Stroke Conference 2010

The Stroke MCN Annual Conference was held on Lochter Activity Centre, Oldmeldrum on 30th June 2010.

Details of presentations etc. can be accessed on the Stroke MCN Website http://www.nhsgstrokemcn.scot.nhs.uk/?page_id=161

North Aberdeenshire Stroke Rehabilitation Unit (NASRU) Fraserburgh

The Stroke Rehabilitation Unit at Fraserburgh has been open since Jan 2009. Refurbishment of Fraserburgh Hospital has meant the unit has been temporarily moved; however it is now back in its permanent location within Kinnaird Ward. An open day to promote the opening of the hospital after refurbishment and new developments including the Stroke Unit is planned for mid 2010.

The SRU team comprises, medical & nursing staff, occupational therapy, physiotherapy, speech and language therapy and has input from the hospital dietetic service too.

Goal Setting is established on the unit and each patient has a goal setting meeting every two to three weeks with their family and the team to review progress and set new goals. Tele-rehab equipment is now in place to support the use of remote goal setting support from the Consultant OT in Stroke. This will also be used to aid effective communication with other areas e.g. the acute stroke unit at ARI to support the transfer of patients.

We have an enthusiastic and dedicated team at the NASRU and welcome anyone who wishes to see the new facilities or who requires further information.

You can contact us on 01346 - 585140

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Congratulations

We are delighted that Thérèse Jackson received the professional “Life After Stroke” Award. Below is the press cutting to mark this event. Thérèse received her award from Dr Hilary Jones from GMTV.
A very successful joint Chest Heart and Stroke Scotland (CHSS) and NHS Grampian FAST De-Brief day was held at the Suttie Centre, Foresterhill Site, on 10th March 2010. Thirty-four delegates attended a session which ran from 11.30am through to 13.30pm. Included in the delegate list were representatives from Public Involvement, CHSS Nurses, Stroke Nursing Staff – Acute Stroke Unit, Mobile Stroke Team, District Nursing, Occupational Therapy, Physiotherapy, Speech and Language Therapy, Health Promotions, Corporate Communications, marketing, Stroke Consultants, Chest Heart & Stroke Scotland and the NHSG Stroke Managed Clinical Network.

The Event started with a buffet lunch and poster demonstration. The TV video clip and the radio advertising audio clip were then played.

The Speakers included an “Interview” type session given by Jan Buncle, Director of PR, CHSS with two patients who had been actively involved in the Campaign – Mark Gourlay and Charlie Wilson.

Dr Mary-Joan MacLeod updated on the impact of the Campaign on the Acute Stroke Unit at Aberdeen Royal Infirmary – the increased workload indicating the Campaign’s success.

David Clark, Chief Executive of Chest Heart & Stroke Scotland presented information on the Media Evaluation and the Impact of the campaign on public awareness which was evaluated through a commissioned Public Opinion Survey and Stroke Nurse Survey.

Thanks were expressed to NHS Grampian Corporate Communication’s team who gave major input into the Campaign and to the patients who so willingly supported the campaign by telling their stories which appeared in local newspapers.

Remember anyone can be affected by stroke and quick action on the part of an individual could improve outcomes thus reducing the chances of severe disability following stroke. Further details of the FAST stroke poster display can be seen on the Stroke MCN website [http://www.nhsgstrokemcn.scot.nhs.uk/?page_id=196](http://www.nhsgstrokemcn.scot.nhs.uk/?page_id=196).
Stroke Training Post - to be continued!

We have been fortunate to have the benefits of a Stroke Training Co-ordinator in Grampian and we recently circulated an Annual Report which highlighted the activity which has been delivered and supported by this role. Key activities include delivering training to over 300 staff members annually, covering ‘Current Care in Stroke’ and supporting the launch of online learning tool for Stroke Core Competencies.

The MCN has always felt that this role is crucial to ensuring that stroke patients receive quality care regardless of where they are in the hospital and to our efforts to achieve the NHS Quality Improvement Scotland Standards. For this reason, we are very pleased to be able to say that we have secured funding which will enable the post to continue next year in partnership with Chest Heart and Stroke Scotland.

Stroke Training Update 2010

Since the start of the year stroke training have been delivered to 29 delegates

The Current Care in Stroke Part 1 was attended by 14 delegates at Woodend Hospital. A Social Care study day held on the 18th Feb was attended by 15 delegates. There were a number of cancellations on this course due to inclement weather. A Social Care Course planned for Alistream House in early January was also postponed to the severe weather. It has been rescheduled to 28th April 2010.

