

stride

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For everyone concerned with stroke rehabilitation

Fiona Jones wins Stroke Association award

The UK Stroke Association recently honoured Director of Stepping Out Dr Fiona Jones, for providing exceptional service in stroke care.

Fiona was nominated for the award by colleagues and stroke survivor Eileen Collins. Eileen has had a series of strokes since 2004, and was involved in Fiona's PhD research which led to the development of Stepping Out. She said: "Fiona has always treated me as a person rather than a patient. She made me feel valued when I was down and made me feel I still have a role in life."

The award was one of 10 awards presented at the 'Life After Stroke' awards held in London last month. The other categories included 'young stroke survivor, adult stroke survivor, carer and stroke club award'. The overwhelming message from stroke survivors and volunteers accepting awards is that Life after Stroke is about what you **can do**, not what you can't do.

For information about 'Life After Stroke' and to see individual award winners visit:

www.stroke.org.uk/campaigns/life_after_stroke_awards



Far left
Physiotherapist and
Senior Lecturer
Janet Schmitt, and
Stroke Survivor
Eileen Collins
nominated Fiona
for her award

Left
Fiona Jones
received her award
from celebrity
dancer Brendan Cole
at an awards event
held at Claridges
Hotel, London



steppingout

a stroke self-management programme enabling individuals to take control of their daily lives



Case study: Lucinda and Violet

Lucinda is a senior physiotherapist working in the Community Neurorehabilitation Team based at Southwark, London. She works with adults with a range of neurological conditions including stroke. She feels that she has taken on an altogether more collaborative role since she attended the Stepping Out workshop in June 2008.

The programme provided Lucinda with the structure and tools to build collaborative relationships with her patients; an example being Violet Baston, an 86 year old woman who, after her cerebellar stroke, has been following the Stepping Out programme under Lucinda's guidance.

Preceding her stroke in August 2008, Violet was fully independent and living in a warden-controlled flat, and despite a recent hip operation, would walk up and down the corridors everyday with her stick. After her stroke Violet suffered from dizziness and vomiting, which severely affected her confidence in all aspects of her mobility.

Lucinda incorporated Violet's ideas into the self-management programme and allowed Violet to set her own review dates. She mixed Violet's ideas with her own to fully develop the programme and her Rehabilitation Support Workers assisted Violet in carrying it out. During reviews with Lucinda, Violet began to set herself new goals and came up with her own exercise ideas. With the help of the Stepping Out programme, Violet has slowly regained her confidence in personal care and cooking and has now regained most of her everyday independence.

Violet felt that writing down her future goals and targets in the Stroke Workbook really helped because she could see what she was aiming to achieve. Although Violet says she will miss Lucinda and the Rehabilitation Support Workers, she is looking forward to being fully independent.

Aware of Violet's aims throughout treatment, Lucinda agreed that it was both a positive step towards empowering the patient and extremely helpful knowing that achievement of goals were not entirely resting on the clinicians' shoulders. Lucinda spent less time in the office designing complicated exercise programmes but instead developed them with Violet, incorporating her own ideas and goals.

Stepping Out encourages a move away from a passive expert-patient relationship, to one of active collaboration between clinician and patient. This approach helps patients to prepare for life after stroke, and beyond regular rehabilitation.

[Lucinda and Violet review the Workbook together](#)



A more holistic, more patient-orientated, enhanced approach to self-managed rehabilitation after stroke.



Stepping Out and Stroke Network join forces

In April 2009, The Stepping Out programme teamed up with the South West London Cardiac & Stroke Network to deliver a National Priority Project.

Stroke Networks have been set up across the country to support the implementation of the National Stroke Strategy. Bringing together representatives from across the stroke pathway, including NHS provider trusts, primary care trusts, ambulance services, the voluntary sector, local authorities, and patients and carers, their purpose is to enhance co-operation between organisations, share learning, facilitate service improvement and support commissioning intentions.

National Priority Project

As part of their work, they have been chosen to deliver a National Priority Project by the Stroke Improvement Programme (SIP). These Projects are an opportunity to pilot new and innovative ways of working and to obtain national knowledge and expertise on beginning, managing and sustaining service changes and improvements.

