Organising Support for Carers of Stroke Survivors (OSCARSS): a National Cluster Randomised Controlled Trial (cRCT) with embedded Process Evaluation

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In the UK, informal caregivers for stroke survivors provide care worth up to £2.5 billion per year at great personal cost1,2. We co-developed an intervention to support carers’ needs and are investigating its clinical and cost-effectiveness, and implementation into UK practice.

AIM OF OSCARSS
• Determine the clinical- and cost-effectiveness of our co-developed intervention, compared to a control of standard practice.
• Understand implementation into practice: see process evaluation poster OG08

METHODS
Longitudinal, pragmatic multi-site cRCT with health economic analysis and embedded process evaluation (see OG08 poster).

Clusters = Stroke Association services randomised to new approach & trained (intervention) or standard practice (control).

Research Participants = Consenting adult carers referred to clusters

Primary Outcomes = Carer strain (self-report) at 3 months (FACQ3)

Secondary Outcomes (measured at 3 and 6 months)
• Caregiver distress and positive appraisals (FACQ)
• Satisfaction with Stroke Services
• Anxiety and depression scale (HADS)

Health Economic Outcomes (measured at 3 and 6 months)
• Quality of Life (EQ-5D-5L) & Health and Social Care service use

PROGRESS

Carer recruitment
Closed to referrals on 31st July 2018

• 414 recruited (209 intervention; 205 control)
• 355 / 414 (86%) returned 3 month outcomes (178 intervention; 177 control)
• 265 / 414 (64%) returned 6 month outcomes (123 intervention; 142 control)

Next steps
• Data collection ends December 2018
• Data analysis early 2019
• First look results in Spring 2019

OSCARSS will contribute to knowledge of the unmet needs of informal stroke caregivers and inform future stroke service development. A lay report on results will be made available via the CLAHRC website: https://www.clahrc-nihr.ac.uk/projects/oscarss

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The Carer Research User Group (RUG)
The OSCARSS-specific RUG has worked in partnership with researchers since Dec 2015 to develop, design and manage the study (please see poster OG13 for info).

REFERENCES

The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester is a partnership between providers and commissioners from the NHS, industry, the third sector and the University of Manchester. We aim to improve the health of people in Greater Manchester and beyond through carrying out research and putting it into practice. http://clahrc-nihr.ac.uk