

Chest Heart & Stroke Scotland improves the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, influencing public policy, advice and information and support in the community.

Stroke Nurse Service

Facilitating a smooth transition from hospital back into the community for people who have had a stroke and their families

Chest
Heart &
Stroke
Scotland



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Call free from landlines and mobiles

Monday-Friday
9.30am – 4.00pm
Textphone available

www.chss.org.uk



CHSS Stroke Nurse Service

'She listened, advised and encouraged me.' [Stroke Patient]

Stroke is the single greatest cause of disability in the community.

In Scotland 15,000 people have a stroke every year. There has been a steady increase in survival rates in the last 10 years, which means that more people are now living in the community following a stroke.

Who is the Stroke Nurse?

An experienced Registered Nurse who supports people, following discharge from hospital with a stroke, to achieve their personal goals, within their own capabilities. The Stroke Nurse also has a key liaison role with statutory and voluntary agencies and will coordinate referrals to other specialist services as needed.

'At every stage in the process from admission to long term support in the community, patients and carers need to be provided with the fullest possible information, and encouraged to take the maximum responsibility for their own recovery.'
[SIGN: Management of Patients with Stroke]

Working Together

The CHSS Stroke Nurse Services work in partnership with the NHS in each area and complement the existing local provision of services. Our services are also run in partnership with the local Stroke Managed Clinical Networks [MCNs] and are subject to regular audit and evaluation.

Our nurses are all specialists in the delivery of stroke care and our services are delivered in line with SIGN Guidelines, QIS Standards and local protocols.



What is delivered?

The CHSS Stroke Nurse Service provides individualised information, advice and support to people affected by a recent diagnosis of Stroke / Transient Ischaemic Attack [TIA] and their carers.

The amount of contact between nurse and patient / carer varies according to individual needs and the support may last for up to a year after discharge from hospital. The support offered is also tailored to the individual and may include:

- Home visits
- Telephone contact
- Letters
- Use of technology; e-mail, text etc
- Nurse-led clinics

'She spoke us through the various stages as they appeared and made us aware of situations unknown or even thought about, she also gave us the most important thing of all – HOPE – when we most needed it, and time has proved her right. We now see a future living with a stroke'
[Stroke Patient]



'A welcome and useful service, a bridge between the hospital environment and being 'independent' at home, useful to be able to talk to an experienced professional who has that bit more time...'
[Stroke Patient]

'My CHSS nurse has seen me through, what has been quite a difficult and traumatic time, and with the help of his support I am now not only physically fit but also able to cope mentally with what lies ahead.'
[Stroke Patient]

