



The
Hidden
Side of

Stroke

low mood,
fatigue,
frustration, poor
concentration,
memory
problems

'me?'

Project Lead
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Clinical Commissioning
Lead for Stroke
NHS Manchester



Funded by Greater Manchester HIEC

HIEC



- Health Innovation and Education Cluster
- NHS funded until 31st March 2012
 - Limited support until 31st March 2013
- Drive innovation into the learning environment of (healthcare) professionals in Greater Manchester
- To develop the workforce to deliver health and social care reform
 - Support the changes in skill mix required to meet the challenges
 - Deepen the dialogue between the NHS and higher education
 - Embed a learning culture which stimulates and encourages innovation into practice for the benefit of patient care

BACKGROUND

- Stroke identified as a priority area for the Greater Manchester HIEC programme
- Request to submit a proposal January 2010
- Project scope: psychological disabilities following stroke in the first six months (differentiation between depression associated with long term conditions)
- Features videos of stroke survivors and their carers talking about their experience

PROJECT STEERING GROUP

- Dr Helen Hosker – Chair and Project lead
- Dr Nicola Kitching – Psychologist (Stroke)
- Dr Phil Keeley – University of Manchester
- Alison McGovern - GMCCSN
- Sally Wells – GMCCSN
- Jerry Johnson – Stroke survivor
- Susie Kilday – project manager

AIMS

- To make those involved in the care of stroke patients aware that stroke survivors have these disabilities and difficulties
 - And how they impact on their daily lives
 - How they can be barriers to effective care and improving outcomes
 - Increase understanding
 - What simple changes can make a big difference

OUTCOMES

- Improved functional outcomes for stroke survivors
- Safer care
- Stroke survivors treated with dignity
- Improved quality of care
- Increased satisfaction of stroke survivors and their family/carers
- Providers can reassure commissioners about quality of service and meet service specification

SCOPE OF PROJECT

based on SSEF

- Psychological and emotional
 - Mood disorder (anxiety and low mood)
 - Emotionalism
 - Frustration
 - Self esteem
 - Loss of confidence
 - Fatigue
- Cognition and communication
 - Memory
 - Concentration/attention/distr action
 - Multi tasking
 - Information processing
 - Panning and sequencing skills
 - Decision making
 - Numeracy skills
 - Personality change
 - Apathy
 - Cognitive difficulties
 - spatial awareness (neglect/inattention)

Social and relational difficulties are cross cutting themes

ACCREDITATION

- Accredited by UK Forum for Stroke Training as 'basic' level so for anyone (who is involved in caring for stroke patients in the first six months)
 - To raise awareness and increase understanding
 - Some basic advice
- CPD certificate







TARGET AUDIENCE

- Professionals and others not working in stroke specific services who have regular contact with stroke patients as part of their usual duties. For example:
 - Health : doctors, nurses, generic therapists
 - Hospital and community
 - Social care: social workers, reablement staff....
 - Independent sector: residential and nursing homes, home care agencies
 - Voluntary sector: staff and volunteers....
- Stroke specialist teams?
 - Support workers

FORMAT

- Based on videoing patients talking about their disabilities and their stories
- Very real – what it means to them
- Each story is unique but does give us insights
- Stroke survivors selected to illustrate specific areas
- Includes:
 - Teenager and mother
 - Older person and spouse
 - Mainly middle aged
 - One from BME (great difficulties in identifying and recruiting from this group)

CONTENT

- Two modules:
 - Module One
 - Introduction
 - Meet the Stroke Survivors
 - Mood related problems
 - Module Two
 - Cognitive problems
- Questions and Answers
 - Yes/no
 - 100% correct for CPD certificate (but no limit on number of attempts)

THE TRAINING MATERIALS

- E-learning training
 - For those who can use e-learning
 - Two modules each 45-60 minutes
- DVD with accompanying booklet and facilitators notes
 - Same content
 - For leading small groups esp those who would not normally use e-learning or e-learning is a barrier

HOW TO ACCESS

- FREE training materials on website
- www.gmhiec.org.uk/projects.view/stroke
- E-learning
- DVD, hand book and facilitators notes
 - Hard copies of DVD and handbook
- An certificate of completion of the training for CPD folders after completion of evaluation, demographics and equality and diversity questionnaire
 - 1.5 hours CPD

FUTURE DEVELOPMENT

- Edit/modify materials to make a DVD or web based module for use by
 - Stroke survivors themselves
 - Relatives and family/carers
- Evaluation
 - Individual
 - Services

DISSEMINATION, DISSEMINATION, DISSEMINATION

- Launch event for Greater Manchester 1st December
- UKFST website
- ISWP
- Information using existing distribution lists
 - National SIP
 - GMCCSN
 - Professional groups
 - PCNS
 - GPs
- Stroke Improvement Programme

DISSEMINATION, DISSEMINATION, DISSEMINATION

- Embed current materials, e.g. e-learning modules, in undergraduate curricula
- Professional bodies
 - RCG
 - RCN
- Stroke Association
- Journals and publications
- You Tube

SELL IT, SELL IT, SELL IT

- Complete the training yourselves
- Spread the word
- Opportunity to see major improvements in Life After Stroke Care
- Any further suggestions?
- helen.hosker@nhs.net or via HIEC website

A silhouette of a person walking away on a paved path, using a cane. The person's shadow is cast on the path, and the shadow is filled with text. The background is a bright, sunny outdoor setting.

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THANK YOU



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