On behalf of my co-authors, I am proud to announce the publication of a book chapter:

**NEW – Circuit class therapy book chapter**

On behalf of my co-authors, I am proud to announce the publication of a book chapter:


The whole chapter is freely available to download as a pdf via this link: [http://www.intechopen.com/articles/show/title/group-circuit-class-therapy-for-stroke-survivors-a-review-of-the-evidence-and-clinical-implications](http://www.intechopen.com/articles/show/title/group-circuit-class-therapy-for-stroke-survivors-a-review-of-the-evidence-and-clinical-implications)

This book chapter brings together the current evidence for circuit class therapy, and importantly were evidence is lacking. It also discusses the theoretical underpinnings to circuit class therapy and has a great section on the practicalities of implementing group circuit class therapy. The final table includes a comprehensive list of activities and exercises quoted in the literature. This project was a collaborative effort with Liz Lynch and Ingrid van der Port. Liz was until recently Principle Physiotherapist, Stroke Rehabilitation Unit at Hampstead, and Ingrid is a fellow CCT researcher in the Netherlands. Ingrid has just finished a large RCT known as FIT-Stroke which looked at the effectiveness of CCT for people discharged from rehab, but within the first year post-stroke. The results are due out soon.

**Recruitment update**

Royal Melbourne (Parkville campus) recruited their first participant in March, and are up to a total of 8 already – well done team.

**Standing balance practice in pairs**

Hard to believe we are a third of the way through the year, and definitely on the home straight for CIRCIT trial recruitment. With all 5 sites up and running, recruitment has been steady and we are on track to complete recruitment by the end of 2012.

<table>
<thead>
<tr>
<th>Site</th>
<th>Recruited</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hampstead</td>
<td>109</td>
<td>109</td>
</tr>
<tr>
<td>Repat</td>
<td>37</td>
<td>37</td>
</tr>
<tr>
<td>St Margaret’s</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Osborne Park</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Parkville</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>TOTAL</td>
<td>186</td>
<td>186</td>
</tr>
</tbody>
</table>

66% of target sample!

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Thanks as always to our wonderful team of blinded assessors (both past and present) who continue to work hard to collect high quality data for us. Things do not always go to plan, so we are particularly thankful for your patience for the times spent waiting for people who do not show up, the repeated phone calls to organise assessments and the time spent patiently going through the lengthy questionnaires!

Our wonderful blinded assessors (from left): Alison Kirkman, Osborne Park, WA, Jane Searle, Repat Hospital, SA and Ruth Morarty, Royal Melbourne, Vic (Samantha was feeling a bit shy!)

Therapy compliance data

All those tick boxes and recording sheets are being examined for a reason! Thanks to the commitment and dedication of the treating therapists at all the sites, we are hitting our targets in regards to therapy sessions.

- **Usual care therapy**
  - Mean of 50 minutes per day
  - 9% of sessions missed

- **7-day week therapy**
  - Mean 47 minutes per day
  - 7% of sessions missed

- **Circuit class therapy**
  - Mean 132 minutes per day
  - 13% sessions missed

  Mean 4.4 participants per class

Upcoming presentations

The CIRCIT trial will have a presence at both a National and an International conference this year.

At the World Congress of Neurorehabilitation (Melbourne May 17-19) Coralie will be presenting a poster of Gurpreet’s systematic review on her behalf.

At Stroke 2012 (a combined meeting of the Stroke Society of Australasia and Smartstrokes NSW, Sydney August 29-31) the CIRCIT logo will pop up in a few places:

- We will be featured in the program of the pre-conference Australasian Stroke Trials Workshop on Tuesday the 28th August

- We will have two poster presentations: “The Six Minute Walk Test – is it a useful clinical measure for patients early after stroke?” is based on analysis of baseline walking data from the first 104 participants, and the other is an update of the trial’s progress.

- Coralie will be co-presenting a workshop preliminarily titled “Improving Mobility after stroke”.

Publications

The trial protocol is now published in the *International Journal of Stroke* – full citation below. Congratulations also to Gurpreet for the publication of her systematic review on activity levels during physiotherapy sessions.

If you would like a copy of any of the publications listed, please contact Coralie.

