

Taking Charge After Stroke (TACAS)

V Fu*, M Weatherall, K McPherson, W Taylor,
A McRae, T Thomson, J Gommans, G Green,
M Harwood, A Ranta, C Hanger, J Riley,
H McNaughton*



MEDICAL RESEARCH
INSTITUTE
OF NEW ZEALAND

Take Charge (TC) intervention



“Talking therapy”



≠ conventional outpatient
rehab



A form of self-management /
self-rehabilitation



Based on qualitative
research (Māori health and
self-determination theory)

TaCAS Results

Quality of life SF-36 PCS at 12 months

Any TC exposure = 2.9

(0.95 to 4.9, P = 0.004)

Dependence (mRS 3 to 5)

OR 0.55 (0.31 to 0.99, P = 0.045)



Significantly improved PCS at 6m, FAI at 12m, and BI at 6+12m

Conclusion: Take Charge superior to control at the levels of QOL, independence, basic and extended ADL

Conclusion

- Level 1 evidence for Take Charge intervention
 - Significant effect on QoL, participation, activity, dependence at 12 months
 - Low-cost, safe, widely applicable
 - NNT equivalent to IV tPA at 3 hours
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- Materials free and available for download www.mrinz.ac.nz