

ReaDySpeech for people with dysarthria after stroke: feasibility of the intervention

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Structure of today's talk:

- Why dysarthria?
 - Evidence & clinical practice
- ReaDySpeech research
- What next? Maximising the impact

Why dysarthria?



Dysarthria Cochrane review **5** trials versus Aphasia

Cochrane review **57** trials

(Mitchell, 2017: Brady 2016)

The impact

“Tiring, upsetting and frustrating, the reality of dysarthria smacks me in the mouth every time I attempt speech.”

“Dysarthria is imprisoning, limiting my life to the people and places that I know. I would no more engage in a new friendship or relationship than fly. Dysarthria has robbed me of the confidence to try.”

Sorry, what did you say? Living with dysarthria (unclear speech) after stroke

Evidently Cochrane

Sharing health evidence you can trust



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Annette, research advisor and blogger

What we know about dysarthria?

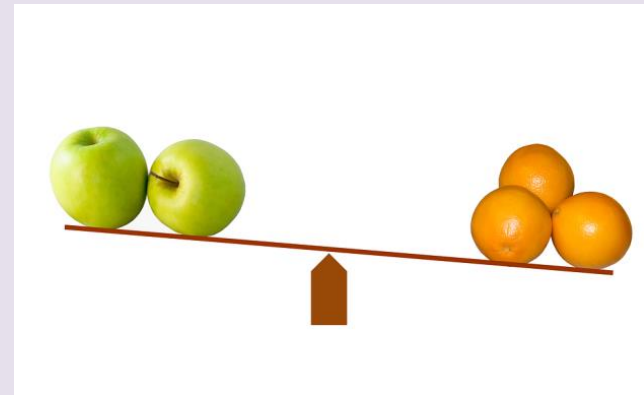


- Incidence & prevalence?
- Natural history of recovery?



So what did the Cochrane review find?

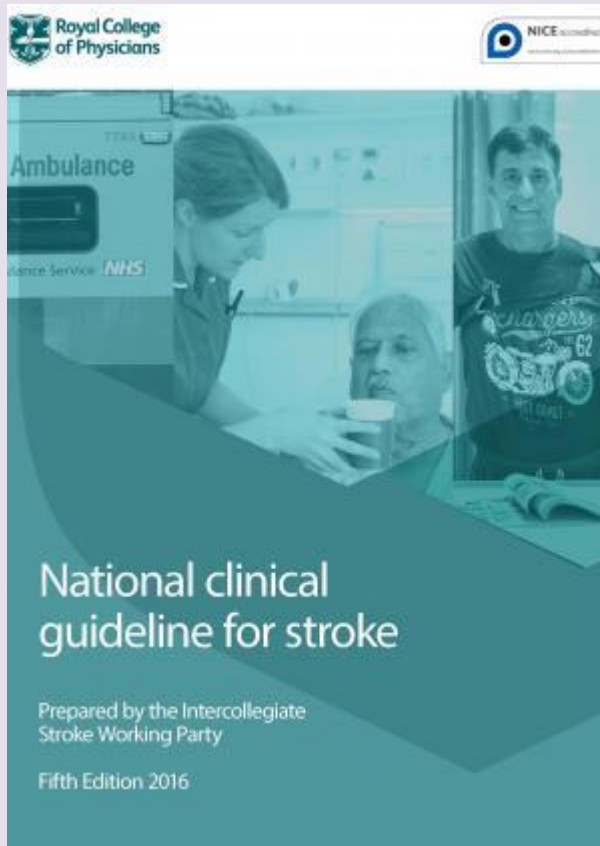
- No definitive adequately powered trials
- Outcome measures <http://www.comet-initiative.org/>
- Patient input: intervention and outcomes
- Duration, timing, intensity



Intervention?



- Impairment level?
- Activity level?
- Participation level?
- All of the above?



What about the guidelines?

