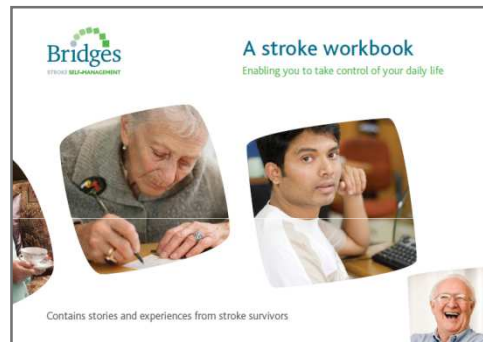


2nd Bridges - Life after Stroke Symposium. Tuesday April 26th 2011



Supporting the Stroke Pathway....



Health Innovation and Education Cluster
South London

- Twelve events are currently planned over an 18 month period
- Aimed at health professionals, social care teams, those who have had a stroke and the people who care for them
- Social care professionals have already enjoyed a training day which allowed professionals to share best practice with care homes
- Full details of events can be found at ***www.hiecevents.sgul.ac.uk***.



Faculty of Health and Social Care Sciences

Kingston University London

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Life after Stroke and self-management

- Evidence of unmet needs (Stroke Association Survey 2010) and Care Quality Commission report on 'Supporting Life after Stroke' (2010)
- Self-management recommended in UK Stroke Strategy but no consensus as to *how*

Life after Stroke Commissioning Guide, October 2010

5.1 Self-management strategies

Commissioners must embrace new ways of organising and supporting people living with the effects of stroke, rather than looking for a “cure” or commissioning a new expensive service. The extent to which a stroke survivor believes they can control their activities and their autonomy is a critical factor in both their emotional state, their reported quality of life²¹ and their belief that they can live successfully after stroke.

In essence, these person-centred approaches can be tailored to the exact needs of the stroke survivor. Commissioners should work to offer stroke survivors training in self-management, goal setting and problem solving skills²³ and preliminary evidence has shown the benefit of these approaches²⁴.

Bridges stroke self-management programme

50
workshops



Approximately 800
clinicians



? 3000
stroke
survivors



Hospital

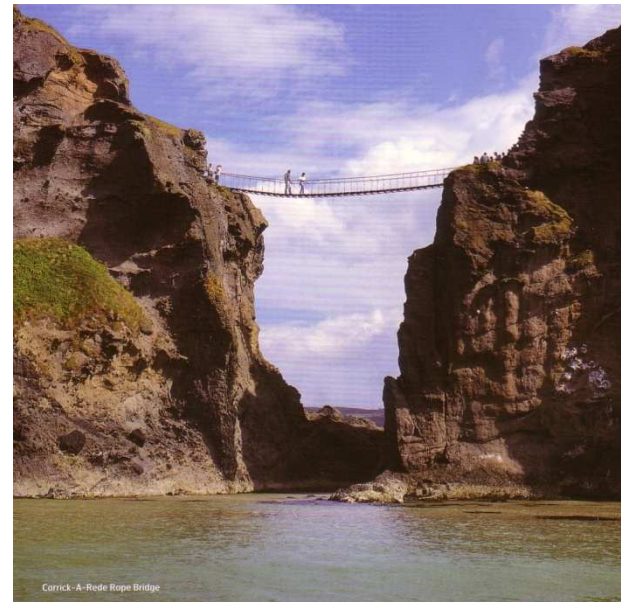
Intermediate care/
Early Supported
Discharge

Community
rehab and
social care

Bridges stroke self-management programme

Research into practice...learning a lot along the way

- Pilot Randomised Controlled Trial
- Case studies
- Survey
- Evaluation Kingston Stroke Pathway
- Carers booklet
- Black and Minority Ethnic Groups
- Cluster Feasibility Trial



4 people ...4 perspectives on life after stroke and self-management

- Dr Damian Jenkinson: national
- Andrew Mitchell: personal
- Tristan Brice: stroke pathway
- Dr Sheila Lennon: research

Goals are therapy led rather than of value to the individual

- Making good progress but frustrated
 - Easily identified a long term hope/aspiration
 - Short term targets were written by therapy team
 - Not keen to write and record progress in the book
 - Stairs chosen as a target, but she wanted to look in her wardrobe and choose clothes
- Learning: be better prepared and know the workbook, don't control the goals set**

What people think...

“I see part of my role as encouraging self-mgmt but after the workshop I realise I still do too much problem-solving and giving direction myself”

“It has made me consider how I set goals with patients – try to encourage more self-reflection from them + actions, rather than offering solutions to them quickly”

“Working with hope and pragmatism. ‘Listening’ wholly to people’s stories”

“Didn’t know what to expect, found it a new and interesting way of consolidating what we may already be putting in place – will give the client the independence to believe in their progress”

But...

“Time restrictions on amount of time we have to spend with patients”

“Short time spent with patients (6 weeks), need to collaborate with day and treatment team”

Thank-you....

Questions?

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www.bridges-stroke.org.uk

