

# HeadPoST - Head Position in Stroke Trial

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THE  
GEORGE  
INSTITUTE  
for Global Health



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## Facts

- Stroke is the leading cause of death and disability in China.
- Stroke rates among Chinese is 205 to 584 per 100,000, compared with 170 to 335 per 100,000 among Caucasians.
- Stroke accounts for almost 2% of the total health expenditure in China.
- Stroke is a major contributor to the global burden of disease, for which there are limited treatments.

## Partners:

Facultad de Medicina, Clínica Alemana, Universidad del Desarrollo, Santiago, Chile

University of Central Lancashire, Lancashire Clinical Trials Unit, Preston, UK

Peking Union Medical College Hospital, Beijing, China

Nursing Research Institute St Vincent's Health, Australian Catholic University Sydney, Australia

Clinical research Association, School of Medicine, University of Sao Paulo, Brazil

## Supporters:

National Health and Medical Research Council of Australia (NHMRC)

## Background:

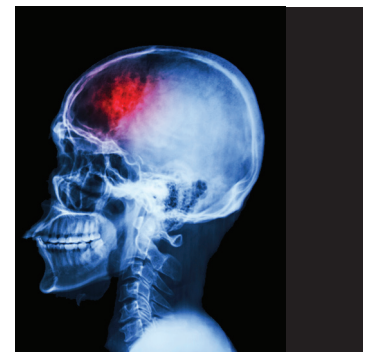
- Stroke blocks blood flow to the brain.
- There are few proven treatments to improve outcomes of acute stroke.
- Many of these treatments are expensive and inaccessible to most middle- and low-income country patients.
- A simple way of increasing blood flow to the brain is to tilt the head of patients, so it is at a 'lying flat' (0°) head position.

## Aims:

- The primary aim of HeadPoST is to compare the effects for patients with acute stroke, of lying flat (0°) head position with a sitting up head position (equal or greater than 30°) applied in the first 24 hours of admission, on the outcomes of disability or death at 90 days.

## Methods:

- This is the largest nursing care trial conducted to date, with research involving over 19,000 patients in 140 hospitals in the UK, South America, Australia, China, Taiwan and Mongolia.



## Impact:

- HeadPoST has been designed to resolve uncertainty around treatment and provide reliable evidence to support a policy regarding the ideal head position in the acute phase of stroke. This simple head-positioning policy has the potential to be applicable to stroke patients over the world.
- If HeadPoST shows that a simple nursing technique can improve stroke recovery by reducing death and disability, it will have global impact on the lives of people with stroke.

## Contact

To find out more about HeadPoST study and its principal investigators Prof. Craig Anderson & Assoc. Prof. Maree Hackett, Senior Project Manager at George Clinical China Mr. Ying GUO, or The George Institute for Global Health, please contact:

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