- Activity and participation

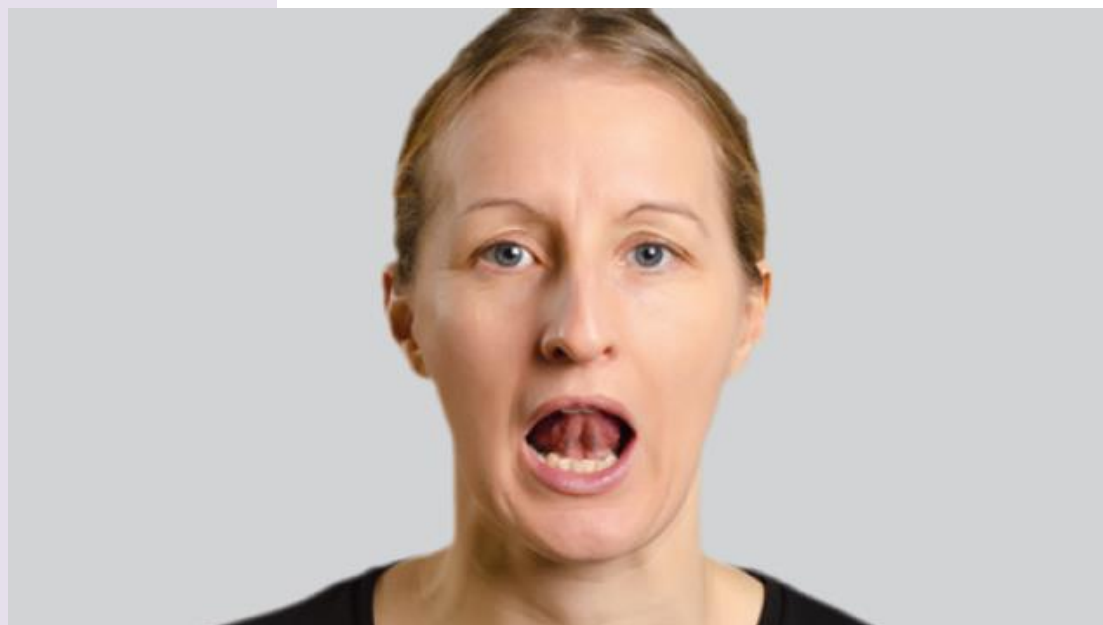
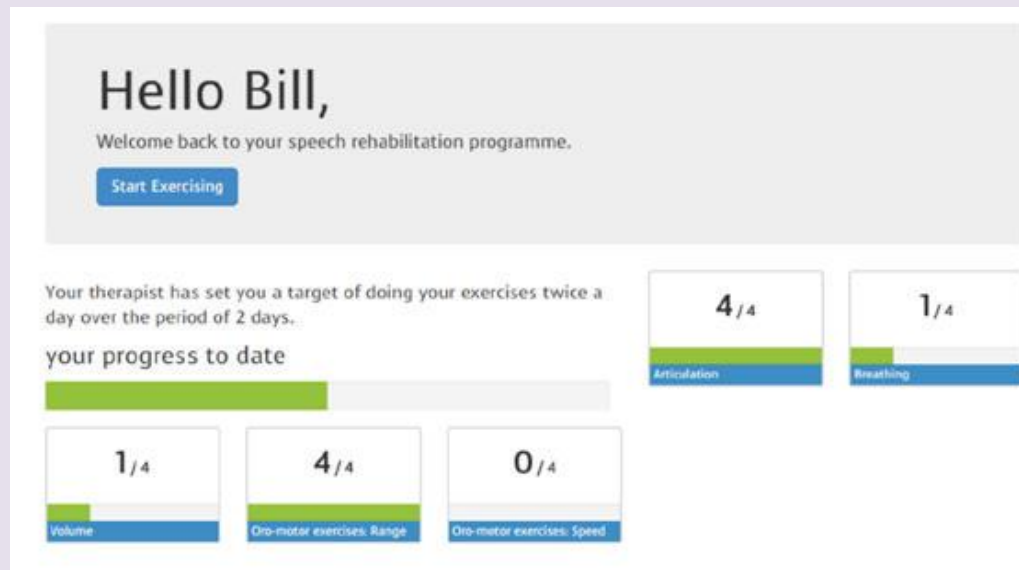
What do we do?

- Impairment and activity (Miller, 2017)



ReaDySpeech: online programme

- Intensity
- Quality
- Duration
- Timing



Development

- Focus groups
- If we build it will they use it?
- Feasibility randomised controlled trial



Following MRC guidance to develop & evaluate complex interventions, 2008

Adults with dysarthria after stroke screened for eligibility n=116

Excluded n=42

Eligible for study n= 74 (64%)

Declined involvement in study n= 34

Randomised 2:1 ratio= 40 (54% consent rate)
male 30: female 10, mean age 69 years, range 37-99

Allocated to **usual care** n= 14

Received intervention n=14

➤ Lost to follow-up (n=0)

Allocated to **ReaDySpeech** n= 26

Received intervention (n=16)

Didn't get intervention (n= 7)

➤ Lost to follow-up (n=3)

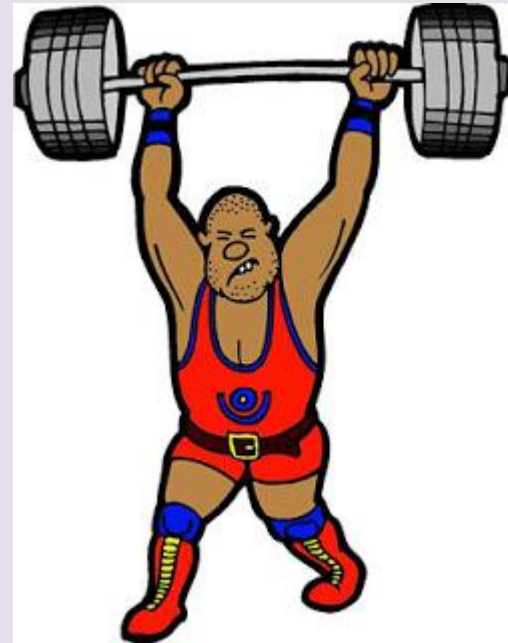
Feasibility of the intervention

- What was delivered?
- What was done?
- What participants thought?



Maximising the impact – where next?

- More high quality research
- Outcome measures
- Basics
- Intensity – how many reps?



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