A word from our Chair

Welcome to the spring 2018 edition of the Scottish Stroke Nurse Forum Newsletter. This edition takes a new format and sees the addition of updates from all 14 Health Board areas as well as our regular updates from the Scottish Stroke Care Audit and our members on conferences and study days they have attended. There is also a link to the latest information on thrombectomy post stroke.

The 2018 SSNF Conference will take place on the 20th September in the Dewars Centre in Perth. The topic is the 5 senses and how these are affected by stroke. The programme is currently being finalised and we look forward to seeing you there.

The 2017-2022 workplan has now been added to the SSNF website, www.SSNF.scot/ and this will be updated every quarter so that you can see the progress that is being made. If you would like to be involved in any of the work please let us know. We are keen to get you involved in shaping the future for stroke nurses in Scotland.

CHSS introduces new CEO

It is with pleasure that I introduce myself as the new Chief Executive of Chest Heart & Stroke Scotland. It is a privilege to have joined the staff and volunteers of CHSS in delivering critical support and services to people affected by the conditions we represent. I am looking forward to building upon the excellent history and work of the charity to deliver a new corporate strategy which we will update you about in due course.

In my previous role as the National Director for Diabetes Scotland I was responsible for leading and managing Diabetes UK’s activities in Scotland which gave me a wealth of experience in providing services for people coping with long term conditions which fits very well with CHSS. It is essential that the potential impact of recent developments in health and social care is fully realised for and in partnership with you and our local communities. I am very much looking forward to engaging with, and building upon, the already successful relationship that CHSS has with all health and social care health professionals across Scotland.

Jane-Claire Judson, Chief Executive of Chest Heart & Stroke Scotland.
Chest Heart & Stroke Scotland

The family of Rhona Martin (CHSS nurse for NHS Fife) have been fundraising for CHSS. Father and daughter duo Neil and Jordan Martin encouraged staff and customers at 2 local leisure centres to pop their loose change into 2 money spinners and a fantastic £3440 was raised for the charity.

Chiara Alagia from CHSS said that these vital funds raised are the equivalent of almost 5 weeks worth of support from our specialist stroke nurses who help people to get their lives back on track following stroke.

Charity 10k run for CHSS
Craig, Eddie, Stuart and John of the stroke unit at University Hospital Wishaw are running the Glasgow Men’s 10k on Sunday June 17th. They will be fundraising for Chest Heart and Stroke Scotland who continue to support stroke services throughout Scotland. They would be very grateful for any donation. Donations can be given via their JustGiving page at https://www.justgiving.com/fundraising/wishawgeneralstrokenurses

1st Health Care Support Worker has joined the SSNF

I am a HCSW based at Sir George Sharp rehabilitation Unit at Cameron Hospital in Fife. I work with patients with neurological deficits both cognitive and physical following stroke or Traumatic Brain Injury. My role on the ward consists of assisting Patients with daily tasks to facilitate Patients independence I also organise group activities with the patients to help with functional work. I have been a member of the SSNF for a few years now and was nominated by Joanne Graham (education facilitator) and SC/N Mabel Lawson to join the committee and promote the role of Health Care Support Worker.

Norma Moir, HCSW, Fife Rehab Services Cameron Hospital.
The theme for world stroke day this year was preventative measures. We chose to do this on Friday the 27th October at the royal infirmary of Edinburgh. We were keen to involve the full multidisciplinary team. We were fortunate enough to get support from the ward staff and AHPs for the morning. With assistance from CHSS, Stroke association and Edinburgh university stroke research team we set a display in the main mall at the RIE. We received information via the world stroke organisation promotion documentation.

90% of strokes are linked to 10 key risk factors and what can the general population do to control these risk factors:

- Control of high blood pressure
- Moderate exercise
- Healthy eating
- Reduce your cholesterol
- Maintain a healthy BMI or waist to hip ratio
- Stop Smoking
- Reduce alcohol intake
- Identify and treat Atrial Fibrillation
- Diabetes
- Income and education

A large number of staff and general public came for advice and blood pressure checks; we gave advice on lifestyle management and handed out advice leaflets too.

We also utilised social media to advertise our event and to raise stroke risk awareness with the general population. The event was well received and supported with the hospital management team.

