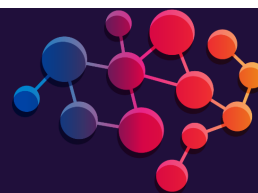


East Midlands Integrated Stroke Delivery Network



Issue 5, March 2023

"Start thinking wellness, not illness"

Kate Allatt, Stroke Survivor

Making every contact count

[Making Every Contact Count](#) (MECC) is an evidence-based approach to improving people's health and wellbeing by helping them change their behaviour. The [NHS Long Term Plan](#) reminds us that every 24 hours the NHS comes into contact with more than a million people at moments that bring home the personal impact of ill health.



The fundamental idea underpinning the MECC approach is simple. It recognises that staff across health and care, local authority and voluntary sectors have thousands of contacts every day with individuals and are ideally placed to support health and wellbeing.

MECC is intended for anyone who has contact with people to "Make Every Contact Count" and develop public health knowledge.

MECC supports the opportunistic delivery of consistent and concise healthy lifestyle information and enables individuals to engage in conversations about their health at scale across organisations and populations:

- for organisations, MECC means providing their staff with the leadership, environment, training and information that they need to deliver the MECC approach
- for staff, MECC means having the competence and confidence to deliver healthy lifestyle messages, to help encourage people to change their behaviour and to direct them to local services that can support them
- for individuals, MECC means seeking support and taking action to improve their own lifestyle by eating well, maintaining a healthy weight, drinking alcohol sensibly, exercising regularly, not smoking and looking after their wellbeing and mental health.

For more information on MECC and toolkit on behavioural change; please visit [NICE resources](#).

BP@Home Project

The East Midlands ISDN team is working on procuring blood pressure monitors for the community teams. 100 monitors have been ordered for the teams in Nottinghamshire and further monitors to be despatched to other teams across the East Midlands. Service level agreements are being sent out to leads to gain a consensus on moving the project forward.

East Midlands ISDN Future NHS

The East Midlands ISDN has joined the Future NHS platform to allow teams across the region to interact and share ideas on stroke prevention and improvement. It is a safe platform open to NHS professionals and monitored by the East Midlands ISDN admin. To join us in discussions, please visit [East Midlands Integrated Stroke Delivery Network \(ISDN\) - FutureNHS Collaboration Platform](#)

East Midlands ISDN SSNAP Group Relaunch Meeting

The East Midlands ISDN team has relaunched the SSNAP Data group meetings in February 2023. The community meetings will reoccur bi-monthly to ensure consistent high quality data is available via SSNAP to community stroke teams within East Midlands. The group will share knowledge, good practice and concerns/barriers, experiences and SSNAP inputting/service improvement plans.

The response by the community teams at the relaunch meeting was overwhelming as they shared their insights around inputting of data, accessing patient records on SSNAP and 6 monthly reviews.

Stroke Research PhD Study Survey



University of Nottingham
UK | CHINA | MALAYSIA



Got 5 minutes? Please take our survey

Does your role involve responsibility for other staff?
Please complete this **anonymous** survey to tell us
what you know about helping stroke survivors to
return to- and stay in work
(no background knowledge or experience required)



- Approximately 5 mins to complete
- Chance to be entered into a prize draw for a retail voucher!!!



NIHR | Applied Research Collaboration
East Midlands

ELIZABETH CASSON TRUST

Any questions?

Contact Kristelle Craven:
kristelle.craven1@nottingham.ac.uk





University of Nottingham
UK | CHINA | MALAYSIA



Help us to help you

WHAT IS THIS STUDY ABOUT?



1 in 6 people
has a stroke



Two-thirds have
disabilities



51% stop working
or reduce working
hours

Research has
shown employers
often do not know
how to support
stroke survivors to
return to- and stay
in work

We're looking for employers to take part in a one-to-one, **Microsoft Teams or telephone interview** to tell us about their experiences of the return-to-work process following a stroke.

We are also inviting employers to attend **online workshops** to help us design a stroke-specialist, return-to-work toolkit for employers and stroke survivors.

ELIGIBILITY CRITERIA:

- Aged 18 years or older, proficient in use of the English language
- Working in an occupational role involving staff responsibility
- Experience supporting a stroke survivor employee to return to- or stay in work

OR

- Personal experience of returning to work after a stroke

POTENTIAL BENEFITS:

- Your voice heard
- Gain expert tips on supporting stroke survivors (workshops only)
- Show of commitment to retaining employees with disabilities



NIHR | Applied Research Collaboration
East Midlands

ELIZABETH CASSON TRUST



**SCAN HERE TO CONTACT US FOR
FURTHER INFORMATION, OR USE EMAIL
ADDRESS BELOW:**

 Kristelle.craven1@nottingham.ac.uk

The PhD study aims to work with employers and other stakeholders to co-design a stroke-specialist, return-to-work toolkit for employers and stroke survivors. Strokes are becoming increasingly common among working-age people, and more than half either don't return to work or significantly reduce their hours. Research shows employers don't often know how to support them, and resources to support them are sparse. Successful design, development, and future use of the toolkit may lead to more stroke survivors returning to and staying in their working roles. This would benefit the health and wellbeing of stroke survivors and have a range of benefits for other staff and their organisations.

- Invitation to employers (regardless of background, experience or organisation) to take part in a 5 minute, anonymous online survey here (with a prize draw incentive) <https://forms.office.com/r/FRTAt3tR18>
- Also employers with personal (as a stroke survivor) or professional experience of the return-to-work process post-stroke to take part in **a Microsoft Teams/telephone interview and/or three online workshops** (further details available upon request to Kristelle.craven1@nottingham.ac.uk)

Save the Date

SQuIRE Updates

Launch of the SQuIRE Business Case Guidance toolkit

There was a great turnout at the two SQuIRE Business Case workshops hosted by NHS Elect on Tuesday 28th and Wednesday 29th March. If you missed the sessions, you can email Midlands SQuIRE Lead Emily.Steventon1@nhs.net to get a link to the recordings of the two-part workshop.

The workshops marked the launch of the SQuIRE Business Case Guidance toolkit.

Business Case Guidance

Produced by NHS Elect in partnership with Stroke Quality Improvement for Rehabilitation Midlands (SQuIRE).

© NHS Elect

To get a copy of the interactive toolkit please email Emily.Steventon1@nhs.net

Evaluating SQuIRE in the Midlands

SQuIRE in the Midlands started in February 2022. As we reach the end of a whole year of SQuIRE we'd really value your feedback on how the SQuIRE team have supported teams in the Midlands in facilitating the implementing the Integrated Community Stroke Service (ICSS) model.

As we start a new financial year, April will mark the start of priority-setting for SQuIRE in the Midlands in 23/24.

You can share your feedback on SQuIRE in 22/23 and your ideas for priorities for SQuIRE in the Midlands in 23/24 via a short survey:

<https://forms.office.com/e/zMkhC3n9eG>

The survey will be open until April 28th. Alternatively, you can email the Midlands SQuIRE Lead Emily.Steventon1@nhs.net with any feedback and suggestions.

Next Issue

ISDN Update | BP@Home | Acute 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

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

NHS · Nottingham University Hospital, Queens Medical Centre · Derby Road · Nottingham, Nottinghamshire NG7 2UH · United Kingdom

