



**My Stroke Companion:
Personalised digital companion for
stroke survivors and their families**

A perspective from UCLH



University College London Hospitals
NHS Foundation Trust



Simone Browning
Dr Tim Ringrose

Stroke and the challenges¹



100 k

new strokes per year in the UK

4

4th biggest killer

In the UK



1.3 million

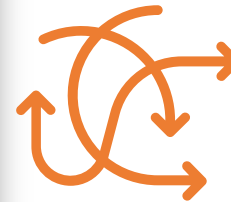
stroke survivors in the UK



Every stroke survivor's circumstances and stroke are **unique**



Clinicians lack time and resources



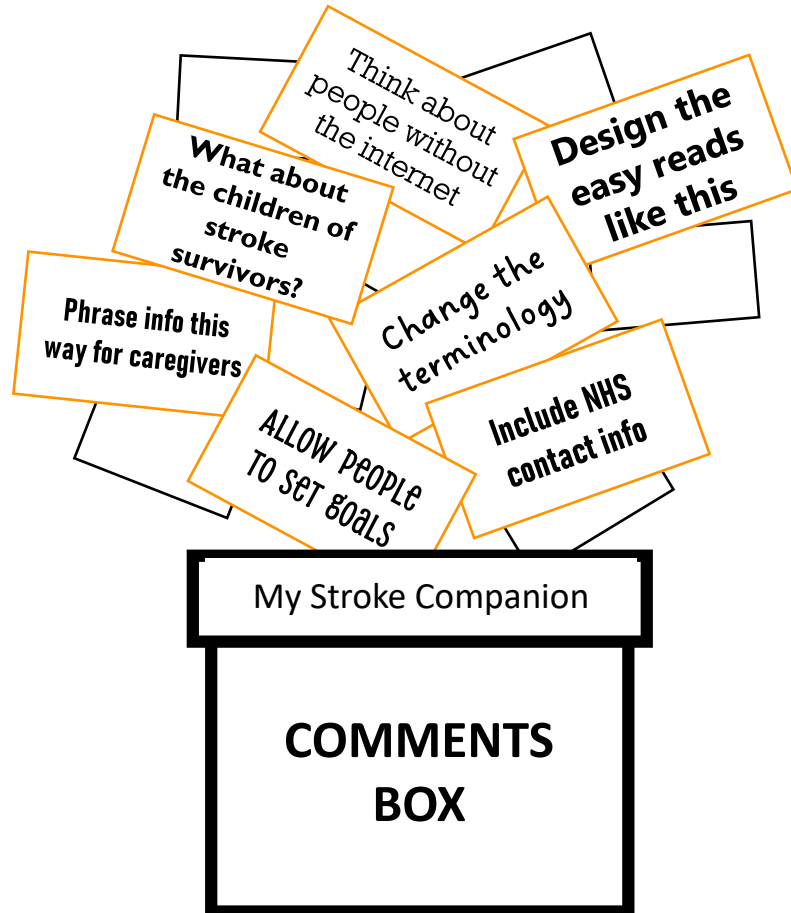
Lack of personalised resources to support



Difficult for caregiver / stroke survivor to **navigate**

Building a solution to meet the needs of the community and co-creating a solution

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Research with diverse groups of stroke survivors and family members



Guidance from the UK's leading stroke charities



Extensive user testing

Stroke
Association

Different
Strokes



Primary research

Quotes from qualitative research conducted as part of Phase 1



Stroke survivors

*“ I **didn’t understand** what type of stroke I had... Even after a Google I still didn’t understand what it meant ”*

*“ I looked for information online, and it was **just worrying** ”*

*“ The thing I wanted to know was exactly what happened when I had my stroke, but **nothing too medical** ”*

Family members

*“ What I really needed was **a good roadmap of local services**, or at least **signposting** to links in our area ”*

*“ **We needed information for us** and resources pulled together for us, making the online search a bit easier ”*

*“ **Education for the family about what is happening is so important**... some family members would get frustrated because she wasn’t trying – but we later found out that is part of it ”*

