

# Stroke Programme Engagement

**January - March 2019**

If you would like this booklet in another format or language, please contact the Healthier Lancashire and South Cumbria team:

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# Introduction

## Visiting Stroke Association groups

**Stroke**  
association



During summer 2018, we visited all of the Stroke Association groups in Lancashire and South Cumbria. We wanted to talk about the work we have done since the last visit.



We also talked about:

- the work we are doing now
- what our priorities are
- our plans for the future.

## Our vision



Our focus is on the patient experience for the whole stroke pathway.

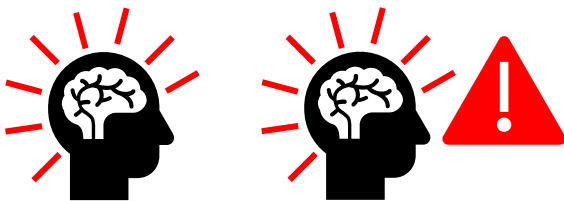


We want to make our stroke services better in Lancashire and South Cumbria.

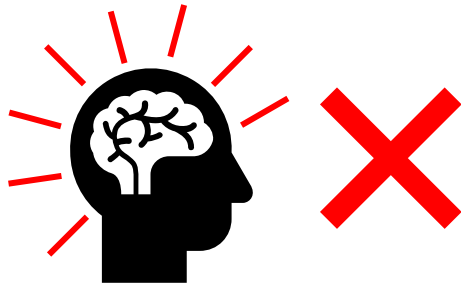


We want to make sure that everyone has high quality, safe, evidence-based treatment and care.

This is for everyone who has had a stroke or is at a higher risk of having a stroke in the future.



## The stroke pathway



### A) Preventing a stroke

Stopping a stroke from happening.



### B) Pre-hospital

Before going into hospital.



### C) Time in hospital



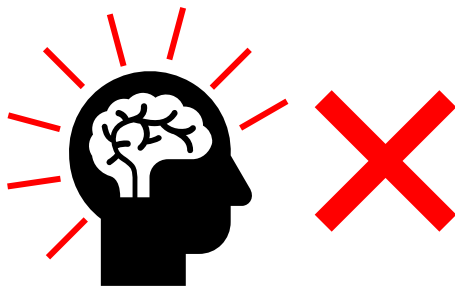
### D) Integrated Community Stroke Rehabilitation

Where patients get specialist stroke rehabilitation from therapy teams. This helps them get better sooner and leave the hospital quicker.



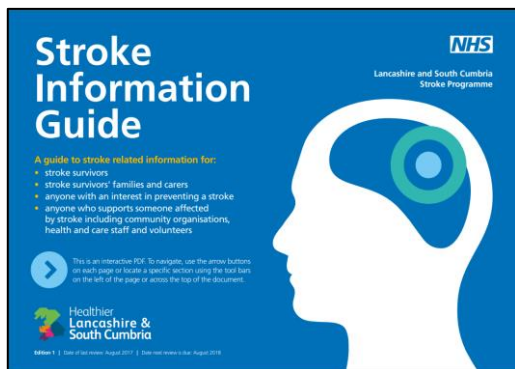
## E) Survivorship

Helping people after they have had a stroke.



## F) Preventing a further stroke

Stopping another stroke from happening.



**[www.healthierlsc.co.uk/  
stroke-information-guide](http://www.healthierlsc.co.uk/stroke-information-guide)**

After hearing from stroke patients and carers, we worked with them to write the Lancashire and South Cumbria Stroke Information Guide.

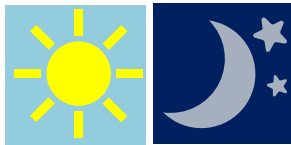
It gives good quality, appropriate information across the whole stroke patient pathway. It is available in other formats – please contact us to tell us what format you need.

## Our pledge



We will be better at spotting and treating the people who are at a higher risk of having a stroke.

M	T	W	T	F	S	S
✓	✓	✓	✓	✓	✓	✓



Everyone who has a stroke will be able to access high quality care every day and every night.



TIA (transient ischaemic attack) is a medical emergency. TIA is often called a 'warning stroke', or a 'mini stroke'.

