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The University of Manchester



**National Institute for
Health Research**

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

POST-STROKE REVIEW PILOT PROJECT



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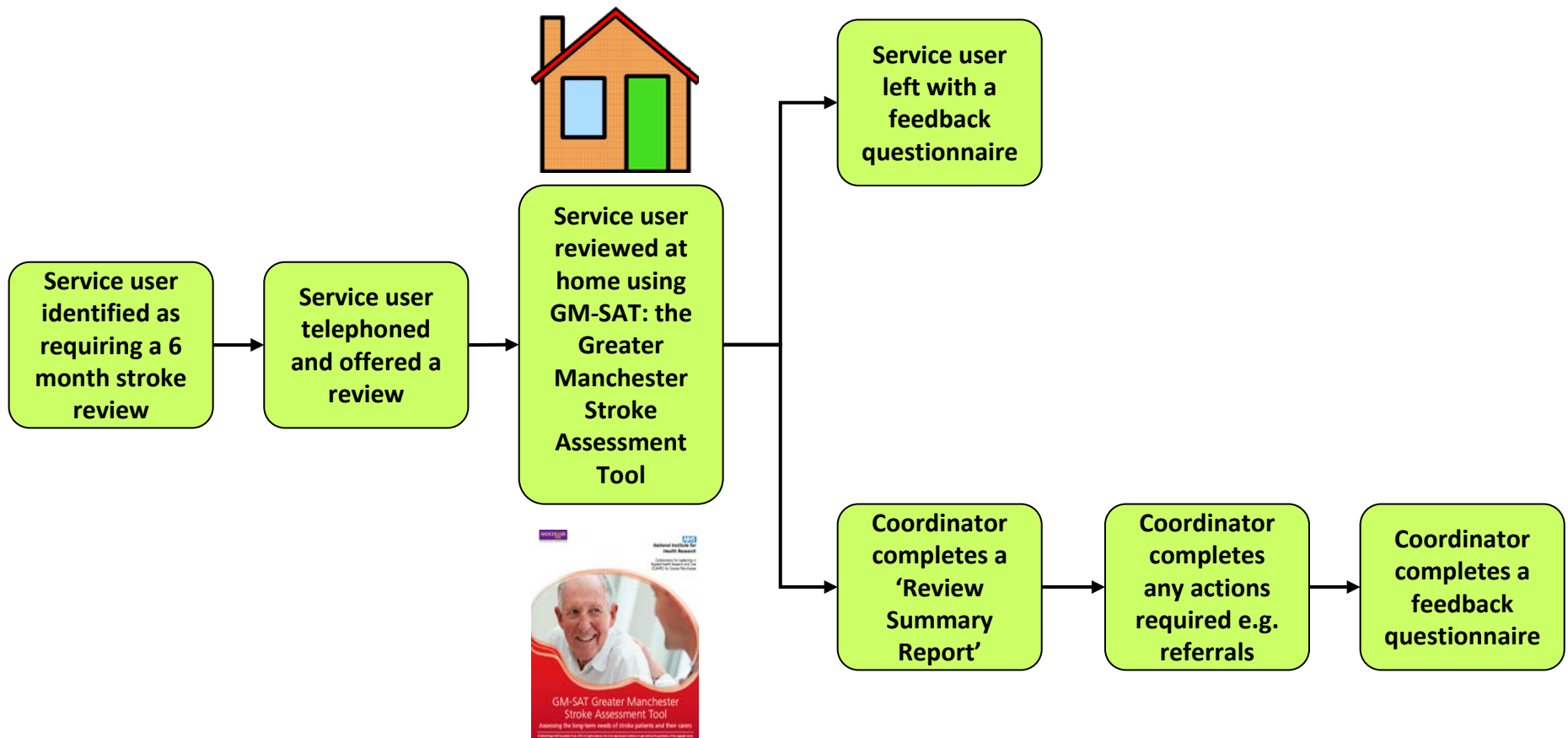