Our vision

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Personalised to patient circumstance



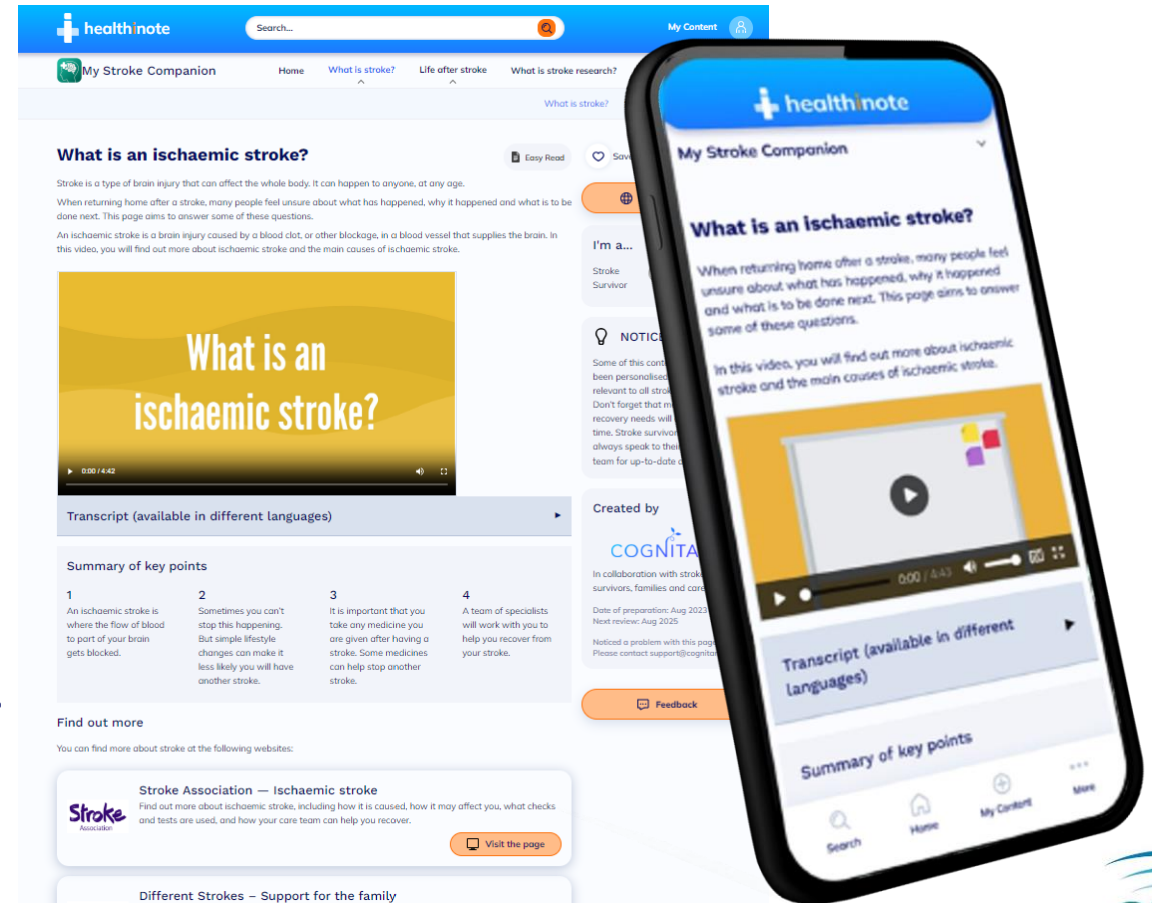
Localised – connecting people to the community



Current



Accessible – visual, text-to-audio, translated



UCLH experience of using My Stroke Companion

Simone

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82.5% of people thought that My Stroke Companion was **useful** to their friends and family

Users' 'good' or 'excellent' **understanding** of their **stroke** increased **from 31% to 88%**

