Shropshire and Staffordshire Heart and Stroke Network

“Shaping our Stroke Workforce for the Future in Shropshire and Staffordshire”
Development of a Thrombolysis Training DVD

The Shropshire and Staffordshire Heart and Stroke Network working in partnership with Staffordshire University, Keele University, patients, carers and providers has been instrumental in the development, organisation and delivery of stroke training within our locality. In response to the 24/7 thrombolysis services available within our Network there was a need to be able to deliver innovative and inspiring thrombolysis educational programmes on a regular basis to develop a skilled stroke workforce.

- Network wide project running for the past 18 months
- Technology supporting delivery of out of hours thrombolysis decisions across the network by on call consultants
- Aim to go live and launch by early 2012

Project Lead: Eunice Foster, Assistant Director

Dr. Indira Natarajan, Clinical Lead for Stroke, Consultant Stroke Physician, University Hospital of North Staffordshire

Scenes from the Training DVD

The approach is multifocal; raising the awareness of the signs and symptoms of stroke, understanding and developing the skill performing a manual radial pulse, recording accurately, safe referrals and ongoing skill retention.

A local level pilot project was undertaken, identifying two residential homes within Telford and Wrekin and two residential homes within Shropshire.

A training package with accreditation was sought from the Stroke-specific education framework (Department of Health) supported by a FAST poster campaign (content designed by network) and written information supplied by the Arrhythmia Alliance and Stroke Association.

Professor Christine Roffe invited Eunice Foster, Assistant Director of Shropshire and Staffordshire Heart and Stroke Network to assist in the development of a Service Improvement Module within the Stroke Masters Course being developed with Keele University. This was an ideal opportunity for the Network to share the service improvement tools that are used within the Network to conduct service redesign. Those working within practice as clinicians or members of the multi disciplinary team, social care and stroke survivors and National Leads will be presenting to the candidates to demonstrate how they have changed practice by using the knowledge and skills they have acquired from NHS Improvement. Once this module is completed the candidates should feel equipped to be able to implement their own service redesign to provide a quality service.

Stroke School and Stroke Rehabilitation

Shropshire and Staffordshire Heart and Stroke Network has been supporting the costs of running a Stroke School Module and Stroke Rehabilitation Module with Staffordshire University for 3 years and is currently working with acute trusts to provide further modules in 2012/13. The training is aimed at the multi-disciplinary team (MDT) and enables candidates to achieve a level 1, 2 or 3 qualification depending on their requirements. The courses are accredited by the UK Forum for Stroke Training.

Psychological Care in Stroke

The course aims to provide basic introductory training in evidence based psychological interventions to be used with stroke patients. The training is developed from the Department of Health National Stroke Strategy (2007) and more specifically the Accelerating Stroke Improvement 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.”

Detection and Treatment of Atrial Fibrillation

The aim of the training events is to provide health care professionals with the knowledge and skills to detect, diagnose and manage patients with Atrial Fibrillation.

The Early Supported Discharge/Community Stroke Team, led by Emma Hall, Stroke Coordinator, is an example of good practice. The ESD team was established in Stoke in February 2008 and their initial work was evaluated by Keele University.

The team have also worked with NHS Improvement and social care to develop a seamless service and were a national priority project site.

The team recently carried out a patient and carer feedback survey. The majority of patients scored the service at 10 out of 10 with no part of the survey scoring less than seven.

The future developments listed will enable the ESD team to move to a Community Stroke Team.

Project Lead: Jane Barnes, Service Improvement Manager for North Staffordshire

The Early Supported Discharge – Community Stroke Team (North Staffordshire)

A directory of services has been produced in partnership with patients, carers and staff to provide a source of practical advice and information about the range of services available locally to enable people who have had a stroke and their relatives and carers to participate in their communities.

The aim is to launch the directory in late December 2011.

Project Lead: Paula Wells, Patient and Public Involvement Lead


Directory of Services for Shropshire
### Network Executive Team

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**Website (temporary)**  
Cardiac and Stroke Alert Card

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Cardiac and Stroke Alert Card

PLEASE KEEP! ONE DAY IT MAY SAVE YOUR LIFE.

Symptoms that may mean a HEART ATTACK
- Chest pain or discomfort
- Pain may spread to arms, neck, jaw or teeth
- Pale skin and/or cold sweat
- Feeling or being sick
- Difficulty breathing

If you think that you are having a heart attack, don’t hesitate, but don’t panic!
Call 999 - ask for an ambulance
Then:
- Chew an adult dose of aspirin (300mg)
- unless you have been advised not to for medical reasons
- Make sure that your door is unlocked
- Sit down and wait for help
- Do NOT make your own way to hospital

PLEASE KEEP! ONE DAY IT MAY SAVE YOUR LIFE.

Symptoms that may mean a STROKE
- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Sudden loss or blurring of vision, in one or both eyes
- Sudden difficulty speaking or understanding speech
- Sudden or severe headache with no apparent cause
- Dizziness, unsteadiness or a sudden fall, especially with any of the other signs

Use FAST – Face, Arm, Speech, Time!

Suspect a stroke? Act FAST. Call 999.

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Stroke is a medical emergency. By calling 999 early treatment can be given which can prevent further brain damage.