Psychological Care in Stroke

20 September 2012

Evaluation Report
Following the successful West Midlands Regional Psychological Conference which took place on the 23 February 2012, it was agreed that there should be a follow up event which would give those working within stroke an opportunity to present their progress in developing psychological services within their locality. This event was arranged with the networks within the West Midlands and led by the National Improvement Lead Sarah Gillham supported by National Improvement Lead Barbara Zutshi.

The presentations that were delivered at the psychological conference held at Bescot Stadium Walsall have demonstrated that there has indeed been progress made within some localities across the West Midlands. Presenters were able to demonstrate that their current services in psychological care had been able to make progress with limited numbers of psychologists available.

Our National Improvement Leads Sarah Gillham and Barbara Zutshi were able to share their expertise with the group and their presentations and interactive workshop enabled delegates an opportunity to network across organisations.

**Learning outcomes and objectives of the day:**

- Delegates will be able to present their own progress on how to tackle the necessary changes in services required to implement psychological support after stroke
- Delegates will have an opportunity to listen to positive patient’s stories shared by video at the event and also to hear a patient’s story first hand.
- Delegates will learn about different models used for psychological support for stroke and understand the key components of successful models for psychological support

The event programme is in Appendix 1

**Results**

There were 63 attendees at the event

Number of evaluations completed was 49 this equates to a 78% response rate

All of the presentations were well received and have been evaluated within a graph, please see results below:
Question 1- Development of mood pathway in N Staffs

Q2. Presentation 1 - Development of mood pathway in N.Staffs

Question 2 – Training for improved psychological care

Q2. Training for improved psychological care

Question 3 – Emotional Wellbeing on an ASU

Q3. Presentation 2 - Emotional Wellbeing on an ASU
Question 4 - Lifestyle Self – Management project for Stroke survivors and their carers

Q4. Presentation 3 - Lifestyle Self-management project for Stroke survivors and their carer

Question 5 – Human Dimensions for Change

Q5. Human Dimensions for change

Question 6 – “If you want to heal the body, you must first heal the mind”

Q6. Presentation 4 - "If you want to heal the body, you first heal the mind" - Plato
Discussion group

Comments

The main themes that have come through from the comments are that the event was an ideal opportunity once again to share information and present on the work that has taken place since the workshop in February.

There is a need to have access to training and education within psychological care for all those within the multi disciplinary team.

All delegates positively enjoyed the opportunity to be able to hear a patient’s first hand experience of their care. These are always very emotive and interesting presentations.

Comments received included:

“Another excellent day supported by the network. A great chance to re-network with links from the day in February and provide an opportunity to promote the work we have done in North Staffs. Any changes to the network will be a massive loss to Stroke services, the professionals, patients and their carers.”

“Really good to feedback/find out what other services are doing to exchange ideas.”

“Thank you for a very useful and thought-provoking day.”

“Very good day”

“Very informative day”

“Excellent stroke survivor part”

“Very beneficial to have perspective/journey from patient”

“Good to hear from stroke survivor”

“Really good to have patient experience, more structure would have helped presentation”
From a negative perspective there were some comments about the length of time allocated for the discussion session and in hindsight this should have occurred earlier.

Some presenters came across as being politically motivated.

**QIPP**
From a QIPP perspective the day was able to demonstrate the need to provide a quality psychological service which focusses on the safety element of psychological care, the patients experience and overall quality of life improvement that can be gained from an improved service.

**Quality**
Proportions of individuals assessed and treated by psychological services.
Impact on prevalence and severity of depression and anxiety impact on carers
Patient and carer experience.

**Innovation**
Establishment of the most effective models of psychological support after stroke
Quantification of social and economic benefits of psychological support after stroke

**Prevention**
Impact on long term mental health and wellbeing

**Productivity**
Impact on length of stay
Potential for avoidance of readmission

**Outcomes and recommendations from the event**

Some delegates were interested in knowing what psychological training programmes are available across the region. There is a number of psychological training events available please contact any of the networks who were involved in the programme.

Shropshire and Staffordshire Heart and Stroke Network have delivered two network wide psychological training programmes developed with Staffordshire University in 2012 at Level 1 and Level 2. The aim was to provide basic introductory training in evidence based psychological interventions to be used with stroke patients. The training programme was developed from the NHS National Stroke Strategy (2007) and more specifically the Accelerated Stroke Programme (2010) which has set targets of 40% of all stroke patients by April 2011 to receive "psychological support for mood, behaviour or cognitive disturbance by six months after stroke."
The network is supporting Level 2 training with Staffordshire University on 3 December at Princess Royal Hospital Telford

All presentations from the event can be found on the network website

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Shropshire and Staffordshire Heart and Stroke Network
Mobile no. 07909521876
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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>09.00</td>
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| 09.30 | Welcome & Introduction • Aims and objectives                                              | Dr Indira Natarajan  
Stroke Consultant  
Clinical Network Lead  
University Hospital of North Staffordshire NHS Trust |
| 09.40 | Taking it to the next level - developing your improvements                                  | Sarah Gillham  
National Improvement Lead  
NHS Improvement - Stroke |
| 10.00 | Presentation 1 - Development of the mood pathway in North Staffs                           | Dr Lorna Roberts  
Senior Clinical Psychologist  
North Staffs Combined Healthcare  
Margurite O’Mara  
SSOTP NHS Trust |
| 10.30 | Training for improved psychological care                                                   | Sue Chambers  
Senior Lecturer  
Staffordshire University |
| 11.00 | Tea and coffee                                                                             |                                                                        |
| 11.30 | Presentation 2 – ‘Emotional Wellbeing on an Acute Stroke Unit’                             | Sonia Jenkinson  
Lead Stroke Nurse, Walsall  
Dr Dominic Crowley  
Clinical Psychologist, Walsall |
| 12.00 | Presentation 3 – ‘Lifestyle Self-management project for Stroke survivors and their carers’ | Ben Knight  
Associate Director Programme Delivery, C&WCN |
| 12.30 | Lunch                                                                                      |                                                                        |
| 13.30 | Human Dimensions of change                                                                  | Barbara Zutshi  
National Improvement Lead  
NHS Improvement - Stroke |
| 14.30 | Presentation 4 - “If you want to heal the body, you must first heal the mind” (quote from Plato) | Dr David Quinn  
Clinical Neuro Psychologist  
Herefordshire  
Fay Harrison  
Service Improvement Manager  
Herefordshire and Worcestershire Cardiac & Stroke Network |
| 15.10 | Discussion group  
Each locality to have round table discussion on current service provision and vision for the future | Facilitated group work |
| 15.50 | Sum up and close                                                                           | Dr Indira Natarajan and Sarah Gillham |
This event has been kindly supported by:

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