



"THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE "

JOHN MAXWELL

STROKE PREVENTION DAY - THURSDAY 30TH JANUARY 2025

High blood pressure and stroke

Stroke Support Helpline: 0303 3033 100
or email: helpline@stroke.org.uk



Stroke Prevention Day is taking place on **Thursday 30 January**, and this year we're encouraging people to have their blood pressure checked.

As you may be aware, it is **Stroke Prevention Day** on 30th January 2025. To support your efforts in promoting Stroke Prevention Day, we're providing a range of materials to help deliver prevention awareness events.

The promotional pack includes:

- Health information leaflets on stroke prevention, covering topics such as High Blood Pressure and Stroke, Cholesterol and Stroke, Smoking and Stroke, Diabetes and Stroke, and more.
- Promotional items such as balloons, tablecloths, banners, pens, and other items.

If you would like to order a pack to support your event, please email engagementteammidlands@stroke.org.uk

Share online with our social media toolkit

If you'd like to raise awareness of Stroke Prevention Day online, you can now [use our social media toolkit](#) to do so. It includes downloadable graphics and messaging that can be used across social media platforms.

Support the Stroke Association's fundraising initiatives

We're highlighting our January fundraising campaigns as a great opportunity to get more exercise and help manage blood pressure.

If you would like to share these activities, or perhaps take part one of them yourself, you can find out more about information on our [Choose Your Challenge webpage](#).

BP@HOME SUMMARY

In 2023, the ISDN launched the BP@Home project, providing 550 blood pressure monitors to community stroke teams across the region to be loaned to stroke survivors to ensure their blood pressure was in line with the national stroke guidelines. Research shows that every 10mmHG reduction in systolic blood pressure reduces the risk of stroke by up to 27%.



In the year whilst the scheme was being piloted, over 1200 patients had their blood pressure checked on initial assessment with the stroke team. Of these:

- Nearly 900 patients (75%) were loaned a BP monitor as their BP was out of range
- Over 650 (50%) were hypertensive after checking their own BP at home for 1 week
- 75 patients were found to have dangerously high BP requiring immediate action

Over the course of the 12 months, the average systolic reduction was 10mmHg.

Since hypertension is a leading cause of stroke, this was a hugely successful change in practice which has inevitably helped to prevent patients from suffering a second, potentially more debilitating stroke, . Tremendous thanks to all the teams who participated in this pilot and who have now embedded this as business as usual.



Expressions of interest for next year's GLASS programme is now open: [GIRFT Stroke Leadership Academy – Stroke Specific Programme-RCP](#)

The programme runs over 12 months and consists of four 2-day in-person sessions with paid-for accommodation to encourage networking. It culminates in an accredited assignment where learners produce a short, structured reflection on their role as leader at the end of the course.

Attendees of the programme will attend 2-day sessions, which will include one led by The King's Fund on 'self as leader', and in-person and online workshops linked to the annual UKSF conference. Accommodation will also be provided at the RCP's state-of-the-art facilities in The Spine, Liverpool.

Applicants must have support from their ISDN to apply.

Applications for the 2025/26 cohort of the GIRFT Stroke Leadership Academy must be submitted by 31 January 2025.

Following a selection process, the application outcome will be communicated on 4 March. Please make sure you can attend all days of the programme before applying.

To apply please complete the [GLASS programme application form](#). There are two sections to the application and all questions must be completed.

For enquiries, please email education.courses@rcp.ac.uk.

NATIONAL WEAR RED DAY - FEBRUARY 2025

The month of February is Wear Red Day which is aimed at raising awareness of heart disease and encouraging preventative actions. Sponsored by the Children's Heart Surgery Fund, it promotes heart health and supports efforts to reduce the impact of cardiovascular conditions.

Teams are encouraged to wear red on a day of their choice throughout the month of

February!

How to participate

- Wear red clothing or accessories
- Share information about heart health on social media
- Encourage others to share their stories about heart disease
- Get involved with a local Wear Red Day event
- Participate in a fundraiser



Find out more [here](#).

TIA

Transcript | Audio Description



The ISDN has committed to helping to support trusts to streamline the way TIA referrals are dealt with, in line with the up to date stroke guidelines.

In December, representatives from the Stroke Team at Lincoln, EMAS and the ISDN visited the NUH TIA clinic. Dr J Appleton and the NUH team kindly hosted the visit during which we discussed direct EMAS referrals and pathways into TIA clinic. It was an extremely useful visit with sharing of information and clarification of issues and next steps needed to introduce EMAS direct to TIA referrals in Lincoln.

The visit highlighted the different models of TIA service around the region and the value of sharing information and learning. As a result the ISDN will shortly be conducting a survey of TIA services and secondary prevention across the region with a view supporting the sharing of good practice and service developments across the region in line with the National Clinical Guidelines for Stroke.

SSNAP DATA
LOCKING
DEADLINE

EAST MIDLANDS
CONFERENCE
2025

SSNAP WEBINARS
AND DROP IN
SESSIONS

**Sentinel Stroke National
Audit Programme**

East Midlands Integrated
Stroke Delivery Network



SSNAP
Sentinel Stroke
National Audit Programme

With the introduction of the new SSNAP webtool and dataset SSNAP have acknowledged that the transition has not been the smoothest and continue to work with the web developers to introduce new features and fix critical issues. These issues have been taken into consideration and they have postponed the data locking deadline by two weeks until 17th February 2025. .

The East Midlands Rehabilitation Conference will take place on Wednesday, 2nd April 2025. The agenda and ticket link will be sent out soon. Stay tuned for further details.

SSNAP are providing drop-in sessions for both community and inpatient. Community drop-in session is 31st January 12-1pm and you can register [here](#). The inpatient drop in is to be held 1st April 4-5pm, registration to be sent out shortly. Recordings of previously run webinars can be found [here](#). Drop-in sessions are not recorded however the questions raised have been turned into FAQs which can be found [here](#).



If you would like to share the fabulous work done by your teams across East Midlands or have a story, we would love to hear from you!

Working in partnership with



If your teams don't regularly access email, please share this email. Please don't share outside of the organisation.

For more information please contact us at:
EastmidlandsISDN@nhs.net