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THE PILOT PROJECT

The Pilot Project





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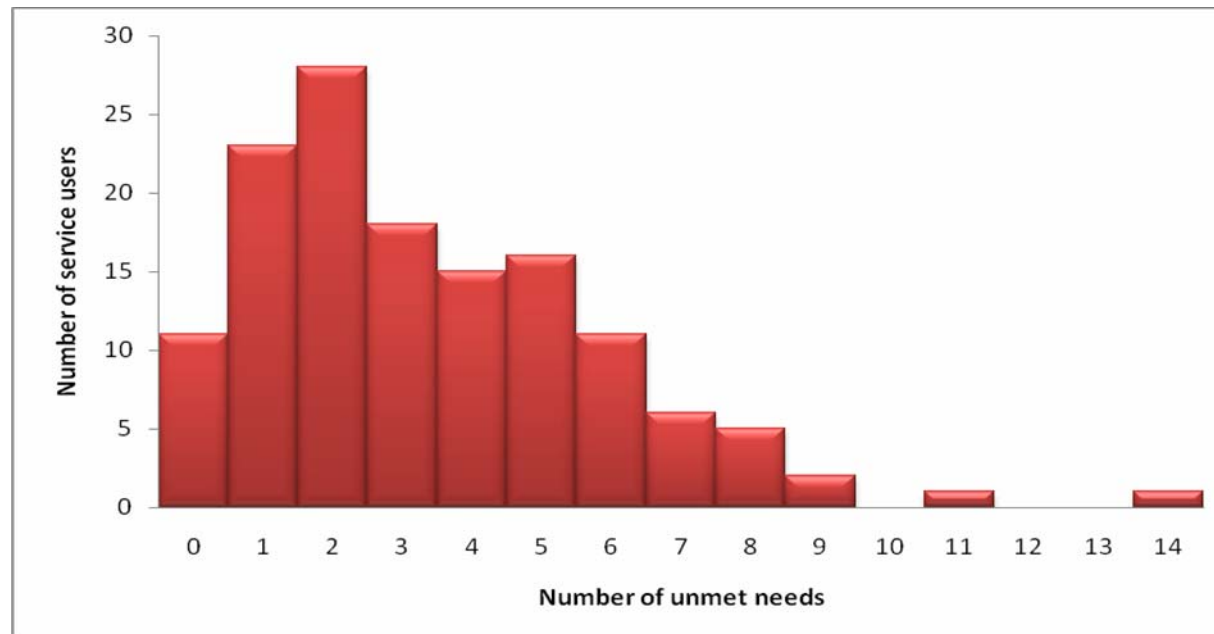
THE RESULTS

Needs and Actions

- **137 reviews** were complete during the pilot period.
- Each IAS coordinator completed **between 6 and 11 reviews**.
- All service users have been discharged approximately **6 months** prior to the review.
- All reviews were delivered in the **home setting** using **GM-SAT**.

Needs and Actions

- Total of **464 unmet needs** identified
- **Average of 3 unmet needs** (range= 0-14)



Needs and Actions

- Unmet needs identified in **36 different areas.**
- Needs were identified in **34 of the 35 areas covered by GM-SAT.**

Needs and Actions

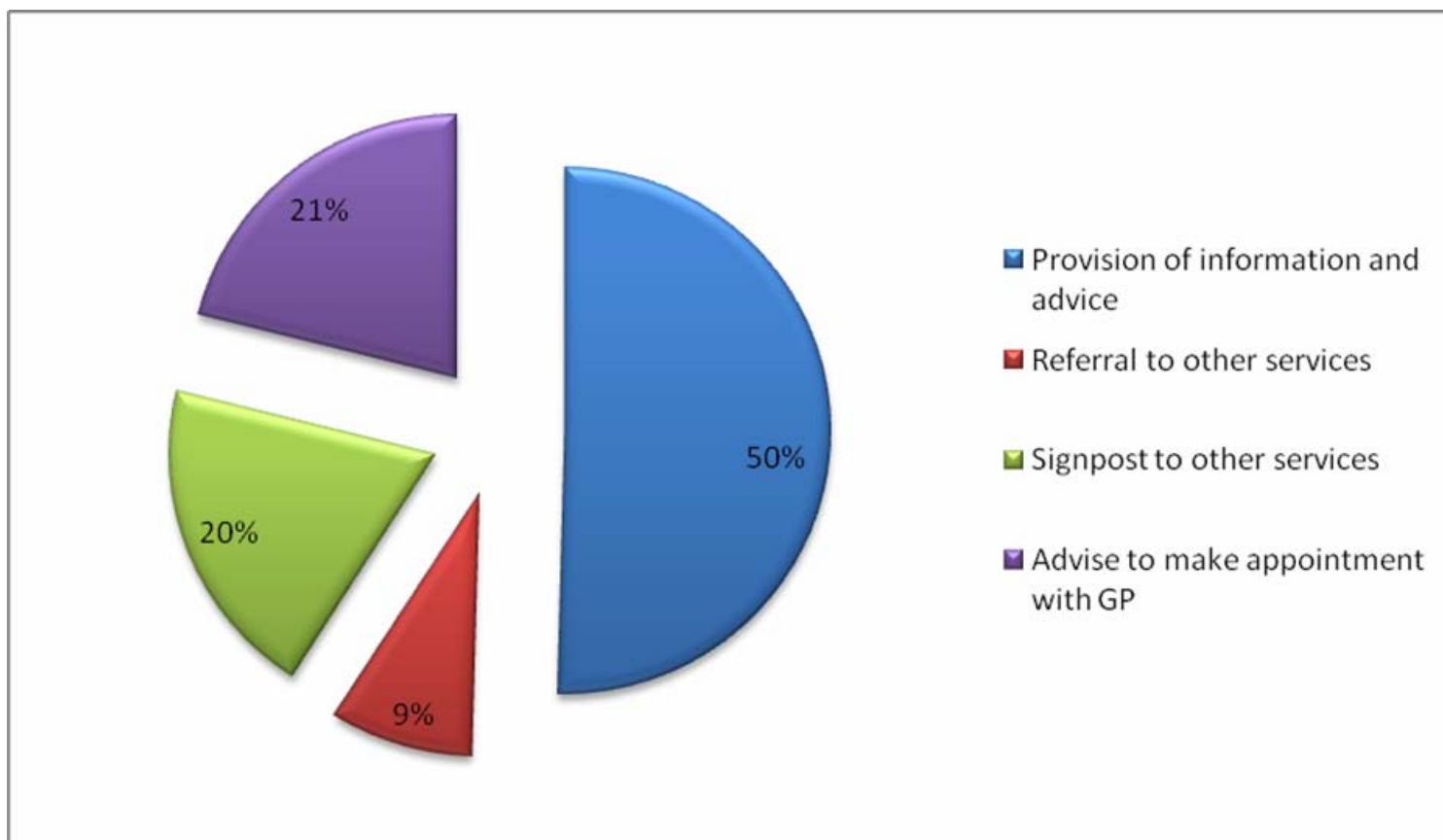
	Number (n) of unmet needs identified	Percentage (%) of individuals presenting with unmet need
Medication management	4	3
Medication compliance	18	13
Secondary prevention (non lifestyle)	30	22
Alcohol	7	5
Diet	9	7
Smoking	10	7
Exercise	18	13
Vision	8	6
Hearing	8	6
Communication	13	9
Swallowing	7	5
Nutrition	6	4
Weight management	8	6
Pain	12	9
Headaches/ Migraines	9	7
Seizures	0	0
Continence	13	9
Activities of daily living	13	9
Mobility	9	7

