



IMPACT REPORT JUNE 2023

Executive Summary:

The Center treated a total of 70 stroke survivors during the spring of 2023, with 31 males and 39 females seeking treatment. The clients' age range was 36 to 87 years old, and the time since their stroke varied from 7.8 to 11.5 years. The majority of clients sought treatment for aphasia (42), followed by physical therapy (20), occupational therapy (6), and nutrition/overall health (2). A satisfaction survey was conducted at the end of the semester, with 21 clients providing strong positive feedback about their experience. Clients expressed motivation, hope, and accountability as the greatest benefits of their visits.

We made significant progress in community engagement and outreach. Activities included the development of collateral materials, articles submitted to industry publications, and establishing partnerships for community events. Notable events planned include a Wellness Walk for stroke survivors, a stroke awareness and prevention talk, and participation in a health fair.

The Center's stroke recovery research has resulted in the publication of 17 papers, covering a range of topics related to stroke treatment and outcomes. Various journals, including *Topics in Stroke Rehabilitation and Neurorehabilitation* and *Neural Repair*, published these studies.

Overall, the Center's services have positively impacted stroke survivors, with high client satisfaction and ongoing research contributing to advancements in stroke recovery. The Center's commitment to personalized treatment plans and community engagement demonstrates its dedication to improving the lives of stroke survivors.

Number of Stroke Survivors Treated

During the spring of 2023, the Center treated 70 stroke survivors (clients), 31 of which were male and 39 of which were female. 42 of these clients were seeking treatment for aphasia, 20 clients were seeking treatment for physical therapy, 6 for occupational therapy, and 2 clients were seeking treatment for nutrition and overall health. The age range for these 70 clients is 36 – 87 years old. The average time since their stroke ranged from 7.8 – 11.5 years.

At the end of every semester, each client is asked to fill out a satisfaction survey to help us evaluate our program and ensure every client is receiving the care they need. Of the 70 clients treated this spring, 21 responded to the survey with strong positive confirmation. This survey



asks about every part of their visit including logistics around accessing the building, whether they felt respected, if they felt heard, and if they were provided with clear explanations to their questions. When asked about the greatest benefit of their visit, some of the responses included, “...kept me motivated and hopeful in my recovery.” and “It helped me stay accountable for my wellness journey.”

Community Engagement, Education, and Outreach

During this first year, the Center has made great strides in ramping up outreach. The activities include research and development of collateral for the Center, such as the IHP BE FAST logo and brochure, magnets, presentation, and the website. Currently, we are working on improving the system to better track demographic and outcomes information for clients with stroke seen for services at the Center. The submission of articles to Rehab Management Magazine and the Brain Injury Association of Massachusetts newsletter has also been overseen. Additionally, local needs have been assessed, and relationships for partnership opportunities have been established.

Several community events are being planned, including a Wellness Walk at the New England Aquarium for stroke survivors in partnership with the Coalition for Resilient and Inclusive Waterfront (July 26th or 28th, 2023), a talk at ABCD in the North End in partnership with New Health on stroke awareness and prevention (July 27, 2023), participation in a health fair at New Health in Charlestown promoting stroke awareness and prevention (August 8, 2023), and the IHP Community Impact Day (September 8, 2023).

For the IHP Community Impact Day, more than 500 IHP students, faculty, and staff will work with community groups and other non-profit organizations in Charlestown and around Greater Boston. During this day, participants will support more than 40 sites, providing healthy living strategies, cleaning up parks, making blankets with seniors, painting rooms, and engaging in other activities. This year, there are plans to partner with sites like Spaulding Rehab and Chelsea Elderly Services to increase the knowledge of stroke prevention strategies and the warning signs of stroke, including activities around physical activity and nutrition information. Additionally, this is an opportunity to distribute informational material highlighting the BE FAST acronym to multiple sites across the city. The Community IMPACT Day t-shirts will also be branded with the Tedy's Team logo.



Bio of a stroke survivor utilizing our services

Anthony (Tony) Spirito

In 2004, Tony suffered a stroke and lost his ability to communicate and comprehend written or spoken language clearly and fully. He has Aphasia and Apraxia. The physical damage to his brain is permanent and his efforts to improve are lifelong. “I have come a long way since Day 1, when I could not utter nor understand a word, and there is still a long way to go.” He is currently seeking services to treat his Aphasia.

“My journey would not be nearly as steady and strong as it has been without this support. There is a magical mix that happens between the staff, students, and clients that just brings out the best in everyone. There is a lot of hard work and learning wrapped up with caring and celebration of achievements.”

Stroke Recovery Research

In 2022, there were 17 stroke-related papers published by researchers connected with Tedy’s Team Center of Excellence in Stroke Recovery. Seven of these studies included topics such as investigating treatments for deficits after stroke in motor and physical function and language (medication, high-intensity interval training, dual-task training, mirror therapy, vagus nerve stimulation, and intensive aphasia program). Six of these studies covered topics such as exploring the use of technology, clinical measures, and other client characteristics to assessing and predicting various outcomes after stroke such as motor recovery, language ability, falls, and participation. The last 4 of these studies revolved around developing educational and support interventions for caregivers of stroke survivors. (Full list of publications is available upon request).

Some of the journals that published these studies included *Topics in Stroke Rehabilitation*, *Neurorehabilitation and Neural Repair*, *American Journal of Occupational Therapy*, and *Brain Sciences*.

Number of people who were discharged from services during that year

As discussed, we do not see the same discharge rates as hospitals since the treatment plans for stroke survivors who come through this center are different. That said, three stroke survivors who were seeking treatment for Aphasia have decided to take a break and return in the fall and four stroke survivors who were seeking treatment for occupational therapy are not returning. If anything, this reflects the Center’s ability to be flexible with the stroke survivors that are seen and work with them to create a personalized treatment plan.



Conclusion

In conclusion, the Center has been instrumental in providing multifaceted and comprehensive treatment services to stroke survivors. The data obtained in the spring of 2023 highlights our diligent efforts in delivering patient-centered care, which was affirmed by the significant positive feedback from our clients. Our commitment to enhance and personalize the care of our clients has reflected in their responses, highlighting motivation, hope, and accountability as key benefits.

Our community engagement, education, and outreach initiatives have not only amplified our presence but also facilitated in creating a healthier and more informed community. We've made strides in establishing beneficial partnerships and are excited about the upcoming community events. We're confident that these efforts will amplify our reach and provide education and resources to a larger population.

Our research endeavors have successfully contributed to the broader scientific understanding of stroke recovery, as evidenced by the 17 published papers in respected journals. We continue to explore innovative methods and interventions that can better the lives of stroke survivors and their caregivers. Moving forward, we are committed to sustaining these efforts, always striving to improve and innovate for the benefit of stroke survivors and the broader community.