

**East Midlands Integrated
Stroke Delivery Network**



Issue 11, October 2023

East Midlands Stroke Rehabilitation Conference

"Because survival is not enough"- Emily Toplis



East Midlands Stroke Rehabilitation Conference

SAVE THE DATE

13TH MARCH 2024

Nottingham



A regional, in-person conference to discuss some of the challenges in the provision of therapy to stroke patients, identify new ways of working, share best practice, learn from each other and ultimately improve standards of care for stroke survivors.

• Posters invited for presentation • Details on how to reserve your place to follow •

The East Midlands ISDN is very excited to announce that we shall be hosting a conference on 13th March next year around the provision of rehabilitation for stroke patients, both in the acute and community settings.

We will be sending out our planned agenda, as well as details on how to reserve your place at the conference very soon. In the meantime, please share with any colleagues who you think would be interested in attending.

NICE National Institute for Health and Care Excellence

This guideline covers rehabilitation after stroke for over 16s. It aims to ensure people are assessed for common problems and conditions linked to stroke, and get the care and therapy they need. It includes recommendations on the organisation and delivery of rehabilitation in hospital and the community.

This guideline includes new and updated recommendations on:

- intensity of stroke rehabilitation
- assessment for fatigue and for vision problems
- screening for hearing problems
- assessments and interventions to support mouth care, swallowing and walking
- managing shoulder pain and spasticity
- transfer of care from hospital to a community setting, including early supported discharge
- telerehabilitation
- community participation and return-to-work programmes

It also includes recommendations on:

- organising rehabilitation services
- planning rehabilitation, including goal setting
- screening, assessment and interventions for cognitive impairment and psychological changes, and difficulties with communication and movement
- providing information and support
- self-care and long-term health and social support

To accompany the recommendations there is a 2-page visual summary to aid discussions between healthcare professionals and people who have had a stroke about care and support.



Stroke rehabilitation: my care

This summary is for healthcare professionals to use together with people who have had a stroke to help start or inform conversations about all aspects of their care, and give them details on what care and support they should expect.

What checks or reviews might I have?

After a stroke you may have checks for:

- cognitive impairment
- swallowing problems
- incontinence
- communication problems
- mental health issues
- impact on mood
- difficulties with movement or balance
- muscle weakness
- vision & hearing issues
- fatigue

You may also have reviews at 6 months, and then annually, but this can vary.



Who might be involved in my care?

- If you are in a stroke unit in hospital, you will be cared for by a **multidisciplinary team (MDT)**.
- If you have more complex rehabilitation needs, you may be cared for by specialists in a dedicated neurorehabilitation unit.
- Once you leave hospital you will be cared for by a specialist stroke team in the community. This may include healthcare professionals who are part of an early supported discharge team.



What therapy or treatment might I have?

You may have therapy and treatment to help you:

- communicate
- eat and drink
- clean your teeth
- walk
- with memory issues
- with vision issues
- move your arms
- improve balance

Rehabilitation should be based on your needs, and offered for at least 3 hours a day, at least 5 days a week. Help for other problems like spasticity may also be offered.



What help can I get for day-to-day living?

You may be offered help and support such as:

- new ways to accomplish everyday tasks
- training for family members and carers, including in use of equipment like hoists
- managing long-term stroke health problems
- help to return to work and community life.

You may also have discussed your social care needs, and possible assessments, with care staff during your hospital stay.



NICE National Institute for Health and Care Excellence

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For more info visit: <https://www.nice.org.uk/guidance/NG236>

THROMBOLYSIS IN ACUTE STROKE COLLABRATIVE

Following the above webinar which took place on 6th October. NHS Elect will work with NHSE and other key stakeholder organisations to design and deliver TASC combining an effective blend of practical expertise, quality improvement methodology and experience to work with up to six teams across NHSE to provide practical support



and expertise to capture, develop and embed good practice to deliver and improve thrombolysis times. Expected key outcomes of the programme will be:

- A group of up to six sites to work together to improve thrombolysis times that can demonstrate measurable improvements and share learning.
 - An agreed framework for capturing learning from this work.
 - An agreed set of measures that can be used to demonstrate improvement
 - A set of learning materials including case studies with good practice material to share the work to enable wider spread and adoption.
- Participants will gain knowledge skills and experience in Quality Improvement methodology and stroke best practice.