	Number (n) of unmet needs identified	Percentage (%) of individuals presenting with unmet need
Falls	10	7
Depression	26	19
Anxiety	20	15
Emotionalism	4	3
Personality changes	16	12
Sexual health	4	3
Fatigue	47	34
Sleep pattern	11	8
Memory,concentn and attention	35	26
Driving	13	9
Transport and travel	7	5
Activities and hobbies	11	8
Employment	9	7
Benefits and finances	25	18
House and home	10	7
Carer/ Supporter needs	11	8
Other	3	2
TOTAL	464	

Needs and Actions

- Actions fell into **4 categories**:
 1. provision of **information and advice**.
 2. **refer** to other services.
 3. **signpost** to other services.
 4. advise to make an appointment with **primary care team**.

Needs and Actions



Needs and Actions

- **92 (20%)** of the unmet needs identified were **addressed by signposting**.
- **14% benefits services** (e.g. CAB); **7% local exercise opportunities**.
- **Others:** carers' centres, opticians, smoking cessation services, providers of aids and adaptations.

Needs and Actions

	Number of referrals
Audiology	3
Communication support service	3
Continance advisory service	5
Counselling service	2
Dietetics	1
Falls clinic	2
Falls prevention service	1
Occupational therapy	4
Physiotherapy	3
Psychology	2
Social services	5
Speech and language therapy	5
Visual impairment service	1
TOTAL	37

- **14% of all referrals were made to each of the following services:**

 - Social services
 - Speech and language therapy
 - Continance advisory services
- **11% of all referrals were made to:**

