



1 cognitive impairment and fatigue are particular issues which exacerbate other  
2 problems and impair overall recovery.

3 Although stroke is one of the biggest causes of death in the UK, most people  
4 survive a first stroke. Thanks to improvements in organised stroke care and  
5 new acute treatments, the overall survival rate from first stroke has improved  
6 over the past 10 years. This has led to increases in the number of people in  
7 the community who need comprehensive post-stroke care and rehabilitation.

## 8 **Current practice**

9 Modern stroke care starts immediately after the onset of stroke symptoms.  
10 Most acute care is delivered within stroke units as part of organised stroke  
11 services. Post-acute care can be delivered in secondary or primary care, often  
12 by teams working across organisational boundaries.

13 Within such services, specialist multidisciplinary teams of appropriately skilled  
14 professionals work together to deliver goal-directed rehabilitation with the aim  
15 of maximising function, minimising pain and distress, and enabling people  
16 who have had a stroke to function in their usual settings,

## 17 **2 Who the guideline is for**

18 This guideline is for:

- 19 • health and social care practitioners
- 20 • commissioners and providers of stroke rehabilitation services
- 21 • people using stroke rehabilitation services, their families and carers.

22 NICE guidelines cover health and care in England. Decisions on how they  
23 apply in other UK countries are made by ministers in the [Welsh Government](#),  
24 [Scottish Government](#) and [Northern Ireland Executive](#).

## 25 **Equality considerations**

26 NICE has carried out an [equality impact assessment](#) during scoping. The  
27 assessment:

- 28 • lists equality issues identified, and how they have been addressed

- 1 • explains why any groups are excluded from the scope.

## 2 **3 What the updated guideline will cover**

### 3 **3.1 Who is the focus?**

#### 4 **Groups that will be covered**

5 The guideline will cover people aged 16 and over who have had a stroke and  
6 who have continuing impairment or limitations on their activities.

7 No specific subgroups of people have been identified as needing specific  
8 consideration.

#### 9 **Groups that will not be covered**

10 The guideline will not cover people who have had a transient ischaemic attack  
11 or subarachnoid haemorrhage.

### 12 **3.2 Settings**

#### 13 **Settings that will be covered**

14 The guideline will cover primary, secondary, tertiary and community care  
15 settings.

### 16 **3.3 Activities, services or aspects of care**

#### 17 **Key areas that will be covered in this update**

18 We will look at evidence in the areas below when developing this update. We  
19 will consider making new recommendations or updating existing  
20 recommendations in these areas only. We may also restructure the guideline  
21 to better reflect current models of care. We plan to undertake further scoping  
22 work during consultation to identify the highest priority questions in these  
23 sections.

24 1 Organising health and social care for people needing rehabilitation after  
25 stroke, including medicines management.

26 2 Assessment

- 1           – Fatigue
- 2           – Vision
- 3    3    Planning and delivering stroke rehabilitation.
- 4           – Supported self-care management.
- 5           – Intensity and frequency of stroke rehabilitation, including 7-day
- 6           services.
- 7           – Long-term rehabilitation.
- 8    4    Specific problems and interventions.
- 9           – Swallowing.
- 10          – Mouth care.
- 11          – Communication.
- 12          – Speech and language therapy combined with app-based therapy
- 13          tools for aphasia.
- 14          – Movement.
- 15          – Walking therapy (group training).
- 16          – Electromechanical and robot-assisted arm training.
- 17          – Music therapy.
- 18          – Pain, including shoulder pain.
- 19          – Spasticity.
- 20          – Transcutaneous electrical nerve stimulation.
- 21          – Baclofen (oral and intrathecal).
- 22          – Botulinum toxin.
- 23          – Mirror therapy.
- 24          – Urinary incontinence.

## 25    **Proposed outline for the guideline**

26    Tables 1 to 3 below outline all the areas that will be included in the guideline.  
27    They set out what NICE plans to do for each area in this update. It is  
28    anticipated that the guideline may need to be restructured to more clearly  
29    follow the flow of inpatient rehabilitation, discharge from hospital, and  
30    community rehabilitation in different settings and for different groups of  
31    people.

