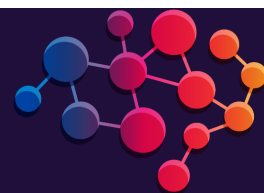


East Midlands Integrated Stroke Delivery Network



Issue 7, May 2023

May Measurement Month- BP@Home

Millions of people across the UK are living with high blood pressure and yet a third of those don't know about it. High blood pressure rarely has any symptoms which is why it is called the 'silent killer'. The only way to know you have the condition is to get your blood pressure measured. It's **May Measurement Month**, a global campaign aimed at persuading people to have their blood pressure checked.

To celebrate May Measurement Month, and as part of the BP@Home project the East Midlands ISDN have delivered blood pressures monitors across the region to teams participating in the project. This will empower stroke survivors to take control of their blood pressure. The project is run by our passionate and dedicated teams who have started trialing the BP monitors for a successful outcome.

Further workshops on BP@Home are planned, with support from the GM ISDN and Sherwood Forest ICSS BP@Home leads, to provide peer support and advice.

Nottinghamshire Pathway Improvement

Last year, Nottinghamshire ICS successfully bid for SQuIRE QI funding to take part in a development programme focused on people-led change and new ways of working to transform stroke services. The plan aims to support "great" health and social care provision across the system for those affected by stroke. The first Pathway Improvement Session with the CPD Consultancy team will take place in Gedling at the beginning of June. The ISDN is pleased to be involved in supporting this project and Claire Lee (ISDN Community Clinical Lead) and Kevin Botham (ISDN Senior Manager) are looking forward to joining in and taking part.

The ISDN Team also joined the ICS CVD Steering Group meeting this month, where Claire was able to update the group on the BP@Home progress. We are keen to engage with primary care, who are crucial to the success of the project and will be approaching PCN Clinical Directors directly.

The Integrated Life After Stroke Support (ILASS) model

The ILASS model provides best practice guidance on the provision of support services required to provide practical, emotional and social input to people affected by stroke. This support is required to rebuild a life after stroke and optimise a person's independence and reduce their risk of further stroke. NHS England has worked in partnership with the Stroke Association, to develop this document. It has been informed by the views and perspectives of a wide range of stakeholders including those with lived experience of stroke, charities providing services to stroke survivors, clinicians and healthcare professionals, managers and policy makers. This guidance should be used with the National Stroke Service model and National model for an Integrated Community Stroke Service to inform commissioning and provision of care for people affected by stroke.

The ILASS model can be found here:

<https://future.nhs.uk/strokecommunity/view?objectId=14857808>

GIRFT Stroke Leadership Academy - Stroke Specific Programme

May saw the launch of the new Royal College of Physicians (RCP) year-long **GIRFT stroke leadership academy (stroke specific) programme**. Four candidates from across the Midlands were selected to be in the first cohort of 30, East Midlands ISDN Clinical Lead Claire Lee, West Midlands ISDN Clinical Lead Carron Sintler, North Midlands ISDN Programme Manager Heidi Preston and SQuIRE Senior Programme Manager Emily Steventon.



This new multi-professional leadership programme is being offered as a means of fulfilling the first recommendations from the GIRFT Stroke Programme National Specialty Report as follows. "ISDNs to ensure that they lead and engage in activities to promote leadership and culture across their networks, with a particular focus on:

- the importance of culture and leadership in successful stroke teams
- addressing systemic biases in the current leadership of stroke teams, actively promoting both medical and non-medical leadership
- emphasising the multidisciplinary nature of high-quality stroke care and diversity of leadership
- promoting collaboration across the stroke pathway, including diagnostics, rehabilitation, and working with the third sector; and
- development and implementation of a 'Stroke Leadership Academy'".

The programme will run for 12 months and will comprise face-to-face and virtual sessions to encourage networking. Themes covered include capability, capacity and coaching, and credibility, and candidates will be supported by personalised mentoring and virtual coaching. There will also be ongoing peer support through an action learning sets (ALS) programme, helping to address real life challenges faced in the workplace, and participants will take part in a service improvement project which aligns with the ambitions of the [NHS Long Term Plan](#), the [GIRFT National Report](#) and the [RightCare Stroke Toolkit](#).

