

Remote Provision of 'Next Steps' Exercise Class in People with Stroke: An Online Survey of Participants' Experience

Praveen Kumar, Ellie O'Hanlon, Elinor Clift, Tilly Brooks, Becca Fry, Andrea Deeks

INTRODUCTION

- **Bristol After Stroke** and the **UWE Bristol-based 'Next Steps' programme** provides **physiotherapist-led group exercise for people with stroke (PwS)**.
- During the **COVID-19 pandemic**, **telerehabilitation (TR)** delivery has continued care remotely and virtually, given face-to-face unfeasibility.

AIM

- To gain an understanding of participant's acceptability of 'Next Steps' classes delivered remotely, in relation to exercise, communication, technology and accessibility

METHOD

- **Design:** Cross-sectional online survey
- **Platform:** Qualtrics
- **Participants:** People with stroke who participated in Next-steps class
- **Recruitment:** Through Bristol After stroke
- **Ethics:** Faculty Ethics Sub-committee, UWE
- **Analysis:** Descriptive and synonym-based word frequency analysis

CONCLUSION

F2F - Improved socialisation; builds confidence; has greater equipment availability
Online: No travelling; Convenience, Increased independence; Similar to 1:1;
Facilitated full attendance; Loss of in-person assessment; Only acceptable alternative during COVID-19

RESULTS

Demographics: 13 people with stroke (9 Female: 4 Male); Age: 55-64 years, Time since stroke - 2 months to 4 years. Technology used: a tablet / iPad

Key findings

Questions (total n):	n (%)		
	Agreement	Neutral	Disagreement
Exercise:			
Exercises challenging (13)	9 (69)	4 (31)	-
Confident exercising (13)	9 (69)	2 (15)	2 (15)
Appropriate equipment available (13)	11 (85)	1 (8)	1 (8)
Safe and comfortable exercising (13)	12 (92)	-	1 (8)
Goal-specific (13)	10 (77)	3 (23)	-
Felt improvement (13)	9 (69)	3 (23)	1 (8)
Felt motivated (13)	12 (92)	1 (8)	-
Communication:			
Could see/hear physiotherapist (13)	10 (77)	2 (15)	1 (8)
Could ask questions; input recognised (13)	9 (69)	3 (23)	1 (8)
Socialisation opportunity (13)	3 (23)	5 (38)	5 (38)
Technology:			
Easy to access via 'Zoom' (13)	12 (92)	-	1 (8)
Accessibility:			
Increased participation (13)	8 (62)	4 (31)	1 (8)
More convenient than f2f (13)	8 (62)	3 (23)	2 (15)
Participation preference of virtual, even post COVID-19 (13)	8 (62)	3 (23)	2 (15)
Suitable f2f alternative (13)	11 (85)	1 (8)	1 (8)

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