

The Michigan Stroke Transitions Trial (MISTT) Study Summary of Design and Conduct



What is the MISTT Study?

The Michigan Stroke Transitions Trial, known as the MISTT Study, was a research project designed to help stroke patients and their caregivers with their transition after returning home from the hospital.

What were the goals of the MISTT Study?

The MISTT Study was a clinical trial designed to test the effect of two complementary interventions:

1. Stroke case management: A social work case manager worked with the stroke patient and their caregiver to develop a personal plan to address their needs during the transition period.
2. Online Stroke Information: A website developed by the MISTT study provided access to educational information and community resources designed to support stroke patients and caregivers during the transition period.

Who ran the study and who funded it?

The MISTT Study was run by a team of researchers at Michigan State University, along with partners at 3 hospitals in Lansing and Ann Arbor, MI. The study was funded by PCORI (Patient-Centered Outcomes Research Institute), an independent nonprofit agency funded by the federal government. (IHS- 1310-07420-01).

Which hospitals participated?

- Sparrow Hospital in Lansing, MI
- St. Joseph Mercy Hospital in Ann Arbor, MI
- University of Michigan Hospital in Ann Arbor, MI

How many people participated in MISTT? And when did the study end?

A total of 320 patients and 210 caregivers were enrolled in the MISTT study between January 2016 and July 2017. Data collection was completed in November 2017.

What happened to patients and caregivers after they enrolled in the MISTT Study?

Stroke patients and caregivers were recruited during their hospital stay. On the day they returned home they were assigned at random (by chance) to one of 3 intervention groups:

1. Usual care: This group received only health-related information by mail.
2. Stroke Case management: This group received case management services from their assigned social worker through a combination of home visits and regular phone contact over a 2 month period. Example services included linking people to resources, providing stroke education, and providing emotional support.
3. Stroke case management *plus* Online Stroke Information: In addition to receiving case management services this group also had access to the MISTT website designed to help patients and caregivers find stroke information and local community services.

How long did patients and caregivers participate in the Study? What data was collected?

Participation lasted 3 months. Outcomes data, including well-being and quality of life, were collected by phone from patients and caregivers at two time points; 7 days and 90 days after returning home.

For further information, please contact: The MISTT Study, Michigan State University
Dr. Mathew Reeves (Principal Investigator), Michele Fritz (Study Manager)
Telephone: 517-353-8623 E-mail: mistt@epi.msu.edu Website: www.mistt.msu.edu