The South West London Cardiac & Stroke Network will

be working with Stepping Out as part of their National Priority Project to improve transfer of care. We are in the preliminary planning stages at the moment, but intend to teach the Stepping Out approach to 20 practitioners in Croydon by the end of the year.

Targeting staff across traditional boundaries, including inpatient rehabilitation teams, community rehabilitation teams, local authority staff and primary care staff, the aim is to foster a consistent approach to patient-centred rehabilitation across these health and social care settings.

The benefits of Stepping Out for both patients and staff will be carefully recorded and monitored throughout the duration of the project. The findings, together with all other project outputs and challenges, will be published in a final report, with the learning shared and showcased on a national platform.

The South West London Cardiac & Stroke Network intend to use this information to assess the feasibility and benefits of providing similar training across the South West London sector.

Contacts

South West London Cardiac & Stroke Network

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Stroke Improvement Programme

Details on the Stroke Improvement Programme (SIP) and National Priority Projects are available at:

www.improvement.nhs.uk/stroke





Stepping Out strides across the capital

During 2009 a total of 10 workshops were delivered to stroke teams based within the South West and North West London Cardiac and Stroke Networks. Further afield workshops have been also held in Derby, Swindon, Surrey, Cardiff and Lanarkshire.

Following the introductory workshops, attendees use the Stepping Out programme to support stroke survivors on their caseload to set small targets and take an active role in their own progress and self-management. This is carried out using one-to-one sessions supported with an interactive stroke workbook. At a follow-up workshop held 6 months later participants discuss case reflections on individual patients that have utilised the Stepping Out programme.

By July 2009 a total of 480 clinicians working in all stages of the stroke pathway (acute, early supported discharge, intermediate care, community rehabilitation) had completed the introductory workshops, with many now completing the follow-up training.

The case reflections will be evaluated and used to inform further development of the programme in 2010.

These are some of the comments and reflections from practitioners so far:

What happened when the Workbook was first introduced?

- 'She identified herself with one of the contributors'.
- 'He was keen to use the Workbook and enjoyed the stories'.
- 'Seemed like a lot of information to get through, I left it with the patient to go through in their own time'.
- 'We discussed an example which related to the patient's own situation'.
- 'Reluctant at first, but more willing once I talked to her carer'.

Give an example of a target recorded in the Workbook

- To use both hands to apply make-up.
- Plant some primulas in a pot.
- To pick up two-year-old daughter for a hug using both hands.
- To get on the bus and visit the local supermarket.
- To walk to and from the toilet unaided.

What have you (the practitioner) learnt from this process?

- 'Using the self-efficacy principles helped me promote more active self-management'.
- 'Using the Workbook moved us away from being 'impairment focused' to more 'real life goals'.
- 'Making truly client-centred goals can be really challenging even with clients that do not have cognitive or language difficulties'.

The London Workshops



Participants from Southwark and Lambeth completing the follow-up workshop



Thinking about hosting a workshop?

We have produced a booking form and FAQs booklet based on our experiences of running Stepping Out workshops over the last year, including suggestions from those who have hosted workshops. Full information can be downloaded from our website or alternatively contact us by email or telephone for further information.

Before booking a workshop, consider the following:

Who should attend?

Our experience is that the programme can be implemented much more effectively if there are professionals from the same team, and ideally representatives from stroke teams across the stroke pathway.

The Workshops are suitable for all professionals (nurses, allied health professionals and doctors) but also community matrons, case managers, support workers and other colleagues from the voluntary sector.

Participants from the acute sector have reported that although it can be more problematic to implement a self-management programme in the acute setting, the principles can be introduced. Also, teams further along the

pathway can continue the self-management programme which has been started in the acute setting.

How will change in practice or effect be evaluated?

We are currently using a range of measures as part of the Stroke Improvement Plan priorities project being implemented in South West London. These include participant questionnaires, case reflections and patient outcome measures. We will learn more about the sensitivity and suitability of specific outcome measures after the completion of the RCT being carried out in Belfast, Northern Ireland. We are always happy to discuss our experiences and make suggestions.

What prior arrangements need to be made?

