

Jo Stevens – Stroke specialist nurse Bury Talking about sex after stroke – How, what and when. A stroke survivor perspective

Collaboration for Leadership in Applied Health
Research and Care (CLAHRC) Greater
Manchester

Project aims and objectives

AIMS

- What do we know already?
- What do we do already?
- What do people who have had a stroke think?

- What are the next steps?

- So far.....
- Literature search
- Writing up to publish – ‘Topics in Stroke rehabilitation’
- Attend stroke research groups
- Formed advisory group
- Written abstract for NI Stroke forum

- And next?
- Review validated assessments with advisory group
- Present to stroke research group

Resources

- Desk in stroke research office
- Meetings with CLAHRC stroke group
- Included in stroke research meetings
- Used blackboard, library learning resources, NIHR online resources
- Spoken to other researchers
- Went to UK Stroke forum

Obstacles/challenges faced

- Time

Broken arm, low staffing, high sickness and clinical pressures have made it difficult to prioritise

- Getting advisory group together and focussed on task
- Managing own expectations
- Focusing own work (thinking TOO big!)

Reflections

- Loving the internship, but also find it stressful
- No lightbulb moments just a drip drip drip
- Sitting with stroke researchers – environment and atmosphere
- I need your tips!!!!

Next steps & support

- Review paper both for journal submission and conference if abstract is accepted