1 **Plans for each area in the current and updated guideline**2 **Table 1 Organising health and social care**

<b>Area of care in the current and updated guideline</b>	<b>What NICE plans to do</b>
Stroke units	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Core multidisciplinary stroke team	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Health and social care interface	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Transfer of care from hospital to community	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Medicines management	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members

3

1 **Table 2 Assessment, planning and delivering stroke rehabilitation**

<b>Area of care in the current and updated guideline</b>	<b>What NICE plans to do</b>
Screening and assessment	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Setting goals for rehabilitation	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Planning rehabilitation	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Intensity of stroke rehabilitation	Review evidence: update existing recommendations as needed
Supported self-care management	Review evidence: new area in the guideline
Duration of stroke rehabilitation	Review evidence: new area in the guideline
Providing support and information	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Fatigue	Review evidence: new area in the guideline
Vision	Review evidence: update existing recommendations as needed

2

3 **Table 3 Specific problems and interventions**

<b>Area of care in the current and updated guideline</b>	<b>What NICE plans to do</b>
Visual neglect	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Memory function	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Attention function	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members

<b>Area of care in the current and updated guideline</b>	<b>What NICE plans to do</b>
Emotional functioning	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Swallowing	Review evidence: update existing recommendations as needed
Mouth care	Review evidence: new area in the guideline
Speech and language therapy	Review evidence: update existing recommendations as needed
Speech and language therapy combined with app-based therapy tools	Review evidence: new area in the guideline
Strength and fitness training	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Orthoses for upper limb and for ankle-foot	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Electrical stimulation: upper limb	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Constraint-induced movement therapy	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Shoulder pain	Review evidence: update existing recommendations as needed
Repetitive task training	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Walking therapy: treadmill with or without body weight support	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Walking therapy: group training	Review evidence: new area in the guideline
Electromechanical and robot-assisted arm training	Review evidence: update existing recommendations as needed
Music therapy	Review evidence: new area in the guideline
Electrical stimulation: lower limb	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members

Area of care in the current and updated guideline	What NICE plans to do
Vocational rehabilitation	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Occupational therapy for care home residents	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members
Transcutaneous electrical nerve stimulation, baclofen, acupuncture and botulinum toxin	Review evidence: new area in the guideline
Mirror therapy	Review evidence: new area in the guideline
Long-term health and social support	No new evidence review: retain and refresh recommendations from existing guideline using the expertise and experience of the committee members

1

2 Recommendations in areas that are being retained from the existing guideline  
3 may be edited to ensure that they meet current editorial standards, and reflect  
4 the current policy and practice context.

## 5 **Related NICE guidance**

### 6 **Published**

- 7 • [Workplace health: long-term sickness absence and capability to work.](#)
- 8 [NICE guideline NG146](#)
- 9 • [Stroke and transient ischaemic attack in over 16s: diagnosis and initial](#)
- 10 [management. NICE guideline NG128](#)
- 11 • [Neuropathic pain in adults: pharmacological management in non-specialist](#)
- 12 [settings. NICE guideline CG173](#)
- 13 • [Spasticity in under 19s: management. NICE guideline CG145](#)

### 14 **NICE guidance that will be updated by this guideline**

- 15 • [Stroke rehabilitation in adults. NICE guideline CG162](#)



## 1 **NICE guidance about the experience of people using NHS services**

2 NICE has produced the following guidance on the experience of people using  
3 the NHS. This guideline will not include additional recommendations on these  
4 topics unless there are specific issues related to stroke rehabilitation:

- 5 • [Medicines optimisation. NICE guideline NG5](#)
- 6 • [Patient experience in adult NHS services. NICE guideline CG138](#)
- 7 • [Service user experience in adult mental health. NICE guideline CG136](#)
- 8 • [Medicines adherence. NICE guideline CG76](#)

### 9 **3.4 Economic aspects**

10 We will take economic aspects into account when making recommendations.  
11 We will develop an economic plan that states for each review question (or key  
12 area in the scope) whether economic considerations are relevant, and if so  
13 whether this is an area that should be prioritised for economic modelling and  
14 analysis. We will review the economic evidence and carry out economic  
15 analyses, using an NHS and personal social services (PSS) perspective.

