

Merz/SAFE Post Stroke Spasticity Project. Six Month Update

Sarah Belson

Email address: Sarah.Belson@stroke.org.uk



Project Aim

The aim of this project is to create an **educational space** in order to **raise awareness** of the **treatment options** available to stroke survivors who experience post stroke spasticity.

There are five areas of activity within the project :

1. **Patient Advisory Board**
2. **Patient Ambassadors**
3. **100 FAQ'S**
4. **Motivational messaging**
5. **Global Multi-Disciplinary Consensus**



Patient Advisory Board



David Britt



Manuela Messmer-Wullen



Nava Weinberger



Grethe Lunde



Jürgen Langemeyer



Kasia Siewczuk



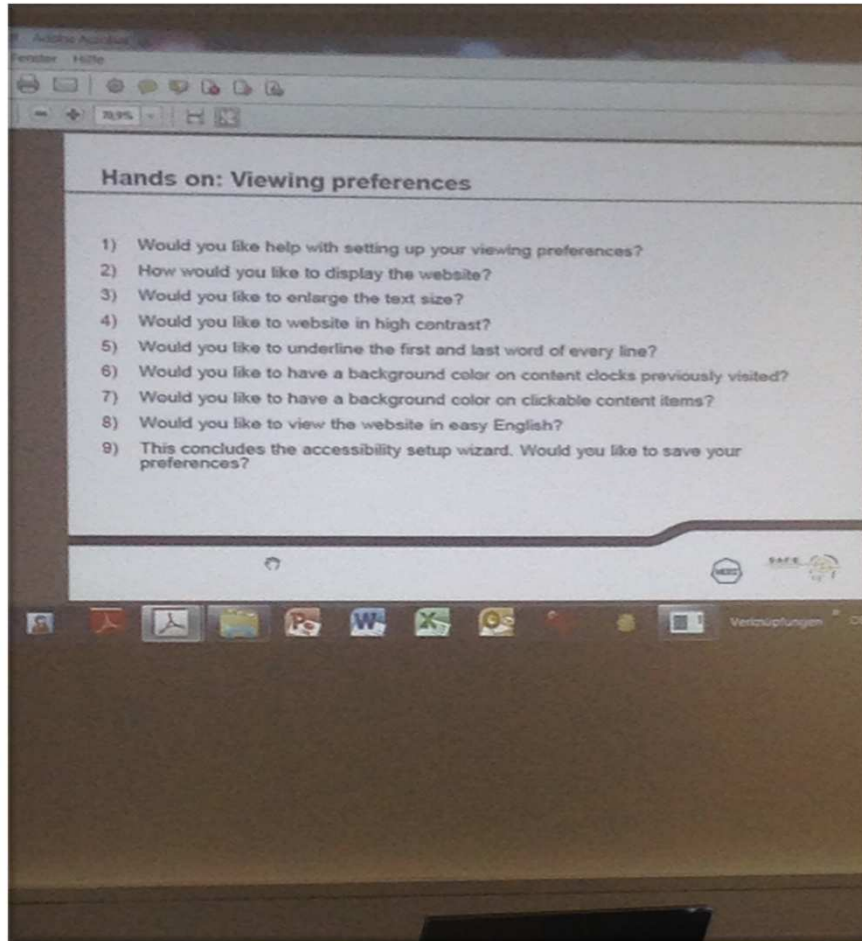
Tom Flaherty



Jelka Jansa



Consultation



Below are some of the questions asked by Merz about the website:

Would you like to enlarge the text?

How would you rate the website on a scale of 1-5?

What do you think about the pictures used?

Were you able to find the information you needed easily?

Is the content easy to understand?

Consultation



Website review led by Claudia Cramer

Board members testing the website



Feedback

“The site might benefit from being a little less medical”