M	T	W	T	F	S	S
✓	✓	✓	✓	✓	✓	✓

TIA services will be available 7 days per week.

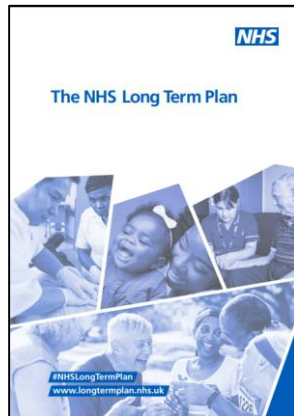


Everyone who needs it will be able to access high quality rehabilitation. This helps people to live a full life after having a stroke.

# The national picture



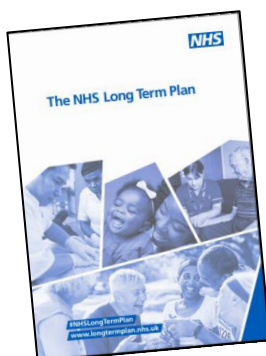
The government plans to spend more money on the NHS over the next 5 years from 2019 to 2024.



The government asked the NHS to show how this funding will be used over 10 years. The NHS Long Term Plan was published in January 2019.



Stroke is one of the key priorities in the Long Term Plan. In particular it focusses on Stroke Prevention, Specialist Stroke Care, Stroke Workforce, Stroke Rehabilitation and Technology.



Our plans for making stroke services better across Lancashire and South Cumbria are very close to the NHS Long Term Plan.



# Our priorities

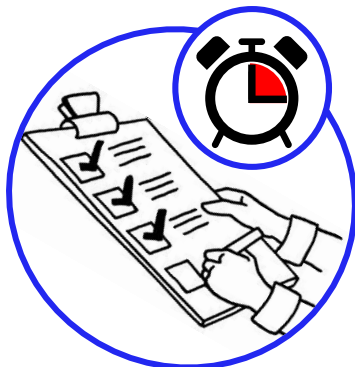
**We have 4 key priorities for treatment and care after a stroke:**



1. Continuous improvement



2. Integrated community stroke rehabilitation



3. Development of an ambulatory care model



4. Specialist stroke centres

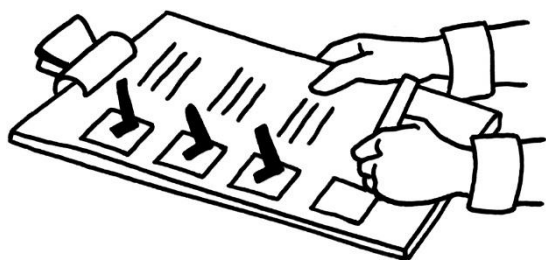
We will explain what these mean over the next few pages.

## 1. Continuous improvement



There are teams in lots of hospitals and rehabilitation services across Lancashire and South Cumbria.

They are all working hard to keep making stroke services better for patients.



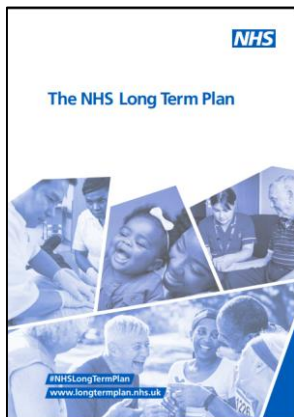
They have made plans which show how this can be done. Every month, they update the plans with what they have done so far.



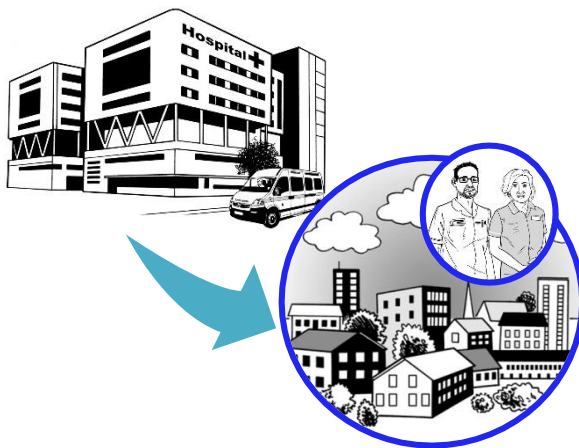
**JOB VACANCIES**

They are steadily making progress with their plans. Some more work needs to be done on areas like working in a different way, or hiring more staff.

