

# Does a stroke self-management program for people with mild stroke discharged home improve recovery outcomes as compared to usual care?

ACTRN12616000799459

---

<b>Status</b>	RECRUITING
<b>Sponsor</b>	The Prince Charles Hospital
<b>Enrollment</b>	96 participants

## Plain Language Summary

---

This trial is testing a new program called MiStrEnGTH — a self-management program for people who have had a mild stroke and are being discharged home. Many stroke survivors feel unprepared to return to daily life after leaving hospital. The program, led by allied health professionals, provides support, education, and goal-setting for the first 6 months after discharge. The trial will compare participants in the program to those receiving usual care.

You may be eligible if:

- You are 18 years or older
- You were admitted to hospital with a confirmed mild stroke
- You are being discharged home or to a community environment (not a care facility)
- You have sufficient language and thinking ability to participate and give consent

You may NOT be eligible if:

- You do not have enough language or thinking ability to consent and complete assessments
- You are being discharged to a residential care facility
- You have dementia, severe mental illness, or other conditions that would limit participation

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

## Key Eligibility Criteria

---

### Inclusion (8)

- Stroke participants
- admitted with a confirmed new onset mild stroke
- receive acute hospital management only
- discharge destination is home or a community environment
- Carers of the stroke participant
- ... and 3 more (see full listing online)

### Exclusion (6)

- Stroke participants
- inadequate language or cognition to provide informed consent and / or complete outcome measures
- discharged to residential care facility or other healthcare facility
- existing comorbidities likely to limit participation in program (e.g. dementia or severe mental illness)
- Carers of the stroke participants
- ... and 1 more (see full listing online)

---

## Locations (2 total)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000799459>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).

The Prince Charles Hospital - Chermside, QLD, Australia  
Royal Brisbane & Womens Hospital - Herston, QLD, Australia

---

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000799459>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.