

# Examining which implementation strategy facilitates the adoption of a Stroke rehabilitation guideline for care homes

## FUNDING

National Institute for Social Care and Health Research

£59,993

## RESEARCH QUESTION

Which implementation strategy enables care homes to implement Stroke best practice guidelines?

## DESIGN

A realist synthesis of the evidence-base for the management of Stroke rehabilitation in care home settings will be performed. An implementation strategy for the implementation of an evidence-based Stroke rehabilitation guideline within care homes will be developed.

The implementation strategy will be tested and evaluated using a feasibility study of guideline implementation within one residential and one nursing home.

## THE TEAM

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## RESEARCH QUESTION

Stroke affects between 174 and 216 people per 100,000 population in the United Kingdom (UK) each year, and accounts for 11% of all deaths in England and Wales. A quarter of all people who are admitted to hospital with a Stroke are discharged to a care home. Others are admitted directly from their own home to a care home after a Stroke. A further group have their Stroke (or further Stroke) while they are resident in a care home. Stroke is the second most common diagnosis of people in living in care homes.

The high prevalence of stroke with associated long-term disability in individuals residing in English and Welsh care homes demonstrates that it is essential to examine what works, in terms of rehabilitation interventions for Stroke survivors in England and Wales, and how the existing Stroke best practice guidelines can be implemented effectively into the care home setting.

In reality, current evidence would suggest that the policy intentions within the Stroke Strategy are not currently having the desired impact upon the lives of care home residents. This research study aims to establish an implementation strategy to enable care homes to apply Stroke best practice guidelines in day to day practice. The key to this investigation is to gain an understanding of the barriers and enablers to implementing existing Stroke best practice.

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