

CardiacRehabPlus: Innovation to improve outcomes for TIA and cardiac rehabilitation patients

ACTRN12619000229178

Status	RECRUITING
Sponsor	National Ageing Research Institute
Enrollment	35 participants

Plain Language Summary

A transient ischaemic attack (TIA), often called a "mini-stroke," is a brief episode where blood flow to part of the brain is temporarily blocked. While symptoms usually resolve quickly, the risk of a full stroke is significantly elevated afterward. Despite this, most people who experience a TIA receive little to no rehabilitation — even though many have subtle balance and walking difficulties that go unnoticed.

The CardiacRehabPlus program addresses two gaps at once. First, it provides TIA and minor stroke patients with access to structured rehabilitation through existing cardiac rehabilitation services. Second, it screens people already attending cardiac rehabilitation for hidden balance and gait problems — and offers targeted exercises if any are found.

This study has two streams. You may be eligible for the TIA/minor stroke stream if you have had a confirmed TIA or minor stroke within the last 12 weeks, have minimal lasting disability, and can walk independently. You may be eligible for the cardiac stream if you have been diagnosed with a cardiac condition and have recently started the cardiac rehabilitation program at St Vincent's Hospital Melbourne. All participants must be 18 or older and able to communicate in English.

Key Eligibility Criteria

Inclusion (15)

- For both cohorts:
- Aged 18 and over
- Living in the community (home, independent living unit, retirement village)
- Able to communicate in English
- Able to provide informed consent
- ... and 10 more (see full listing online)

Exclusion (1)

- Participants will be excluded if they have any other neurological conditions

Locations (2 total)

St Vincent's Hospital (Melbourne) Ltd - Fitzroy, VIC, Australia
St Vincent's Private Hospital - Kew, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619000229178>

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