapy regimens in the first few days after stroke. SCUH will join approximately 50 hospitals involved in the trial to begin recruiting patients. Participating patients will commence the mobility therapy within 48 hours of stroke and continue during the hospital stay.

The trial will involve more than 2500 patients in Australia, New Zealand, United Kingdom, India, Taiwan, Singapore and Malaysia.

The project is led by Professor Julie Bernhardt, from The Florey Institute of Neuroscience and Mental Health, with support from an international rehabilitation research collaboration.

“We know that exercise and rehabilitation interventions post-stroke can have a large difference to the person’s outcome. This trial will help us to determine the most effective and safe regimen in patients with both mild and moderate stroke severity,” said Professor Bernhardt.

“We’re so pleased to have Sunshine Coast University Hospital as a partner in this project, which we expect will inform protocols for rehabilitation for stroke internationally.”

Physiotherapists and nurses will work together to provide the mobility program based on the best available knowledge of recovery after stroke.

“The acute stroke unit at SCUH is one of the largest stroke units in Queensland. The staff here are very involved and find it essential that the stroke unit contributes to best evidence-based care for stroke patients,” SCHHS Advanced Physiotherapist of Stroke, Dr Ingrid Rosbergen said.

“We see everyday how stroke impacts on the lives of patients and their families, and we are passionate to help reduce the burden of stroke. Involvement in this large study is a fantastic opportunity to contribute to such important research,” Dr Rosbergen said.

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The Australian led research team are the world leaders in understanding early mobility following stroke. The trial is coordinated by the Florey Institute for Neuroscience and Mental Health in Melbourne and has been funded by a grant from the National Health and Medical Research Council Australia.

Further details on the trial are available [here](#).

MEDIA OPPORTUNITY

Dr Ingrid Rosbergen is available for interview and photographs.

WHEN: Thursday 24 October, 10:00am

WHEN: Meet at SCUH main reception

NB: Dr Rosbergen will also be speaking about Wishlist's investment into a home-based telerehabilitation trial program (refer to separate media statement).

ENDS

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