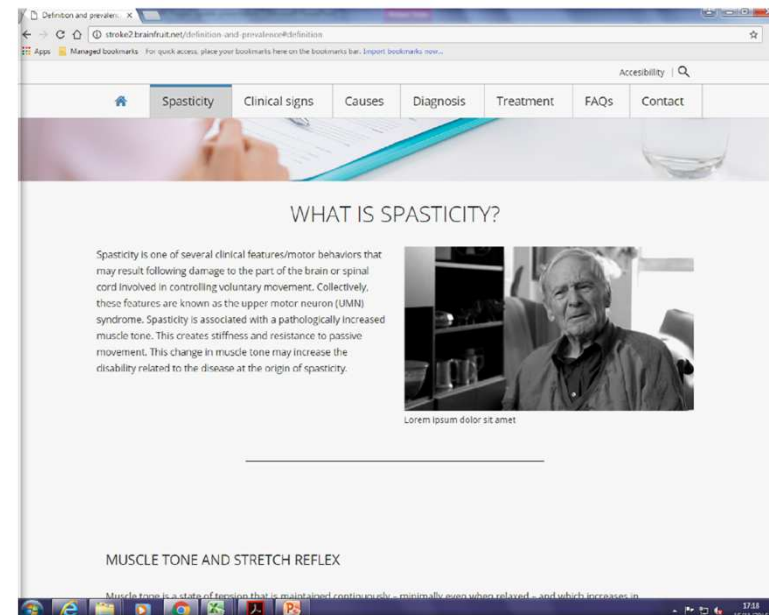
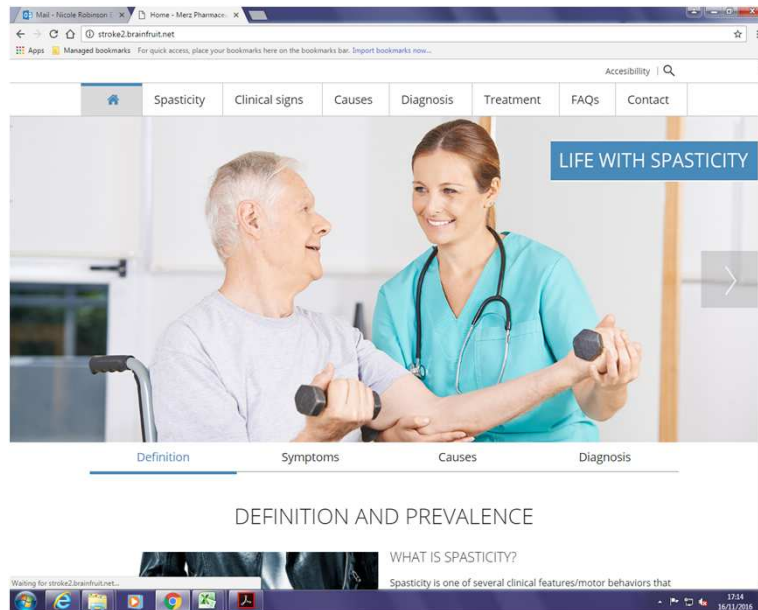
“The sub-sections are logical and a provide a coherent narrative for a non-specialist audience”

“A home button on each page, would save a lot of backwards arrow pushing”

“The development team should work on more illustrations and less text, authentic images, not from databases and warm colours”.



The Website



FAQs

What are the health implications of using Botox frequently?

Will my limbs ever go back to normal?