Trish Elder-Gracie, Stroke Nurse Specialist, Ward101&201 RIE.
SSNF Members Health Board Updates

**Fife** Submitted by Katrina McCormick

The signposting community services information leaflet that was produced by the Patient Participation Group (PPG) has generated quite a lot of interest from local radio and press. To date we have distributed over 700 leaflets to GP surgeries, inpatient and community areas across Fife. The group plan to review the leaflet soon and reprint more.

MCN updating a number of stroke care procedures and pathways and these are available on the stroke MCN Intranet page/s under Pathways and Policies Publications.

The CHSS education facilitator has been very busy working with staff across Fife on a number of education initiatives including IPC training completed in all stroke specific inpatient areas. Weekly in-service training in stroke rehabilitation unit (Letham Ward) for all staff and supporting staff through SCoT. Planned training for all stroke areas on distress management will take place over the next few months. This is part of our local psychological care pathway and follows on from the challenging behaviour training. Also working with Dr Charlie Chung organising a spasticity management event, supported by Allergen. This is due to take place on 29th May 2018 at QMH in Dunfermline. There will be a variety of speakers on the day from across Scotland including guest speaker Professor Anthony Ward. This training day is part of the wider local service developments on spasticity and will incorporate workshops in the afternoon to involve staff in service development ideas. Staffs from out with Fife are welcome to attend and a programme for the day will be circulated in due course. Core stroke training courses continue over February, March & April.

Sadly in January we said goodbye to Hazel Fraser the Stroke Coordinator for NHS Fife. Hazel worked in NHS Fife for over 15 years and was a key member of the stroke team. Overseeing many of the improvements to stroke services in Fife. On behalf of the Stroke MCN and everyone working in stroke services in Fife, we thank Hazel for her hard work and dedication to improving stroke care and services for patients and families in Fife. And we wish her a very Happy Retirement.

**Highland** Submitted by Linda Campbell

Stroke Unit at Raigmore Hospital has been closed due to infection reasons from the 14th Dec to 28th Jan- total nightmare!! Have agreed to participate in an Anthropological study looking at basket weaving and its therapeutic use post stroke. Abigail Tracey had a little girl in Dec. Both fine! Ultrasound in diagnosis of haemorrhagic stroke still going on. Recruitment has been slow. Have now changed the criteria to 24 hrs post CT rather than 24hrs post stroke.

**Lothian** Submitted by Trish Elder-Gracie

For West Lothian – We have an OT/physio funded for 6 months to trial an ESD service. This came out of a piece of work we did last year. Moving on from this I am about to start the Quality Improvement Academy and look at how we follow up patients who don’t access the stroke unit.

**St John’s Hospital** Submitted by Debbie Heaney

Doing really well in the stroke care audit and we meet 6weekly as a QI group there.
Shetland Submitted by Dorothy Storey
In one of my other posts as Motor Neuron Disease Specialist Nurse we are trying out the use of Attend Anywhere, which looks as if it will be useful for those of us in remote locations to either attend meetings or have online clinic appointments with patients, provided they have access to a computer. Will let you know how that progresses. I’m in the process of updating our local pathway for stroke thrombolysis and organising the STAT training sessions for May when the Mobile Skills Unit will be in Shetland. Still no Clinical Lead for stroke in post but being looked at by Management now. Just awaiting results now after completing the Clinical History taking and Advanced Examination Skills course.

Tayside Submitted by Susan Kidd
Stroke Liaison and OTs are about to facilitate a Positive Solutions course (four Tuesday afternoons in February) - course material was obtained from NHS Lanarkshire and adapted slightly. MCN - update - new clinical leads to develop strategy. We now have a dedicated stroke rehab unit in RVH for older Dundee patients. Also we are about to change the acute pathway for stroke patients in Dundee and Angus to try and improve acute stroke care.

Greater Glasgow & Clyde submitted by Eileen Cowan
NHS GG&C are moving to make the Queen Elizabeth University Hospital (QEUH) Acute stroke unit the hub for thrombolysis for the health board area.
Means all rTpa referrals will come to QEUH regardless of where you live. It will be phased in over a period of time. Inverclyde (Greenock) first followed by RAH (Paisley) then Glasgow Royal Infirmary (GRI). Guess it will have an impact positively for nurses involved in thrombolysis at QEUH but not so good in GRI where they currently thrombolyse Mon-Fri 0900-1700. So eventually all patients for thrombolysis to travel to QEUH. Aim for stay maximum of 1.5 bed days before repatriation.