SQuIRE Projects

Celebrating the Success of the Business Case Workshops (28th & 29th March)

Emily Steventon is delighted to share with you the toolkit following the two-part Business Case workshop run by NHS Elect on 28th and 29th March. Over the two lunch time sessions, Emily and her team dove into the world of NHS business case development and construction.

The goal of the workshops was to equip participants with the tools and knowledge to craft compelling business cases that would drive innovation, promote growth, and enhance services. The two sessions were interactive and the workshops proved to be an invaluable learning experience for all involved.

To receive your copy of the business case toolkit workbook email Emily.Steventon1@nhs.net (Midlands SQuIRE Lead)

Shaping SQuIRE in 23/24

The survey to evaluate the SQuIRE programme in the Midlands in 22/23 is still open and we would encourage you to complete a survey (it takes about 10-minutes) to share your thoughts and help shape SQuIRE in our region in 23/24:

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

Stroke Rehabilitation Resource

Stroke rehabilitation resource developed for the registered workforce

Stroke

Resources to improve learning on stroke care across the patient pathway



A course on stroke rehabilitation has been added to NHS England's elearning for healthcare's Stroke programme.

The course is designed to demonstrate that rehabilitation should continue outside of individual therapy sessions, if stroke survivors are to achieve the best possible outcomes.

Developed in partnership with NHS England's Long-Term Conditions and Prevention team, it is aimed at the registered health and care workforce, which includes nursing staff and allied health professionals, and consists of 2 sessions:

Session 1 focuses on how you can support stroke survivors with eating, drinking, communicating, creating the right therapeutic environment and the importance of good mouthcare.

Session 2 focuses on your important role in 24-hour rehabilitation and how you can support stroke survivors with their upper limb, positioning, transferring and decision making. It also helps develop your understanding of perception and insight and how this can affect a stroke survivor.

For more information and to access the course, plus many other relevant resources, please visit the [Stroke programme page](#).

Stroke Association Integrated Campaign

The Stroke Association has launched a campaign "A- what-sia? Let's talk aphasia" which aims to raise awareness of aphasia and its impact on stroke survivors, their families and friends. They are marking Stroke Awareness Month 2023 (May) and Aphasia Awareness Month 2023 (June) by myth busting, generating conversation, launching updated communication tools and of course premiering our film.



Why have they developed new tools?

They know the campaign will send thousands of people to the aphasia pages of the website, and they are launching brand new tools and information to make sure they are giving people what they want and need.

The Stroke Association has worked closely with people affected by communication difficulties, healthcare professionals and internal colleagues. They heard that:

- There is no information about stroke or communication difficulties written for people with aphasia.
- Their communication aid needed work. People didn't like the pictures and wanted a hospital specific communication book, and one with more vocabulary for the community.
- Family and friends feel daunted to have a conversation with a loved one with a communication difficulty. They don't understand exactly how the stroke has caused the issues, and struggle to understand that intelligence isn't affected.
- There is anxiety around using communication strategies in practise, and seeing them used in 'real life' would be very helpful.

What have they developed?

Working with over 60 people affected by communication difficulties, they have developed new tools and videos, including:

1. Stroke- aphasia friendly guide
2. Your communication after a stroke- aphasia friendly guide
3. Communication Picture Book- Hospital
4. Communication Picture Book- Community
5. How stroke affects communication – an animated video
6. Communication tips after a stroke- a video demonstrating a good conversation with a person with aphasia.

To tie in with the May integrated campaign, the new resources will be available **digitally from 15 May** and to **order from 25 May**, from stroke.org.uk/aphasia

How can you order them?

Beneficiaries can order for free from stroke.org.uk/aphasia.

The **Communication Picture Book - Hospital** is designed specifically for healthcare professionals to use with patients in hospital. Healthcare professionals can order a copy from <https://www.stroke.org.uk/professionals>

Next Issue

ISDN Update | Aphasia Awareness Month | 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