## 2. Integrated community stroke rehabilitation



The NHS Long Term Plan says that more people recovering from stroke should receive more integrated and higher intensity rehabilitation out of hospital.



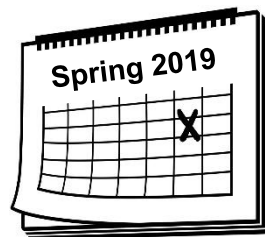
To do this, every hospital stroke unit should have access to an integrated community specialist rehabilitation team.



They should offer early intensive rehabilitation and therapy for up to 6 months. This should be based on the patient's need. It should not be based on criteria or where they are going to after they leave hospital.

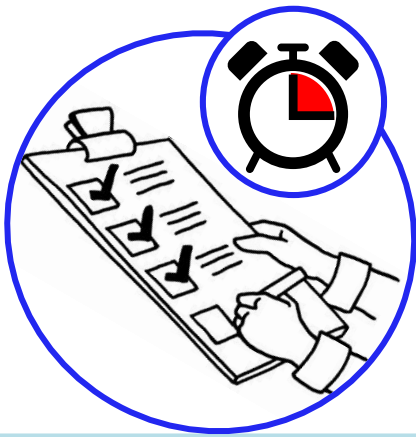


There are lots of different organisations who buy and provide stroke rehabilitation services. They have been working closely together to look at what is missing from the services now and how they can make things better.



In spring 2019 they will decide how to best spend money to make the services in Lancashire and South Cumbria better.

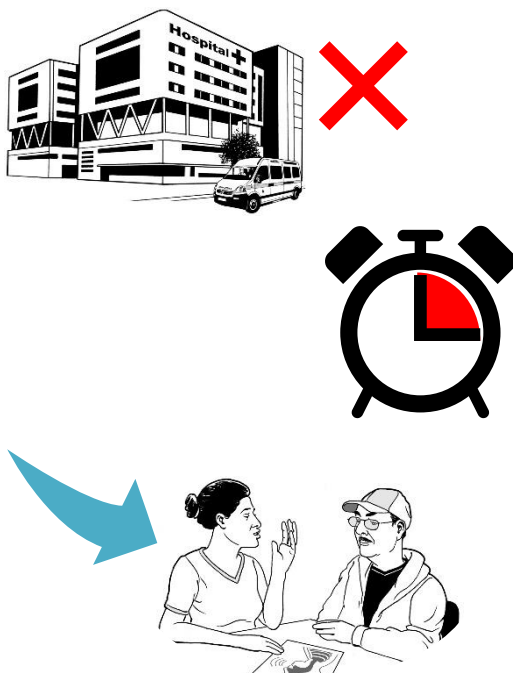
### 3. Development of an ambulatory care model



An ambulatory care model gives a quick, specialist assessment, tests, consultant review and rehabilitation assessment (if needed) within 12 hours.



We have a lot of patients who come to hospital with stroke-like symptoms but have not had a stroke. We need to make sure these patients get the best care in the best place.



This aims to:

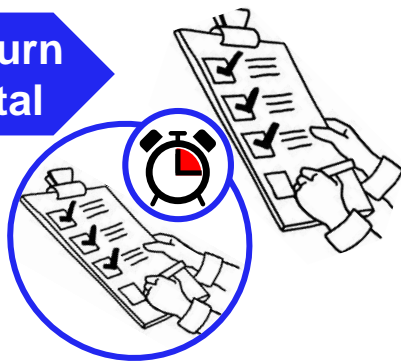
- Stop patients from having to stay in hospital if they don't need to be
- Give quicker assessment and diagnosis
- Send patients who have stroke like symptoms that are not a stroke on to the right care and treatment.

## Arrowe Park Hospital



We visited Arrowe Park Hospital on the Wirral to see how the ambulatory model works there. Clinicians have designed an ambulatory care model for Lancashire and South Cumbria. They think this is the right thing for patients here.

## Blackburn Hospital



The model is being tested at Blackburn Hospital. We will see how it works and how to make it work in the best way it can.