Scottish Stroke Nurse Forum Newsletter
SSNF Members health Boards Up-date & Journal Club

Journal Club

Thrombectomy for Stroke at 6 to 16 Hours with Selection by Perfusion Imaging

Currently thrombectomy is recommended for eligible stroke patients within 6 hours of symptom onset. However a recent study, DEFUSE3 published in the New England Journal of Medicine (2018), has presented clinically significant findings, which extend the treatment window for thrombectomy out to sixteen hours, from when the patient last felt well and who had remaining ischemic brain tissue that was not yet infarcted. The multicentre randomised trial identified 182 patients where one group received standard medical treatment while the other underwent thrombectomy in addition to the standard care. A full study criterion for treatment is described in the article. Using the Modified Rankin Scale (MRS), as a primary outcome measure, there was an improved shift in the distribution of both functional outcome and functional independence at 90 days within the thrombectomy group and there were no statistically significant differences between the groups in rate of serious adverse events or symptomatic intracranial bleeding.

You can access an abstract of the article free of charge using the following details: N Engl J Med 2018; 378:708-718
**Feedback from the 12th UK Stroke Forum**

I attended the UK Stroke Forum from 28th-30th November in Liverpool. It was a very worthwhile and informative journey. The main focuses from a hyper acute perspective were around thrombectomy treatment and establishing a sustainable thrombectomy service. There was also some good debate around centralisation of hyper acute and acute stroke services and whether this could be facilitated in a rural health board as well as an urban health board. The main areas of focus with regard to longer term stroke care were self-management. Our very own Lisa Kidd delivered an excellent presentation on her own study on self-management. There was also an apparently very strong debate on whether ongoing stroke care was the remit of primary or secondary care although I attended a different session. There was a variety of parallel sessions to cater for nurses, medics and all disciplines of AHP. I also got to speak to (and get a selfie with) one of my sporting heroes, former Australian rugby union international fly half and 1991 Rugby World Cup winner Michael Lynagh. Michael is a stroke survivor himself and was a speaker on the first day, giving a very emotional narrative of his own story from world class sportsman to suffering a stroke.

**Craig Forman, Senior Charge Nurse, Ward 11, University Hospital Wishaw.**

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**Scottish Stroke Care Audit (SSCA) Update Spring 2018**

The SSCA continues to produce the monthly reports against the standards and are now planning for the annual report, which will be published on the 10th July.

There are also another couple of dates for your diary; the annual meeting is to be held on the 30th August, at the Royal College of Physicians and Surgeons in Glasgow. This, as always, will be an excellent event and a great opportunity to share learning and experience.

But before that we have a Local Coordinators meetings in Gyle Square in Edinburgh on the 17th May and would encourage all Local Coordinators to make it along, it’s a great chance to pick other coordinators brains, and take back some new ideas to your health board. There will be the chance to VC in as well.

The team continue to support the Scottish Stroke Improvement Programme and the annual reviews for spring are now underway. All the health boards have dates set, so if you can, and it’s always great to have as many frontline staff involved as possible, please speak to either your line manager or the MCN manager and ask to be in attendance at the meeting.

**Neil Muir, National Clinical Co-ordinator, Scottish Stroke Care Audit, Scottish Healthcare Audits.**
A study day on **29th May 2018** is being held at Queen Margaret Hospital, Dunfermline. The day is open to all medical and healthcare staff. The aim of this study day is to help improve the management of patients with post-stroke spasticity and provide staff with the tools necessary to develop existing services. There will be a range of local and national speakers presenting on the day with Anthony B. Ward, BSc, MD, FRCPed, FRCP who was Professor of Rehabilitation Medicine in the University Hospital of North Staffordshire and Director & Consultant in Rehabilitation Medicine of the North Staffordshire Rehabilitation Centre in Stoke on Trent attending as the key note speaker for the day. This is a free event supported and funded by Allergan. A very limited number of places are available so early booking is recommended to reserve your place. If you would like further information or to reserve a place please email Joanne Graham, Stroke Education Facilitator: joanne.graham@nhs.net

**SSNF Conference 2018 on 20th September in the Dewars Centre, Perth.**

**Early Bird** booking rate **£35** is valid until **31st July**. Thereafter cost to attend will be **£50**. Bookings for the conference will open shortly.

**Stroke Improvement Programme Workshops for 2018**

Proposed plan for further workshops this year covering

- Self management: May 2018.
- Community Rehabilitation: August 2018.
- Stroke Nurses Day: October/November 2018.

Dates still to be confirmed.