### 16 **3.5 Key issues and draft questions**

17 While writing the scope for this updated guideline, we have identified the  
18 following key issues and draft questions related to them:

- 19 1 Organising health and social care for people needing rehabilitation after  
20 stroke, including medicines management.
  - 21 1.1 What planning and support does the stroke team need to provide to  
22 ensure a successful transition of care and medicines management from  
23 hospital to the person's home or other care setting?
- 24 2 Assessment
  - 25 2.1 In people after stroke, what is the clinical and cost effectiveness of  
26 assessment methods for measuring fatigue?
  - 27 2.2 What are the indications for referring people after stroke for specialist  
28 orthoptist assessment?
- 29 3 Planning and delivering stroke rehabilitation

- 1 3.1 In people after stroke, what is the clinical and cost effectiveness of  
2 high-frequency and high-intensity rehabilitation compared with usual  
3 rehabilitation?
- 4 3.2 In people after stroke, what is the clinical and cost effectiveness of  
5 supported self-care management compared with usual rehabilitation?
- 6 3.3 In people after stroke, what is the optimal duration of active  
7 rehabilitation?
- 8 4 Specific problems and interventions
- 9 4.1 In people after stroke, what is the clinical and cost effectiveness of  
10 interventions to reduce fatigue?
- 11 4.2 In people after stroke, what is the clinical and cost effectiveness of  
12 interventions for swallowing (including neuromuscular electrical  
13 stimulation, swallowing exercises, positioning and dietary modification)  
14 to improve difficulty swallowing?
- 15 4.4 In people after stroke, what is the optimal tool for the assessment of  
16 oral hygiene?
- 17 4.5 In people after stroke, what is the clinical and cost effectiveness of  
18 enhanced oral hygiene?
- 19 4.6 In people who have aphasia after a stroke, what is the effectiveness  
20 of high-intensity speech and language therapy compared with no speech  
21 and language therapy or placebo (social support and stimulation) in  
22 improving language, communication abilities and psychological  
23 wellbeing?
- 24 4.7 In people with aphasia after stroke, what is the clinical and cost  
25 effectiveness of app-based therapy to augment speech and language  
26 therapy?
- 27 4.8 In people after stroke, what is the clinical and cost effectiveness of  
28 group training to improve walking?
- 29 4.9 In people after stroke, what is the clinical and cost effectiveness of  
30 electromechanical and robot-assisted arm training in improving function  
31 and reducing disability?
- 32 4.10 In people after stroke, what is the clinical and cost effectiveness of  
33 music therapy?

1 4.11 In people with shoulder pain after stroke, what is the clinical and  
2 cost effectiveness of transcutaneous electrical nerve stimulation,  
3 acupuncture, functional electrical stimulation and intra-articular steroid  
4 injection in reducing pain?

5 4.12 In people after stroke, what is the clinical and cost effectiveness of  
6 interventions (transcutaneous electrical nerve stimulation, intrathecal  
7 baclofen, oral baclofen, botulinum toxin and acupuncture) in reducing  
8 spasticity?

9 4.13 In people after stroke, what is the clinical and cost effectiveness of  
10 mirror therapy?

11 4.14 In people after stroke, what is the clinical and cost effectiveness of  
12 interventions (including bladder retraining and botulinum toxin) on  
13 improving urinary incontinence after a stroke?

### 14 **3.6 Main outcomes**

15 The main outcomes that may be considered when searching for and  
16 assessing the evidence are:

- 17 • physical function
- 18 • communication (ability to communicate)
- 19 • activities of daily living
- 20 • health-related quality of life.

## 21 **4 NICE quality standards and NICE Pathways**

### 22 **4.1 NICE quality standards**

23 **NICE quality standards that may need to be revised or updated when**  
24 **this guideline is published**

- 25 • [Stroke in adults. NICE quality standard 2](#)

### 26 **4.2 NICE Pathways**

27 When this guideline is published, we will update the existing [NICE Pathway on](#)  
28 [stroke](#). NICE Pathways bring together everything NICE has said on a topic in  
29 an interactive flowchart.

## 1 **5 Further information**

This is the draft scope for consultation with registered stakeholders. The consultation dates are 6 November to 4 December 2020.

The guideline is expected to be published in December 2022.

You can follow the [progress of the guideline](#).

Our website has information about [how NICE guidelines are developed](#).

2

3 © NICE 2020. All rights reserved. Subject to [Notice of rights](#).