



# A Web-Based App to Support Collaborative Care in Older Adults with Stroke and MCC

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## FUNDERS

Max Bell Foundation

Canadian Institutes of Health  
Research (CIHR) Catalyst Fund



**CIHR IRSC**  
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

## About the Aging, Community and Health Research Unit (ACHRU)

ACHRU researchers promote optimal aging at home by designing and evaluating new and innovative community-based healthcare interventions to improve access to healthcare and quality of life. Studies focus on the prevention and management of multiple chronic conditions among older adults and support for family caregivers.

## What is this research about?

Researchers are studying a new way of providing outpatient stroke rehabilitation services for older adults with multiple chronic conditions (MCC) and stroke living in the community. This new approach involves an interprofessional stroke team providing: regular in-home visits and conducting monthly case conferences, supported by a new web-based application (app) MyST (My Stroke Team).

The overall goal of this research is to examine the feasibility of this new approach to the delivery of stroke rehabilitation for older adult stroke survivors with MCC.

## How will the researchers get their findings?

This study will involve 30 adults over 55 years of age, who have had a stroke and have MCC and are receiving outpatient services for rehabilitation. A dedicated inter-professional rehabilitation team including a nurse, occupational therapist, physiotherapist, social worker, and speech language pathologist will provide recovery services as well as chronic disease prevention and management through regular in-home visits to participants.

## What do the researchers expect to find?

The intervention is expected to support community reintegration by providing:

- Easier navigation for patients to community-based programs and services
- Greater use of best practices for hospital and community-based management of stroke and MCC
- Patient and family-centred care with a proactive and comprehensive

approach that focuses on health promotion and disease prevention

- A focus on empowering patients to take a lead role in the self-management of their health, stroke recovery, and the prevention and management of other chronic conditions

The MyST app is expected to improve communication and collaboration of care among health care providers through the following features:

- A single place for health care providers
- A common space for goal creation and follow-up
- Alerts that bring important items to the attention of the rehabilitation team
- Links to local community resource information

The data collected from this study will be used to modify and update the MyST app. Next steps are to scale-up this study using a randomized controlled trial (RCT) design to test the effectiveness of the MyST app in supporting a health care team in the community in providing rehabilitation to people who have had a stroke and their caregivers.

## Why is there a need for this research?

It can be challenging for adult stroke survivors with MCC, their family caregivers and their health care providers to navigate and coordinate outpatient rehabilitation services for optimal stroke recovery. Stroke survivors with MCC move between multiple care settings, and so they are at high risk of receiving fragmented care leading to increased risk for avoidable illness, death, and health care costs.

New approaches including interventions and mobile technologies have the potential to improve the delivery of community-based services by supporting collaboration and care coordination among the inter-professional healthcare team, clients and family caregivers.