 - Occupational therapy

Needs and Actions

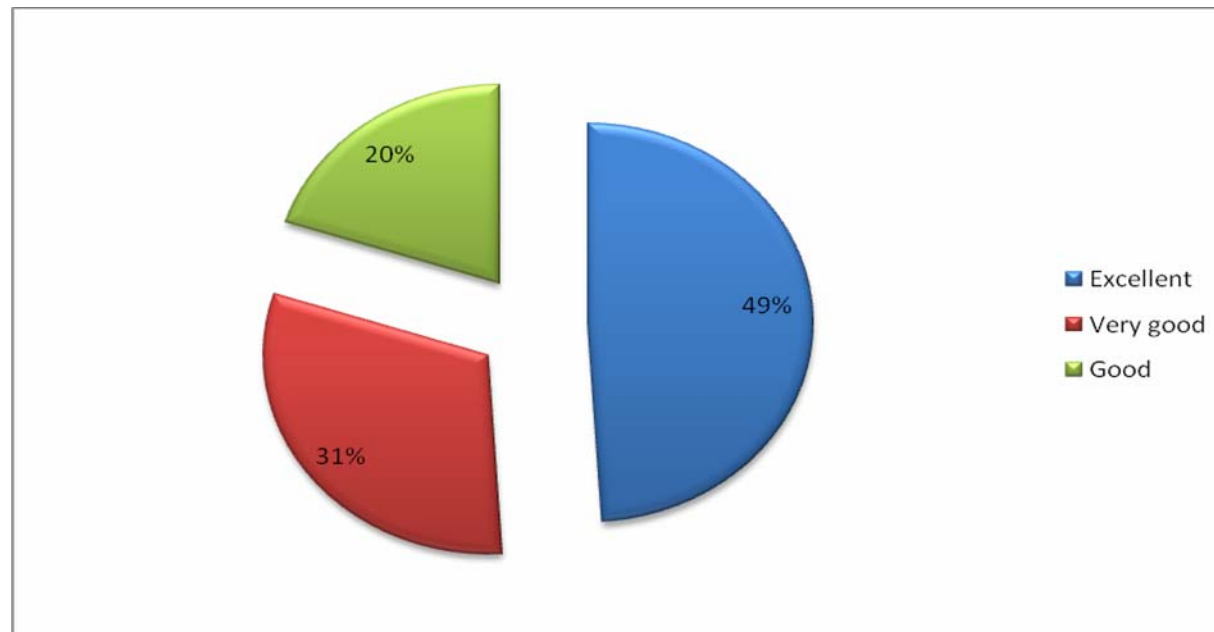
- To address **98 (21%)** of the unmet needs identified service users were advised to **make an appointment with their primary care team.**
- Primary reason was that the service user's **blood pressure was not being checked on a 'regular basis'.**

Needs and Actions

- Of all service users reviews:
 - **10%** directed to discuss **side effects** from their medication;
 - **9%** to discuss their **pain**;
 - **4% depression; 3% falls; 3%** problems with their **memory, concentration and attention.**

Service User Feedback

- **74% response rate** [101/137 completed questionnaires returned]
- **Service user review ratings:**



Service User Feedback

- **“All my needs and concerns were addressed (*at my review*)”**
 - 46% strongly agreed; 49% agreed.

- **“ My Stroke Association Coordinator knew how to help me”**
 - 59% strongly agreed; 39% agreed.

- **“ I was given all the information and advice I needed”**
 - 98% strongly agreed or agreed.

Service User Feedback

- Service users indicated that the review made them feel **supported**.
- They found the reviews **useful** and said that the **comprehensive** nature of the review prompted them to **discuss issues they wouldn't have otherwise discussed** (e.g. those relating to sexual health).

Service User Feedback

- Service users felt **comfortable** and **at ease** during their reviews.
- They appreciated the opportunity to talk to **someone who understood stroke** and the **impact that it has on people's lives.**



IAS Coordinator Feedback

- **132** questionnaires completed and returned.

- **“I felt comfortable undertaking the review” and “I knew how to address the needs and concerns expressed by the service user”**
 - 66% strongly agreed; 34% agreed.

- **“I found the assessment tool easy to use”**
 - 96% strongly agreed or agreed.

IAS Coordinator Feedback

- **Direct time** with service user= **average 74 minutes** (range 20-195)
- **Indirect time**= **average 33 minutes**
- **Additional time** needed to undertake review compared to a routine home visit= **33 minutes** (range 0-150 minutes)



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Key Messages

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- Problems experience by stroke survivors in the long term are **diverse** and, in some cases, **numerous**.
- Span **health** and **psychosocial domains**.
- Emphasis needs to be placed on **identification** and **helping people access any specialist help or advice they require**.

Key Messages

- Coordinators were confident in their **skills** and **abilities**.
- **GM-SAT** provided a structured, standardised framework.
- **Service users** were had **confidence in their coordinators abilities**.
- **Stroke specialist knowledge** and understanding highly valued.
- Service users felt **comfortable** and **at ease**. Probably due to the **continuity of care** offered by the IAS service.

Key Messages

- The review took **longer to complete** but varied significantly.

- Additional benefits:
 - actions could be **aligned to long term goals**.

 - needs could be **monitored**.

 - in complex cases, **actions could be prioritised**.

Key Messages

- IAS Coordinators are **well placed** to deliver post-stroke reviews, using **GM-SAT**.
- Several **key cross organisational challenges** will need to be addressed if the benefits reported here are to be realised.

Key Messages

This project has demonstrated that The Stroke Association's IAS coordinators provide a **practical, appropriate, acceptable** and **potentially cost-effective** means of delivering the six month review in a way that is **highly valued** by stroke survivors, their carers and families.

