
Contact information of individual submitting the abstract

Name: Elizabeth Lynch

Title: Dr

Email: Elizabeth.lynch@adelaide.edu.au

Phone number: +61 422 963 471

Address: 7 Clarke St, Norwood, SA 5067, Australia

Abstract Information

Title: Evidence-based rehabilitation – is partnering with patients the solution?

Author(s) (please add a * to trainee and ^{KU} to knowledge user's last names): **E Lynch**¹, **R Harling**^{KU, 2}, **M West**^{KU, 2}, **F Cooper**^{KU}, **D Cadilhac**³, **G Harvey**¹

Affiliation(s) (corresponding to a superscript number beside the author's last name):

1. Adelaide Nursing School, University of Adelaide
 2. SA Health
 3. Monash University
- Fawn Cooper has had a stroke and is retired.
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Abstract

(250 word maximum)

Purpose:

To evaluate the feasibility of co-designing strategies to promote both the delivery of evidence-based rehabilitation and patient and family experiences in stroke rehabilitation.

Methods:

Stroke survivors, carers and health professionals worked collaboratively at one inpatient rehabilitation facility to identify implementation priorities and develop implementation strategies that met the needs and preferences of stroke survivors and carers, and were feasible and sustainable. Monthly meetings were held over 6 months to review and tailor strategies.

On completion, health professional and consumer participants were interviewed.

Results:

The priorities for implementation were information provision, activity outside therapy times and continuity of nursing care.

Strategies included development and distribution of new information resources, redesign of ward spaces, access to equipment and activities on weekends, patient feedback sessions to staff and re-organisation of patient-nursing allocations.

Clinicians reported that collaborating with consumers led to the identification of areas for service improvement that were not always apparent, and was a powerful source of motivation. Co-designing with consumers facilitated clinicians to focus on holistic rehabilitation, resulting in unanticipated personal benefits: *"It's almost been a bit of self-care"*.

Consumer participants reported feeling valued and privileged to be involved in the project, and described personal benefits such as increased understanding of their own recovery. The consumer group requested to continue working with staff to improve future service delivery.

Conclusions:

The project shows that engaging end-users of research in implementation is feasible and positively received by both health professionals and consumers. Quantitative evaluation of the implemented strategies is currently underway.
