

Introduction:

Our team ethos is to work in partnership with our patients to provide them with the skills and resources so they can self-direct and self-guide their ongoing rehabilitation, so they can live meaningful, fulfilling and enjoyable lives beyond their stroke. With the new stroke guidelines stating that patients are required to do more than 6 hours of therapy a day, it is more important than ever that self-management principles are embedded into teams.



Method:

Team members of the MDT, including doctors, nurses, therapists, rehabilitation assistants and HCA's were trained and accredited as rehabilitation coaches to assist patients to improve their motivation, resilience and mindset in relation to their rehabilitation. Staff were also trained on how to assess and treat trauma, anxiety and grief post stroke.

Patients were assessed against eight keys to recovery which include physical health, environment, emotional awareness, time, identity etc. and then characterised as to whether they were in Crisis, Cope, Coast, Conquer or Create in terms of their rehabilitation mindset.

Developing the 'Pathway to Recovery' Model and a self-management pathway into a CST

Result:

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Skills and resources that were needed for self-management were provided to the patient dependant on where they were on this model. 100% patients were satisfied with the service and felt supported psychologically by the team. 90% of patients felt they had all the skills and resources they needed to self-direct their rehabilitation. Patients increased their self-directed rehabilitation analysed by activity diaries and activity monitors by over 60%. Referrals to level 3 psychological support decreased by 90%.

Conclusion:

When staff are trained appropriately, they can effectively support patients psychologically and improve the patient's rehabilitation mindset so they can self-direct their rehabilitation and live autonomous, meaningful and fulfilling lives beyond their stroke.