Supervisor/Project Information Form

Due February 14 2018 by email to crems.programs@utoronto.ca

PLEASE SUBMIT IN WORD FORMAT ONLY. PDF will not be accepted

Supervisor Name: Dr. Mark Boulos

Hospital/Research Institution: Sunnybrook Health Sciences Centre / Sunnybrook Research Institute

Email: mark.boulos@sunnybrook.ca

Field of Research (2 keywords): Sleep, stroke disorders

Department: Department of Medicine, Division of Neurology

School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? No (but I may be applying this year for a faculty appointment)

Project Title: Educating Patients about Sleep Disorders after Stroke: A Prospective Study

Brief Project Description (<300 words):

Background: Sleep disorders such as obstructive sleep apnea and insomnia are common and treatable after stroke. Despite their association with poorer outcomes (e.g. increased mortality and poorer functional outcomes), they remain under-diagnosed and under-treated in this clinical setting.

Study Objective: To evaluate the effectiveness of an educational program in teaching stroke patients about common, treatable sleep disorders.

Methods: We will recruit patients attending Dr. Boulos’ stroke & sleep disorders clinic, which manages stroke patients who have sleep-related complaints. At baseline, patients will be randomized to an educational intervention (i.e. educational video and pamphlet) vs. usual care (i.e. no educational intervention). All study patients will complete a sleep disorders knowledge test as well as several questionnaires related to sleep symptoms and quality of life. All patients will undergo sleep consultation with Dr. Boulos.

At the 6-month follow-up assessment, patients will again complete the baseline questionnaires. In addition, in patients diagnosed with sleep apnea and initiated on continuous positive airway pressure (CPAP), we will also ascertain CPAP compliance.

Student Role: We have already recruited 50 patients for this study, all of whom have completed the baseline assessments. The role of the medical student will be to complete the 6-month follow-up assessments (these will be completed during the summer). He/she will also assist with computing the statistical analyses for the study and preparation of a manuscript for publication. In addition, the student will revise the educational video and pamphlets according to the feedback provided by patients and their families. Furthermore, the student will also join Dr. Boulos in his clinics and learn about various sleep and stroke disorders, and how issues in sleep may increase the risk of vascular disease. If time permits, the student will be welcome to assist with other studies that Dr. Boulos is currently conducting.