We have been talking to lots of staff at all our hospitals. We have told them how the model works, and they have told us what they think.



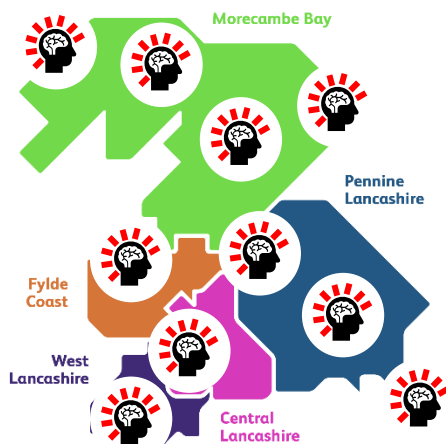
Now we want to know what you think too.



## 4. Specialist stroke centres



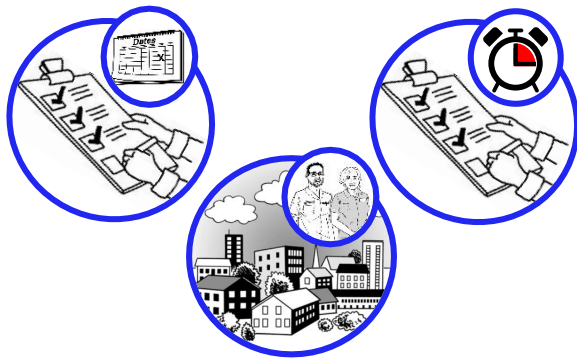
These are places that bring experts (specialist staff and therapists) and equipment together under one roof. They provide the best treatment all day and all night. They focus on the first 3 days after a stroke.



Last year we looked at our local area and how many strokes were happening in Lancashire and South Cumbria. We also looked at the national guidance.



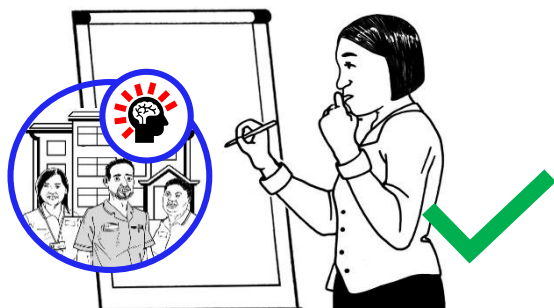
This helped us to work out how many specialist stroke beds, specialist stroke centres and specialist staff might be needed in Lancashire and South Cumbria.



At the moment our focus is on priorities 1, 2 and 3. We will look at opening specialist stroke centres later.



The National Stroke Team has visited all of our hospitals over the last few months.



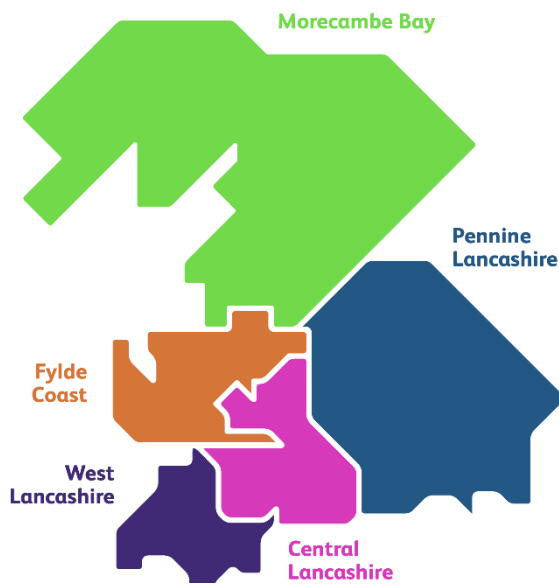
They said some of our hospitals should keep going with their plans to become a specialist stroke centre.



This is because these hospitals treat enough stroke patients each year. Or this is because they can provide other specialist services that some stroke patients need, like removing blood clots.



## Our challenges



Lancashire and South Cumbria is a large area with a mix of busy towns and quiet countryside. We need to make sure everyone gets high quality, safe, evidence-based treatment and care, wherever they live.



