

Can an arts based creative engagement intervention following stroke improve psychosocial outcomes? A feasibility trial of a creative engagement intervention for in-patient rehabilitation

Researchers

Dr Jacqui Morris, School of Nursing and Midwifery, University of Dundee

Dr Thilo Kroll, School of Nursing and Midwifery, University of Dundee

Mr Chris Kelly, Tayside Healthcare Arts Trust, NHS Tayside

Professor Brian Williams, NMAHP Research Unit, University of Stirling

Dr Gillian Mead, Royal Infirmary of Edinburgh

Dr Sara Joice, NMAHP Research Unit, University of Stirling

Professor Peter Donnan, Dundee Epidemiology and Biostatistics, University of Dundee

Background

Stroke is the main cause of complex adult disability in Britain. Stroke rehabilitation is typically task-orientated, focusing on physical and functional independence. Psychosocial consequences of stroke are serious and mediate recovery, influencing family relationships, community reintegration and quality of life. Therefore, improving psychosocial outcomes after stroke could improve overall recovery.

Creative arts programmes are increasingly used to address psychosocial outcomes in long-term and mental health conditions. These programmes focus on positive influences of engagement in creative art activities facilitated by artists. However there is little research into effects of creative engagement on psychosocial outcomes after stroke.

This study will explore remodel an established art engagement programme for stroke (the Creative Engagement Intervention) to refine it for use in a feasibility trial at two stroke rehabilitation units. The study will inform development of a subsequent randomised control trial to examine effectiveness of creative art engagement on psychosocial outcomes after stroke.

Aims of the study

Phase 1: Intervention Remodelling:

1. To remodel and finalise the Tayside CEI to produce a detailed, standardised and replicable definition of the intervention for use in a feasibility trial.
2. To identify appropriate outcome measures for use in a feasibility trial.

Phase 2: Patient Preference Feasibility Trial

1. To conduct a feasibility trial to assess the potential of the refined CEI to improve psychosocial health outcomes in patients receiving in-patient rehabilitation after stroke
2. To explore the impact of intervention preference on recruitment, retention and outcomes of a feasibility trial.

3. To explore the experiences of stroke survivors and rehabilitation staff of the remodelled CEI.

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Contact

For more information about this project contact Jacqui Morris j.y.morris@dundee.ac.uk