In order to keep the costs down, we ask hosts to arrange the venue and catering. We have a checklist which includes advice about the venue, receiving the workshops materials and setting the dates. We also provide hosts with a flyer template to advertise workshops. Prior to follow-up workshops we submit a reminder to complete a case reflection to all participants. We encourage hosts to send an additional reminder ahead of the date.

What you had to say - reaction from the Workshops

A really good course, making me think about my knowledge of stroke statistics/services available. Also helping to evaluate my practise with patients and consider making targets more patient lead than professional influenced. Thank you.

Lanarkshire Workshop

Much more aware of principles of self management and levels of self efficacy therefore will be able to support patients in setting and taking ownership of targets.

Lanarkshire Workshop

To ensure concordance between patient's and practitioner's goals and to deliver a more individually tailored therapy input.

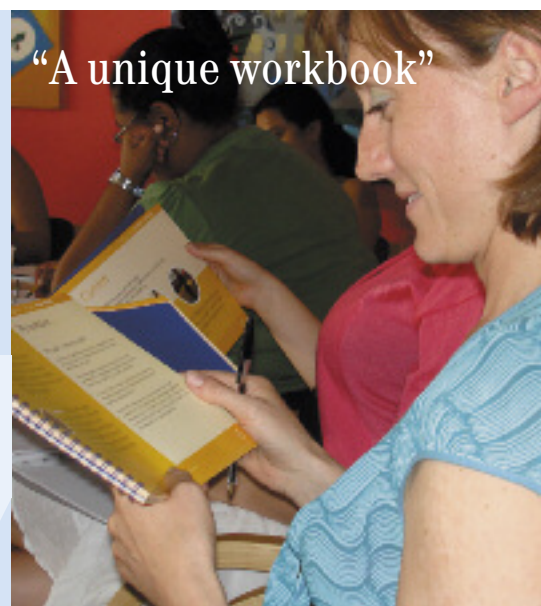
Kensington and Chelsea

Very interesting and informative as to how to manage patients with stroke.

Wolfson Workshop

Stepping Out will enhance practise, not just in using the workbook, but understanding people's expectations and needs.

Northwick Park Hospital





This programme encourages self-management, focuses on the successes, and decreases dependence on therapists.

What's new?

Stroke Specific Education Framework (SSEF)

The purpose of the SSEF is to ensure quality in stroke care by supporting course design and promoting recognised and transferable training and qualifications' (DOH 2009).

The education framework reflects all areas of the stroke care pathway from prevention and acute through to long term care and participation in community life. It also aligns with stroke standards for England, Northern Ireland, Scotland and Wales. Comments from the recent stakeholder event and consultation will inform a new UK Stroke Forum for Training, to oversee the SSEF.

Stepping Out will aim to gain quality assurance and accreditation from the UK Stroke Forum for Training, and utilise the SSEF to inform further development of the programme.

For more information see: www.dh.gov.uk/en/Healthcare/Stroke/index.htm

Useful publications:

Chronic Physical Illness: Self-management and Behavioural Interventions (2009) ed. Stan Newman, Liz Steed and Kathleen Mulligan. Open University Press. *A comprehensive book covering a range of topics including context, delivery and evaluation in a range of different self-management interventions.*

The Stroke Self-Efficacy Questionnaire: measuring individual confidence in functional performance after stroke. *Journal of Clinical Nursing and Healthcare of Chronic Disease* 17: 777: 244-252. Jones F, Partridge C, Reid F (2008).

Changing self-efficacy in individuals following first stroke: preliminary study of a novel self-management intervention. *Clinical Rehabilitation* 23, 6, 522-533. Jones F, Mandy A, Partridge C. (2009).

Going home to get on with life: Patients and carers experiences of being discharged from hospital following a stroke *Disability and Rehabilitation*, 31, 2, pp. 61-72. Ellis-Hill, C et al., (2009). *Contributes to our understanding of what constitutes a 'good' or 'poor' experience in relation to the transition from hospital to home following a stroke.*

The Stepping Out team

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Register your interest

For further information, including a copy of our 'frequently asked questions' and a booking form, or to join our mailing list and receive regular updates on the progress of Stepping Out and a copy of future editions of Stride, please contact:

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