

DSFA TEMADAG 2019

Kan opfølgning i specialiseret efter apopleksi og TCI forbedre forebyggelsen af nye blodpropper i hjernen?
Resultater fra INSPIRE-TMS studiet.

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INSPIRE-TMS

A support programme for secondary prevention in patients with transient ischaemic attack and minor stroke: an open-label, randomised controlled trial

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Background

- Stroke/TIA are at high risk of experiencing a recurrent ischemic event
- The risk can be reduced by evidence-based secondary prevention measures
- Quality of secondary prevention is frequently suboptimal in real life
- Effective support programs reported in patients with type-2 diabetes and coronary heart disease

Design

- Multicenter, Prospective Randomized Open Trial with Blinded Endpoint assessment (PROBE design)
- Study protocol registered in ClinicalTrials.gov (NCT01586702)
- Published BMC Neurology 2013

Inclusion criteria

- Minor stroke within 14 days from randomisation
or
- TIA within 14 days from randomisation with
 - DWI lesion in MRI or
 - ABCD2 ≥ 3
- Age $\geq 18y$
- At least one treatable vascular risk factor
 - Hypertension, diabetes, smoking
- Independent in ADL (mRS ≤ 2) at time of inclusion
- Being able to attend outpatient appointments

Intervention

- In addition to conventional care we applied in 8 outpatient appointments over 2 years
 - **Patient empowerment based on Motivational Interviewing**
 - Repeated **information** on pathophysiology and individual risk for recurrent vascular events and potentials of vascular risk reduction
 - **Assessment** of risk factors control and medication intake
 - **Feedback** regarding room for improvement and agreement on individual target plans
 - Complementary offers (e.g. information on group therapies for physical activity and smoking cessation)

Outcome definitions

Primary outcome

- Composit: Major vascular events
 - Stroke
 - Acute coronary syndrome
 - Vascular death

(Adjudicated by clinical event committee unaware of study arm)

Secondary outcomes in annual follow-ups

- Proportion of patients within therapeutic targets
- Intermediary outcomes (Physical fitness)
- Disability (modified Rankin Scale)