

HIPS/26/1015 - ReACT-OT: Rehabilitation for ACTivities of daily living with Occupational Therapy after stroke: an individual participant data meta-analysis.

Background: In Scotland, approximately 30 people/day have a stroke. Over a million UK stroke survivors live with consequences including difficulties completing everyday activities (e.g. washing and dressing). Six years after stroke, 40% still have problems with everyday activities. Occupational Therapy (OT) helps survivors regain skills needed for everyday activities. However, current guidelines bundle OT with other therapies, recommending three hours/day, five day/week, making it unclear how OT should be delivered, to whom, or whether this is realistic for everyone.

Aim: To find out which OT approaches work best for whom, and how much is needed to improve everyday activities.

Methods: We will bring together international data on OT for everyday activities after stroke. We will ask researchers to share anonymous individual participant data and analyse this using a method called individual participant data meta-analysis. This avoids wasting valuable research and allows us to look at which approach works best for different populations. We already have data from 2,920 participants from 19 RCTs and have identified 357 additional RCTs. We will also examine information from these studies to understand what helps or hinders OT delivery for different populations.

Implications and impact: We will give therapists, health services and policymakers clear guidance on who, what, how much, and when to deliver OT effectively to improve everyday activities, making best use of limited resources. This will support stroke survivors to get the right help at the right time and generate findings useful for Scottish health and social care services, with clear international significance.