

Bridges Stroke Self-Management programme

Course Outline

Course aim

To enable participants to develop effective strategies to encourage self-management in individuals after stroke.

Target Audience

All stroke professionals including nurses, social workers, physiotherapists, occupational therapists, speech and language therapists, rehabilitation assistants, enabling carers, psychologists, doctors and any other health care practitioners working within the stroke pathway.

Course overview

Bridges stroke self-management programme consists of interactive workshops for stroke practitioners, held over two days. Participants explore a model of stroke self-management known as 'Bridges', using a stroke workbook* that has been developed to use with stroke survivors to support their ongoing progress and goals. Learning is supported with examples from current research in stroke rehabilitation and chronic disease self-management. There is an emphasis on supporting individuals to cope with the transition from leaving hospital, being discharged from therapy and those requiring ongoing support from Social Services. The training reflects the shift from professionals choosing what is best for those who require support, to a "personalised" care system where individuals will be able to decide what is best for them. There is also an opportunity to discuss current methods of delivering person centred rehabilitation and social review in the context of National Stroke Guidelines, DOH Policy and Self Directed Support.

Learning objectives

By the end of the workshops participants are able to:

- Appreciate the enablers and barriers to effective self-management in the longer term post stroke
- Outline the current research on chronic disease self-management and the relevance to stroke
- Demonstrate different methods of enhancing confidence in individuals after stroke
- Explain the Bridges programme, and use the stroke workbook* to encourage target setting and reflections on successes
- Demonstrate greater awareness of different communication styles and their impact on supporting self management after stroke
- Understand the key policies and research in relation to supporting life after stroke
- Understand ways of involving family members and carers in supporting self management using the Bridges approach and workbook

*** The stroke workbook**

The Stroke workbook was initiated and developed in consultation with stroke survivors, a national project advisory group and consultation with Connect communication advisors. The workbook aligns with the UK Stroke Strategy and National Policy on self-care for people with long term

conditions. The workbook includes 14 individual stroke survivors' stories and strategies, together with a section to record personal targets and successes. The stroke survivor takes ownership of the workbook, to encourage an ongoing goal-setting and problem-solving approach to life after stroke. The 14 stroke survivors continue to participate in consultations about changes to the workbook and are informed about any new developments or versions. Bridges also has 3 stroke survivors on the Bridges Advisory Group for reviews and continual consultation (see Consultation section below).

Workshops

The training is delivered via an initial 1-day workshop with a follow-up 1-day 4-6 months later. During the intervening 4-6 months participants are required to submit a case reflection on an individual they have tried the Bridges stroke self-management programme within their practice.

Objectives for Initial Workshop:

- Understand the Bridges philosophy and what will be covered during the workshop
- Be able to describe the current direction in research and policy on self-management, and discuss the theoretical basis for enabling effective self-management skills.
- Understand self-efficacy as a possible mediator of behaviour and outcome of self-management interventions
- Relate the current evidence base and principles of self-management to a person you are working with
- Gain practical experience through role play of communication techniques for introducing the Bridges philosophy and workbook to stroke survivors and their carer/family
- Describe two case scenarios that have learned effective self-management skills, and understand the enablers and barriers to coping in the longer term after stroke
- Know the expectations for the follow-up workshop and ways to use the workbook, resource pack and discussion forum, in the intervening time period

Objectives for Follow-up Workshop:

- Reflect on experiences of using the workbook
- Relate lessons learnt from other teams/individuals to own experiences
- Understand current research on self-management and goal setting
- Understand current research, policy and theory on stroke and self-management in relation to rehabilitation outcomes
- Reflect and revisit Social Cognition Theory in relation to behaviour change and readiness for self-management
- Understand different ways of introducing the workbook and using appropriate sections
- Understand the barriers and challenges of using the Bridges programme using specific examples of people with more complex issues posts stroke (e.g. cognitive and communication difficulties)
- Develop an action plan to support sustainability and embed the use of Bridges in current practice and the longer term
- Know the mechanisms of using learning from Bridges workshops in a contribution to Higher Education modules

Course Content

Initial Workshop

Session 1	Introductory information about Bridges
Session 2	Interactive quiz – stroke and self-management
Session 3	Self-management- theory and research
Session 4	Applying self-management theory to people on your caseload and using the workbook
Session 5	Case based scenarios/ developing self-efficacy and self-management skills
Session 6	Interactive Quiz- self-management and self-efficacy
Session 7	Action Plan and Case Reflection

Follow-up Workshop

Session 1	Experiences/challenges and successes with the workbook
Session 2	Revisiting Goal setting and self-management
Session 3	Update on research, policy and theory
Session 4	Remembering the social cognition model?
Session 5	Case examples- using the stroke workbook
Session 6	Complexities of using a self-management programme– how and when?
Session 7	Future plans: ours and yours – action plan for sustaining use of the programme

Outcome

On successful completion of the two stage Bridges stroke self-management training and case reflection participants receive a certificate. They also gain access to our discussion forum and will receive regular updates on our programme and current research and policy on self-management.

There is also an opportunity for participants to use their case reflections in part completion of work based learning modules levels 5,6 and 7 which are delivered by Faculty of Health and Social Care, St George's University of London and Kingston University. Work contributing towards modules at level 5 and 6 lead to a Diploma/BSc/BSc (Hons) in Health Care Practice and modules at level 7 lead towards Masters Degree programmes e.g. MSc Rehabilitation or MSc in Advanced Practice.