**INSsPiRE:** International Network of Stroke secondary Prevention Researchers

In December 2015, Maggie Lawrence hosted a meeting of fourteen UK and EU researchers, clinicians and academics with an interest in stroke secondary prevention of stroke, at GCU London. The main outcome of the meeting was that we are now established as a group INSspIRE). INSsPiRE includes researchers, clinicians and academics, from a range of healthcare professions, who have an active research interest in stroke secondary prevention, and specifically in trials of behavioural/behaviour change interventions.

The group agreed to look for funding to develop a **Consensus Statement on Outcomes and Outcomes Measures for use in Stroke Secondary Prevention (behavioral) research**. The consensus statement will make recommendations about which outcomes to measure and what tools to use to report those outcomes. The need for this important work was identified following publication of three stroke secondary prevention systematic reviews, led by Maggie (see references below). The reviews **revealed a lack of** **high quality evidence** with which to inform **clinical practice** in secondary prevention and subsequently **improve outcomes for stroke survivors and families**. This lack of evidence is partly due to inconsistency in the choice of outcomes and outcome measures.

The hope is that by developing and publishing the consensus statement we will establish INSsPiRe as an important member of the global stroke research community. This will help us to extend our membership and to work collaboratively to improve **health and wellbeing outcomes** for stroke survivors and families around the world.

As you know, for the foreseeable future, stroke is predicted to remain a major cause of mortality and disability, globally. Stroke carries with it a high risk of recurrence, incidence of other cardiovascular events, and mortality. Whilst research efforts continue to reduce the incidence and effects of primary stroke, work on secondary prevention remains a vital, and until recently overlooked and underfunded, part of the journey of stroke recovery. INSsPiRE aims to raise awareness of these issues and to work towards providing **high** **quality, economically viable, evidence-based** solutions. The group seeks to do this in **collaboration** with third sector organisations and other key stakeholders.

For more information, please contact Maggie: [Maggie.lawrence@gcu.ac.uk](mailto:Maggie.lawrence@gcu.ac.uk)

Papers

**Lawrence M,** Pringle J, Kerr S, Booth J. 2016. Stroke survivors’ and family members’ perspectives of multimodal lifestyle interventions for secondary prevention of stroke and transient ischaemic attack: a qualitative review and meta-aggregation. Disability & Rehabilitation, 38(1):11-21 doi:10.3109/09638288.2015.1031831

**Lawrence M**, Pringle J, Kerr S, Booth J, Govan L, et al. 2015. Multimodal Secondary Prevention Behavioral Interventions for TIA and Stroke: A Systematic Review and Meta-Analysis. *PLoS ONE* 10(3): e0120902. doi:10.1371/journal.pone.0120902

**Lawrence M,** Booth J, Mercer S, Crawford E. 2013. A systematic review of the benefits of Mindfulness-Based Interventions following transient ischaemic attack and stroke. *International Journal of Stroke*, 8:465-474 doi:10.1111/ijs.12135