Expression of interest and bidding document have been sent out. Please submit your bid and send to england.clinicalpolicy@nhs.net latest by **Friday 3rd November 2023.**

Each application should be supported and coordinated by an Integrated Stroke Delivery Network (ISDN), working in partnership with at least one comprehensive/acute stroke unit from their area.

THRIVING AFTER STROKE



Stroke Association's Thriving After Stroke campaign which was launched this week.

With the recommended levels of rehabilitation and long-term support, recovery and adjustment are possible. Yet, despite the National Clinical Guideline for Stroke being explicit on the need for life after stroke service being available for all, thousands of stroke survivors do not have access to this vital support.

Life after stroke support is a vital part of the stroke care pathway. It provides the information and support that many stroke survivors need to rebuild their lives, regain independence, reduce their risk of a further stroke, and improve their confidence, self-esteem, and physical and mental wellbeing. It enables people to thrive, not just survive, after their stroke. Effective life after stroke support for stroke survivors also benefits the system, by reducing pressure on primary care and community-based professionals, protecting clinical time and benefiting the wellbeing of carers.

The report features some of the remarkable people working determinedly to improve the outcomes and wellbeing of stroke survivors. Most importantly, it shows how truly transformative life after stroke support can be for stroke survivors, carers, and their families. The Stroke Association hopes this report will spur on action across the UK at government, Integrated Care Systems (ICSs) and Health Board/Trust levels that will ensure the value of life after stroke services is recognised. **All stroke survivors should have the support in place to thrive, not just survive, after their stroke.**

NORTHAMPTON STROKE BOARD



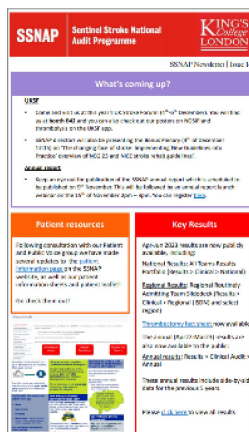
Kevin was very happy to represent the ISDN at the first, newly formed Stroke Board in Kettering on 30th October. This first meeting held at the ICB offices was well attended with representation from teams across the pathway from pre-hospital care through to "Thriving after stroke". The board plans to meet on a quarterly basis to continue improving stroke services across Northamptonshire.

SSNAP ANNUAL REPORT 2023



The SSNAP Annual report 2023 is due to be published on the **9 November 2023**. The report publishes findings over the stroke care pathway, presented side-by-side with data from the previous 9 years of SSNAP. The report visualises the data previously published in our [Annual Results Portfolio](#) and [Annual Thrombectomy Portfolio](#), alongside clinical commentary, key messages and national recommendations.

SSNAP NEWSLETTER



The latest edition of the SSNAP newsletter has been uploaded to the SSNAP website: [SSNAP - Newsletters \(strokeaudit.org\)](#)

Take a look at this edition for updates on:

- Dates/registration for SSNAP user groups
- How to include teletherapy minutes.

SSNAP USER GROUPS



The new quarterly SSNAP user groups will provide users with an update on the latest SSNAP results and inform on a specific SSNAP topic as well as answering users pre-submitted questions.

To receive an invitation for the next user group and to submit your questions please register via the link: <https://www.strokeaudit.org/Resources/Webinars-and-newsletters/User-Groups.aspx>. If you are unable to attend, the user groups will be recorded and will be available on this page afterwards.

A webinar hosted by Dr Ajay Bhalla will be held on the **15 November 2023, 2-3pm**. If you would like to attend, please follow this link to register:

<https://events.teams.microsoft.com/event/d4b5ebf5-f806-4c03-b007-53b2763237cb@8370cf14-16f3-4c16-b83c-724071654356>

- Annual report April 22-March 23 publication date and webinar

These user groups are for all registered SSNAP users, therefore, if your questions are team or case specific please send to the helpdesk as usual.
(SSNAP@nhs.uk)

Next Issue

UKSF | SSNAP Groups | Community Projects | Events and more!



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@nuh.nhs.uk