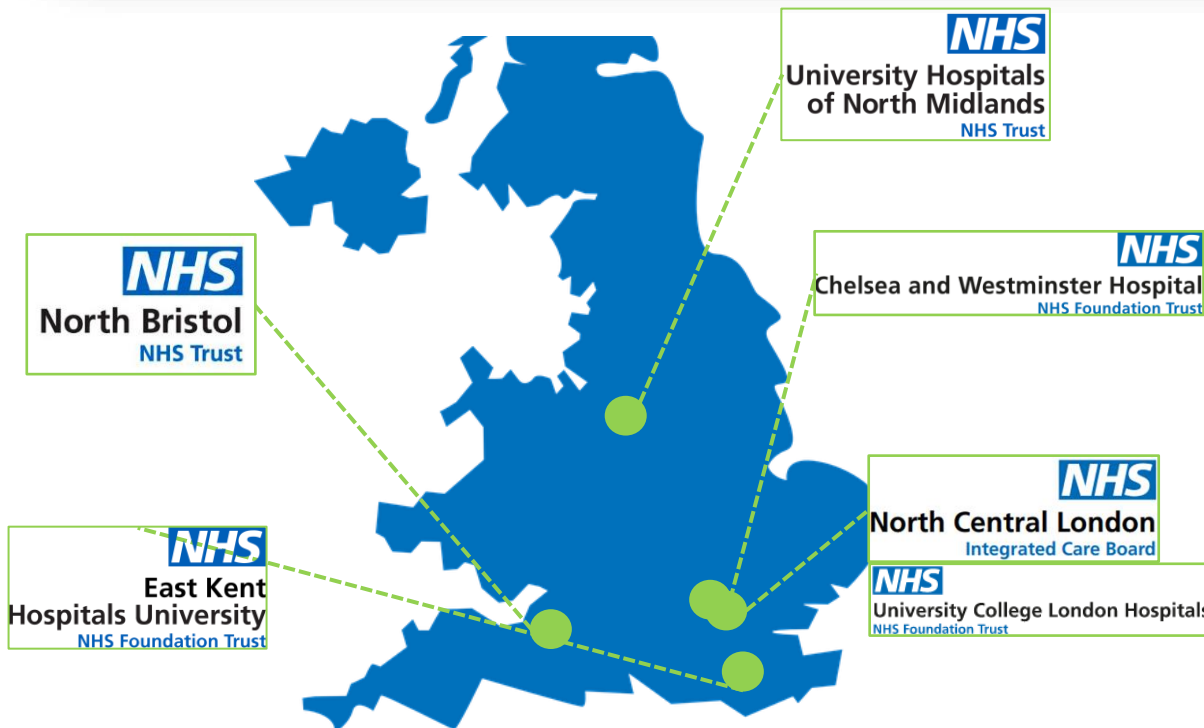
91% of users thought that My Stroke Companion was **easy to understand**

6 minutes spent on average navigating the content

'My Stroke Companion'

Usage and testimonials

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546

prescriptions sent

412

unique users

536

total sessions

6 minutes

avg session time

*"[The information] is all in one place and it is **targeted at me and my condition...** it is trustworthy and avoids a 'Google diagnosis'... and **helping caregivers makes a huge difference.**"*

Stroke survivor

"Is a fantastic tool - This is what every stroke centre should offer"

Dr David Hargroves, Clinical Lead

Available for use in other stroke units

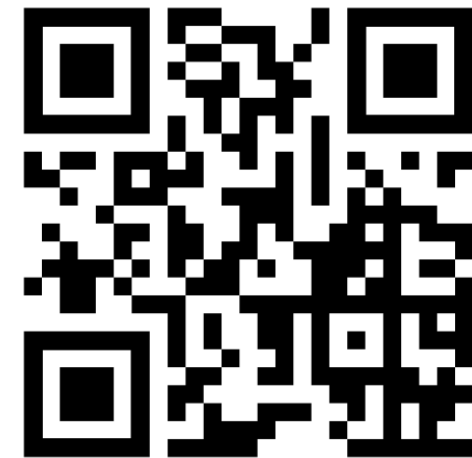
Contact us to find out how you can use
My Stroke Companion with your
patients

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Try it out