

Psychological Care in Stroke

20 September 2012

Evaluation Report



Psychological Care in Stroke Event

**20 September 2012
Walsall Football Stadium
Bescot Crescent, Walsall**

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

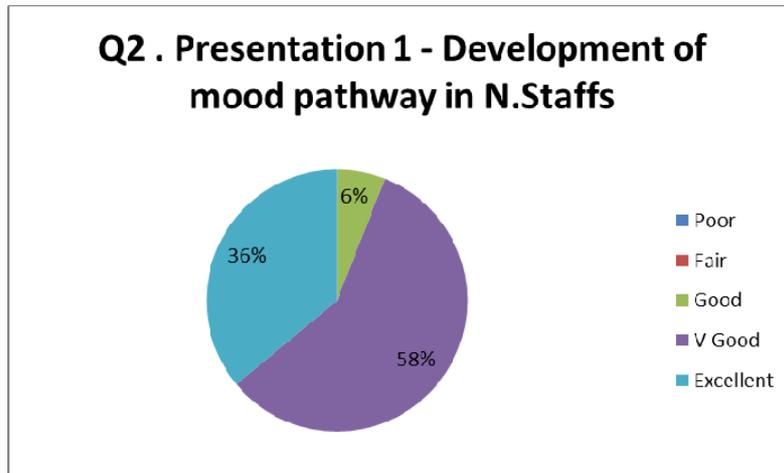
The event programme is in Appendix 1

Results

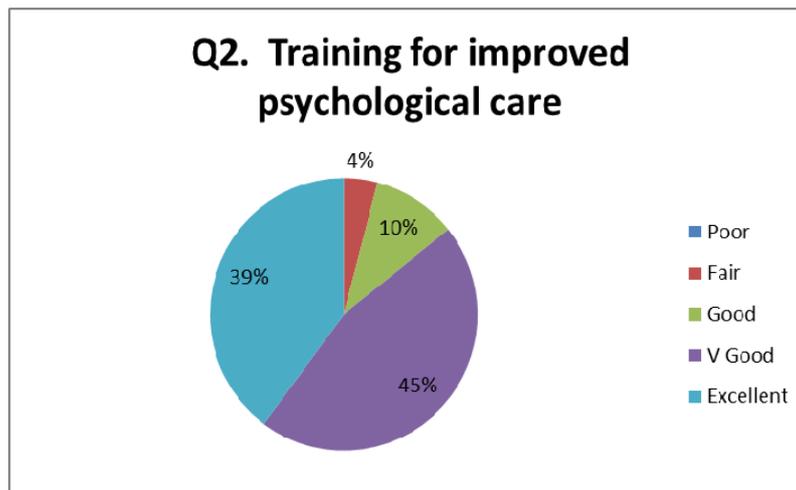
There were 63 attendees at the event
Number of evaluations completed was 49 this equates to a 78% response rate

All of the presentations were well received and have been evaluated within a graph, please see results below:

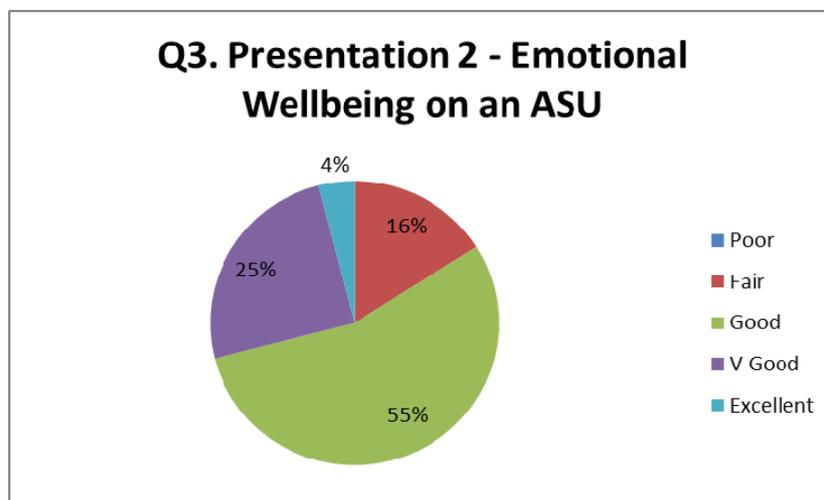
Question 1- Development of mood pathway in N Staffs



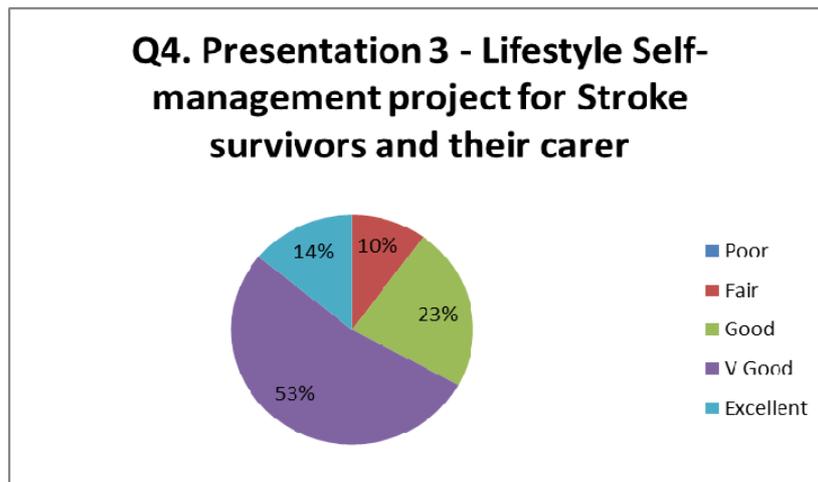
Question 2 – Training for improved psychological care