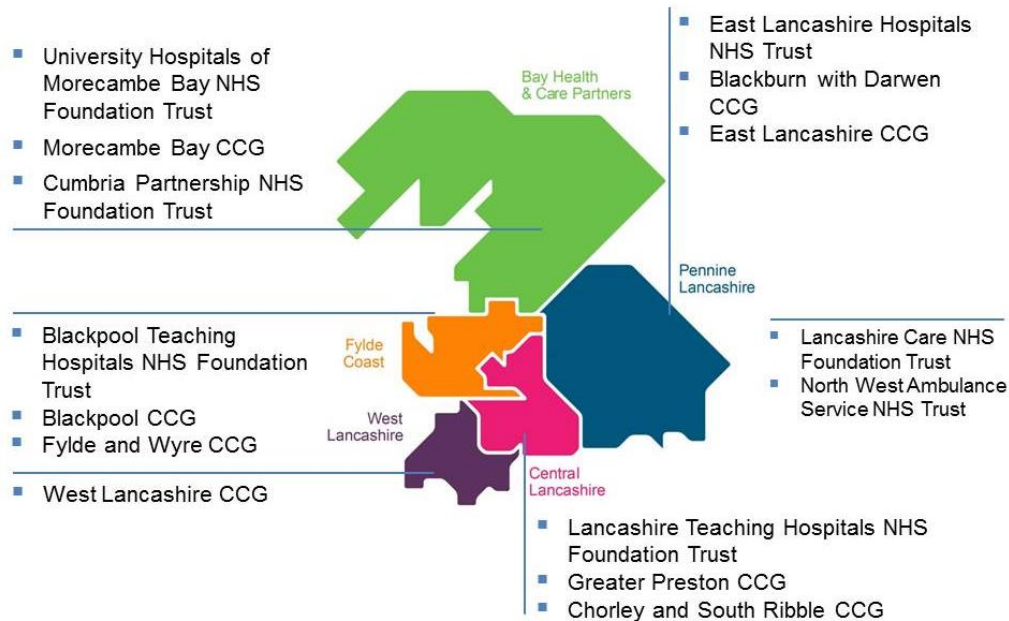
A national problem is there are not enough specialist staff. This is the same in Lancashire and South Cumbria.



In November 2018, we spoke to staff who work in stroke services. We wanted to know what ideas they had for working differently and how to help with the staffing problems.

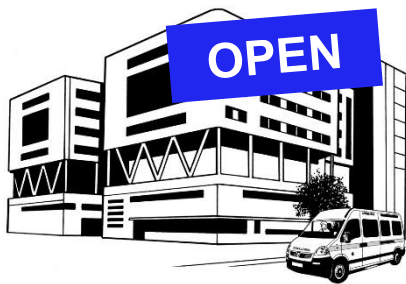


Now the teams in the hospital and rehabilitation services and our Stroke Workforce Group are working on these ideas.



All the organisations involved in providing health and social care need to work closely together. This can sometimes be difficult when there are so many different priorities.

## Our key messages



All stroke units will stay open.

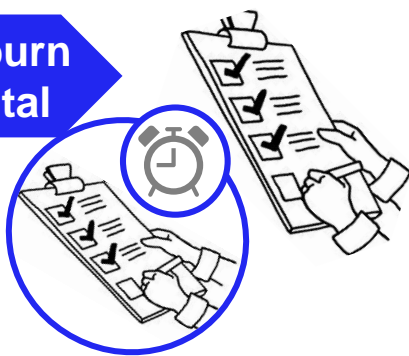


We are looking at new and different health and care roles.

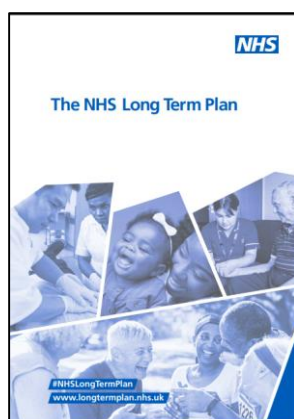


There will be training opportunities for staff.

**Blackburn  
Hospital**



We have been testing out different ways of working.



Our plans closely follow the NHS Long Term Plan.  
**[www.longtermplan.nhs.uk](http://www.longtermplan.nhs.uk)**

**Your input is valuable. Please let us know what you think.  
You can contact us on the details below.**

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