Booking requests continue to add to a healthy waiting list which increases the viability of courses through the year. Booking can be made by e-mailing desmondchrystal@nhs.net or via the tear off booking form in the 2010 training calendar.


Stroke Education Training Poster


This poster was developed by the Stroke MCN Education Sub Group and is for display in all staff areas.

Acute Stroke Unit, Aberdeen Royal Infirmary - Ward move

The Acute Stroke Unit moved to ward 39 at the end of May. There is a reduction in beds from 21 to 16 so that we can comply with HAI requirements. This will put increased focus on achieving maximal patient flow through the unit. The Stroke Flow Group is meeting regularly to try and improve the patient pathway, so that as many patients as possible can access stroke unit care on admission to hospital. There are two HDU beds to allow us to appropriately manage thrombolysis and tracheostomy patients. There is also a small physiotherapy gym on the ward, and also a quiet room for Speech and Language assessment of the patient.

By using additional endowments funding, we have managed to obtain overhead hoists for three rooms, refurbishment of nursing station and treatment room. We also intend to maintain our telemedicine and teaching commitments. This move is likely to result in new methods of working and we are looking forward to continuing to provide a good service to patients.

Woodend Stroke Rehabilitation Unit
Grampian Specialist Rehabilitation Centre

The previous Stroke Rehabilitation Wards at Woodend Hospital, Ward 6 and Ward 12, were both pleased to move into the new Grampian Specialist Rehabilitation Centre on 31 October 2009. The 2 wards have been amalgamated into one ward area totalling 38 beds under the care of a
single Charge Nurse Ruth Lancaster. There have been no extra facilities provided for the ward area however it is a superior ward area to what the 2 individual ward areas alone were offering and should in time increase the Stroke patient flow giving economies of scale and ease of sharing equipment and personnel including doctors, therapists and nursing staff. We now have a chance to redefine the criteria for admission to the ward area rather than the previous individual criteria for Ward 6 and Ward 12. This is along with the philosophy for the whole of Grampian Specialist Rehabilitation Services. These criteria will be fully discussed and agreed with the referring partners. Some teething problems of course remain such as lack of piped oxygen and front door disabled access but these are being enthusiastically addressed. All are welcome to visit the area.

Dr Steve Hamilton
Lead Clinician, Stroke MCN

**Stroke Rehabilitation SIGN Guideline**

The Stroke Rehabilitation SIGN guideline were launched on the 1st June at the Wolfson Medical School building, University of Glasgow. Weblink:

http://www.sign.ac.uk/pdf/qrg118.pdf

**Moray Carers Project**

Moray Carers Project is a small voluntary sector organisation made up of five members of staff in total. The Project has been set up by the Big Lottery funding for three years linking carer issues with Health Services/professionals. The Project was designed to help carers of all people suffering from long term health conditions. Last October they focused on Carers of stroke patients and held a training session consisting of 8 consecutive morning sessions running from 7th October through to 25 November 2009.

See further details of training course and evaluation etc. attached.  


**Making Communication a Reality**

Communication Access Training

Following the very successful course “Making Communication Access a Reality”, run by the London based communication charity Connect and organised by the Stroke MCN in March 2009, a working group was formed to encourage those from health care, social care and the voluntary sector who attended the course to cascade it across Grampian. A newsletter was produced by the group giving ideas and offering support to people keen to deliver the training or start projects to improve communication accessibility in their workplaces.

Some training has already taken place. For example in Fraserburgh Hospital, a course was attended by nurses, AHPs, support managers and clerical staff. Feedback was very positive and each staff group identified actions points, such as working with the Speech and Language Therapist to develop communication resource packs and general advice sheets and to work on signage for the new Stroke Rehabilitation Unit. This work is already well underway.

Other training courses planned for this year target GPs from across Grampian and staff at Woodend Hospital.

For more information, please contact Geesmiek Geldof (g.geldof@nhs.net), Emma Eaton (eeaton@nhs.net) or June Gray (junegray@nhs.net).

**Forthcoming Dates for Your Diary**

30 Nov-2 December 2010 – 5th UK Stroke Forum, Glasgow  
http://www.ukstrokeforum.org/

**Congratulations**

Dr Karen Simpson had a baby girl, Catriona Sophie beginning of October 09.  

Lynsey Duncan also had a baby girl, Evie Jean on 5th January 2010.