



SPECIAL EU PROGRAMMES BODY

Project Case Study: The REfLECTS Study Stroke Bootcamp

THEME:

Health & Social Care

FUNDING (ERDF+MATCH):

€10,601,181.20

MATCH FUNDERS:

Department of Health
Northern Ireland

Department of Health
Ireland

LEAD PARTNER:

Public Health Agency,
Northern Ireland

PROJECT PARTNERS:

Health Research Board,
Ireland

Start Date: 01/09/2016

End Date: 30/06/2023



[https://
research.hscni.net/
chitin](https://research.hscni.net/chitin)



@CHITINProject

The Cross-border Healthcare Intervention Trials in Ireland Network (CHITIN) is a unique partnership between the Public Health Agency in Northern Ireland and the Health Research Board in Ireland, who are working together to deliver 11 Healthcare Intervention Trials (HITs). The HITs will help to prevent and cure illness and promote improved health and well-being.

The REfLECTS (randomised controlled trial of mirror box therapy in upper limb rehabilitation with sub-acute stroke patients) project is just one of such interventions: investigating the effectiveness of mirror box therapy in improving movement of the arm with stroke survivors within three months of stroke onset.

In June 2021 (14-18), it held a week-long digital event called the 'Stroke Bootcamp.' The Bootcamp will become an annual event for the next three years and will deliver a programme of specialist training and development activities to Allied Health Professionals (AHPs) in Northern Ireland and Ireland. Combining morning, lunch and afternoon sessions, the event featured a number of expert guest speakers, live polls and facilitated Q&A's from attendees.

This was a first-of-its-kind event, generating a lot of excitement amongst the AHPs including Occupational Therapists, Physiotherapists, Speech and Language Therapists, Orthoptists, and Service Commissioners; exceeding the registration target with over 400 attending.

"The inaugural stroke bootcamp was a fantastic, jam-packed week full of learning and professional development opportunities. The programme, led by the CHITIN-funded REfLECTS Study team members, featured a blend of live lectures and practical sessions on 'hot topics' in stroke, as well as two live research studies.

Delivery was complemented by eminent speakers from all over the world, reinforcing the positioning that AHPs in Ireland are part of an international community of stroke practitioners, academics and researchers. Feedback from the trainees has been overwhelmingly positive and we are looking forward to building upon the success of this event for the 2022 and 2023 bootcamp events."

Dr. Alison Porter-Armstrong (Ulster University)