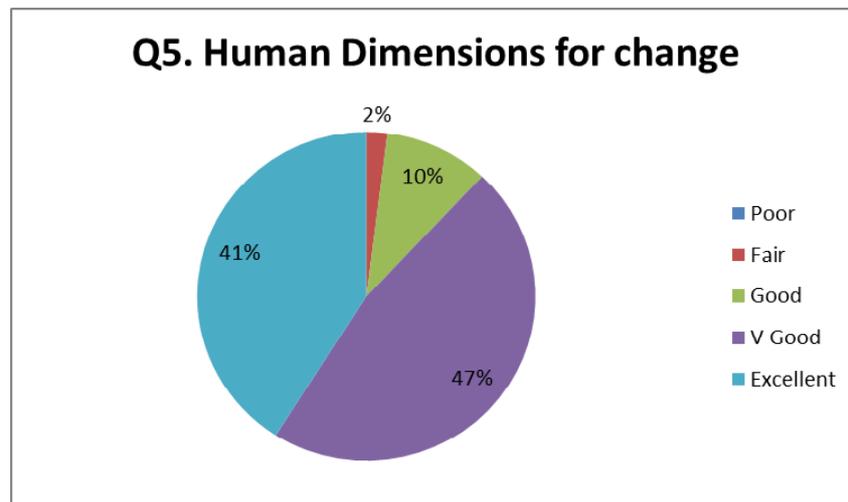
Question 3 – Emotional Wellbeing on an ASU



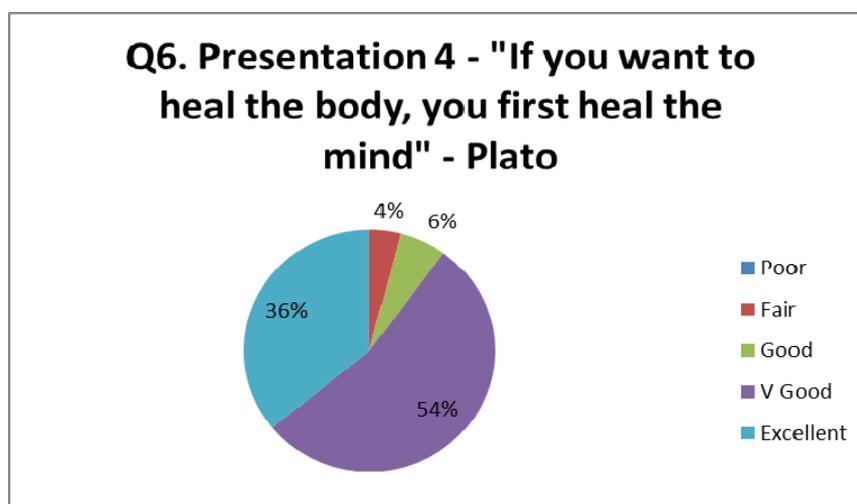
Question 4 - Lifestyle Self – Management project for Stroke survivors and their carers



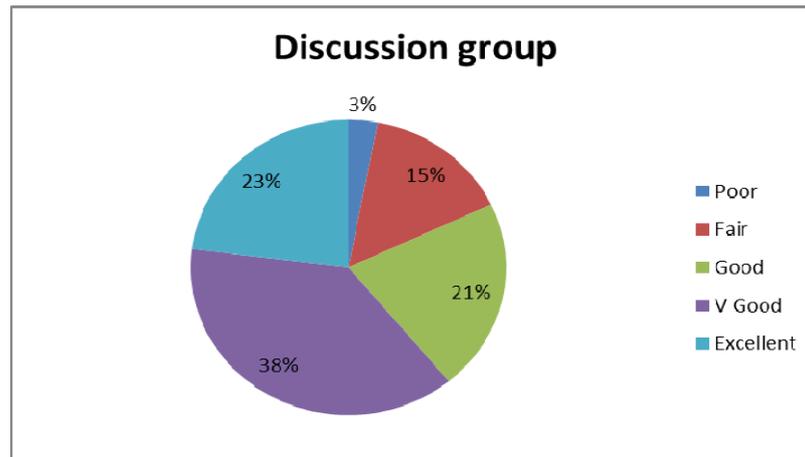
Question 5 – Human Dimensions for Change



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



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

Website: <http://www.networks.nhs.uk/nhs-networks/shropshire-and-staffordshire-heart-and-stroke>

Author Eunice Foster
Assistant Director
Shropshire and Staffordshire Heart and Stroke Network
Mobile no. 07909521876



Psychological Care in Stroke
Thursday 20 September 2012
Walsall Football Stadium, Bescot, WS1 4SA

Link: www.M6j9.com

Programme (Revised 14/9/12)		
09.00	Registration and displays open	Speaker
09.30	Welcome & Introduction <ul style="list-style-type: none"> • 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:	
Black Country Cardiovascular Network	Roche Diagnostics Limited
Coventry & Warwickshire Cardiovascular Network	Boehringer-Ingelheim Ltd
Herefordshire & Worcestershire Cardiac & Stroke Network	