

# STROKE RECOVERY PROGRAM™

## Outcomes Trial & Functional Outcomes Trial

JFK Johnson Rehabilitation Institute (JRI)'s STROKE RECOVERY PROGRAM™ (SRP) is an innovative approach to post-stroke care and coordinates medical rehabilitation for stroke survivors. It's a unique program and follows patients through the continuum of their recovery for one year after stroke. Modeled after the Mayo Clinic Cardiac Rehabilitation Program for patients after myocardial infarction and angioplasty, it provides a comprehensive post-acute program including interval cardiovascular conditioning for 36 sessions post event, risk factor management, nutritional guidance, and rehabilitation psychology. This program at the Mayo Clinic has proven to reduce mortality in the cardiac patient population by 45% (Goel 2011). We are utilizing this model and applying it to the stroke population. Patients in our research studies have sustained a stroke, have been treated at local acute care hospitals, and then are admitted to JRI for an acute rehabilitation hospitalization. Afterwards, they are discharged to our Outpatient SRP.

The first IRB approved protocol compares patient outcomes for two groupings. The Control group will follow a traditional rehabilitation program post-acute discharge. The Participant group will follow a traditional rehabilitation program with additional medical, educational, nutritional, risk factor management and interval cardiovascular conditioning services for 36 sessions post event and follow-up for one year post event. Pilot data is encouraging. These studies aim to prove that stroke survivors benefit from improved access to quality care, and shift support to change public policy.