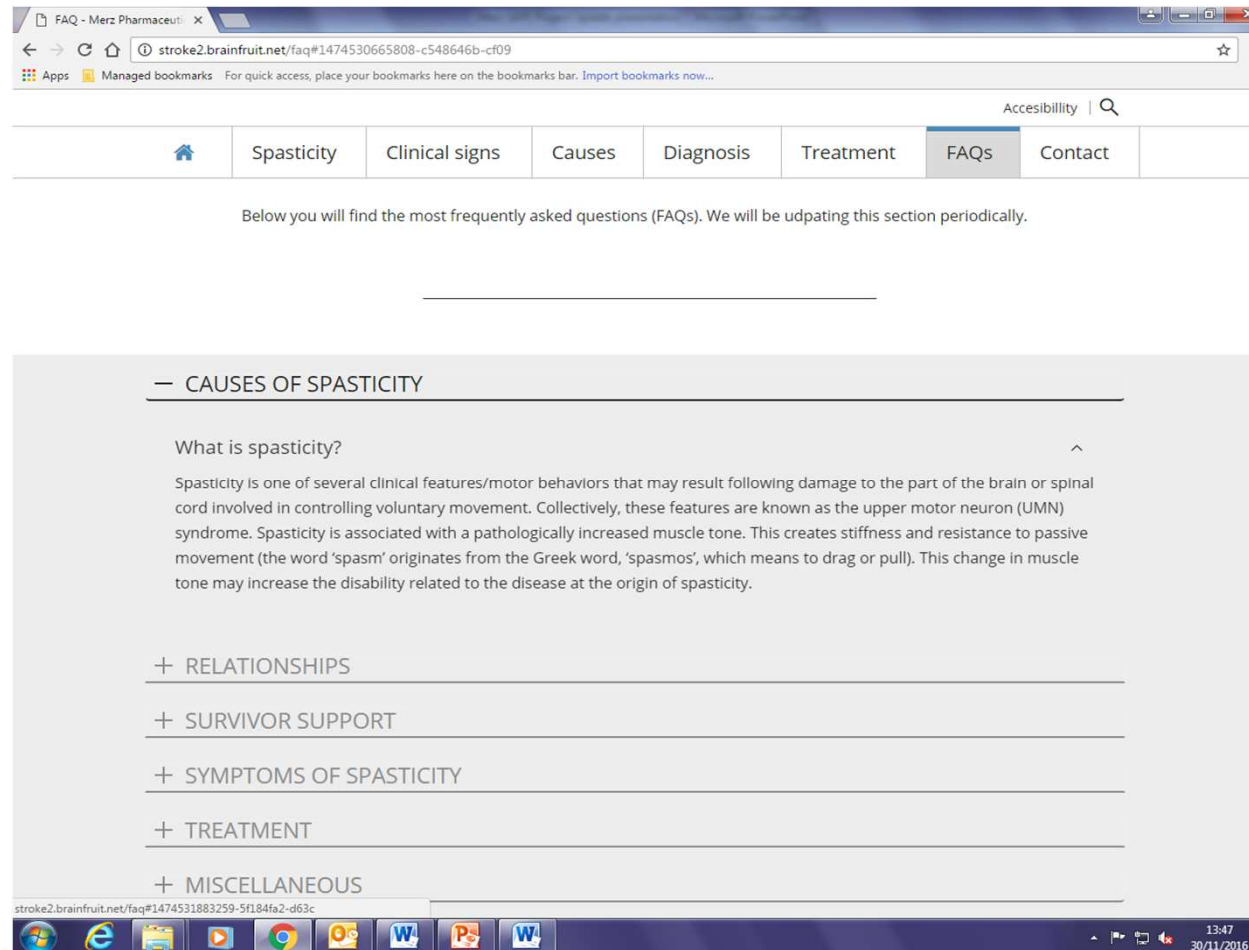
What should I do if I think I am developing spasticity?

I still experience spasticity after physiotherapy why didn't this treatment work?

What is the best treatment for stroke survivors with spasticity?



FAQs



The screenshot shows a web browser window with the URL stroke2.brainfruit.net/faq#1474530665808-c548646b-cf09. The website has a navigation bar with links: Home, Spasticity, Clinical signs, Causes, Diagnosis, Treatment, FAQs (selected), and Contact. Below the navigation bar, a message states: "Below you will find the most frequently asked questions (FAQs). We will be updating this section periodically." The main content area is titled "— CAUSES OF SPASTICITY" and contains the following text:

What is spasticity?

Spasticity is one of several clinical features/motor behaviors that may result following damage to the part of the brain or spinal cord involved in controlling voluntary movement. Collectively, these features are known as the upper motor neuron (UMN) syndrome. Spasticity is associated with a pathologically increased muscle tone. This creates stiffness and resistance to passive movement (the word 'spasm' originates from the Greek word, 'spasmos', which means to drag or pull). This change in muscle tone may increase the disability related to the disease at the origin of spasticity.

Below the text, there are several expandable sections:

- + RELATIONSHIPS
- + SURVIVOR SUPPORT
- + SYMPTOMS OF SPASTICITY
- + TREATMENT
- + MISCELLANEOUS

The browser's taskbar at the bottom shows various application icons and the system clock indicating 13:47 on 30/11/2016.

Blogs

António Conceição- <http://spasmosnews.blogspot.co.uk/>



Katarzyna Siewruk- <http://stroketales.com/>

Tom Flaherty- Blog page under construction



Upcoming Activities

- *Board members creating advice video clips for the website.*
- *Developing the multi-messaging service.*
- *Global Multi-Disciplinary Consensus*



Contact details

Project Liaison Officer:

Nicole Robinson-Edwards

Email address: N.Robinson-edwards@stroke.org.uk

Number: 01527 903718

