

The effect of an exercise and education programme on transient ischaemic attack (TIA) and non-disabling stroke: a randomised controlled pilot trial

ACTRN12611000630910

Status RECRUITING
Sponsor Massey University
Enrollment 60 participants

Plain Language Summary

This pilot study tests whether an exercise and education program helps people who have had a minor stroke or TIA (transient ischaemic attack, sometimes called a 'mini-stroke') reduce their risk of having a full stroke or another vascular event. The program combines supervised exercise with education about managing risk factors like high blood pressure, high cholesterol, physical inactivity, and smoking.

You may be eligible if:

- You have been diagnosed with a TIA or a non-disabling stroke by a specialist at Wellington Hospital

You may NOT be eligible if:

- You need oxygen support
- You have uncontrolled angina or unstable heart problems
- You have uncontrolled diabetes
- You have major medical conditions, poor leg circulation (claudication), or a fever
- You have significant cognitive impairment
- You are unable to walk

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Diagnosis of TIA/non-disabling stroke after review by a specialist stroke physician at Wellington Hospital.

Exclusion (1)

- Oxygen dependence, uncontrolled angina, unstable cardiac conditions, uncontrolled diabetes mellitus, major medical conditions, claudication, febrile illness, significant cognitive impairment, immobile

Locations (1 total)

New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000630910>

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