

## Stroke survivors' experiences and perceptions of Post Stroke Fatigue education in the subacute phase of Stroke: The FASE qualitative study

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**Introduction:** Post Stroke Fatigue (PSF) is a disproportionate and subjective mental or physical exhaustion, significantly impacting on stroke survivors' rehabilitation, morbidity and quality of life. Education is recommended to reduce the impact of PSF. The evidence-base of PSF education is scarce and inconsistently translated to practice. Research is necessary to understand the current provision, impact and perceptions of PSF education from the stroke survivor's perspective. The aim of the FASE study is to develop an understanding of stroke survivors' current experiences and perceptions of fatigue and the role of PSF education in the subacute phase of stroke.

**Methods:** A UK qualitative inquiry using semi structured interviews involving ten participants in subacute stroke was conducted using thematic data analysis.

**Findings:** The overarching theme of acceptance and adaptation reflected possible mechanisms in how stroke survivors manage PSF. Theme one highlighted the individual and diverse nature of PSF, including predictability, triggers, impacts and causes. Theme two, the variability of stroke survivor's current experience, reflected variability in content and context of PSF education, impact on recovery, perceived barriers and facilitators. Theme three, the role of stroke services described perceived responsibility

and ability of stroke services to provide PSF education. Perceptions of core education across the stroke diversity and tailoring of specific topics, strategies, timing, mode and format according to individual assessment was suggested

**Conclusions:** PSF education is complex with inconsistencies in practice. The findings have implications for professional training and improved stroke service collaboration. The results suggest further investigation of a stroke pathway approach for PSF education, involving core aspects suitable for a spectrum of stroke survivors with additional components tailored to individual needs.

### Biography

Tremayne JE is the clinical lead occupational therapist in acute stroke and neurology at the Royal Cornwall Hospital. She has completed her MSc in clinical research with a specific focus on post stroke fatigue. She has a keen interest in research, promoting and being a principle investigator for therapy stroke research studies and supporting the research development of other professionals. She facilitates the county occupational research interest group (ROTTERS), promoting the active engagement of AHPs in research. She also peer review for MSc colleagues and have collaborated with PhD research studies. Following her MSc she was also appointed an honorary clinical fellow for the Peninsular Clinical School and sit on the leadership management committee.

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