



Promoting the highest quality of rehabilitation for people with stroke

CONFERENCE REPORT RETROSPECTIVE NOVEMBER 2014

The second SSAHPF conference took place on 12th June at the Dewar's Conference Centre in Perth. Once again it was a successful day with 86 delegates in attendance representing many of the AHP professions across Scotland. The day comprised of two symposia, free papers and updates of evidence based care and national developments. There was an excellent selection of posters displaying a sample of the great work being undertaken across AHP's working in stroke care.

Gill Alexander, chair of the SSAHPF opened the conference and gave an update on what the forum has achieved in the past year. This included involvement in the production and launch of the Stroke Charter for people living with stroke in Scotland. Gill noted that membership of the forum now stands at 395 which is a great achievement in just two years; with all AHP professions having representation.

Peter Langhorne, Professor of Stroke Care from the University of Glasgow gave a wonderful summary of the ground breaking work the Cochrane Stroke group has undertaken over the past twenty years from the Stroke Unit Cochrane review in 1993 to the recent reviews of promising new rehabilitation interventions such as 'mirror therapy after stroke'. There have been 160 reviews to date with approximately 10 new reviews a year conducted.



SYMPOSIUM 1 – ‘Evidence based stroke care update’

Dr Alex Pollock, Senior Research Fellow at the NMAHP Research Unit at GCU opened the first symposium speaking about OSCAR (overview of Cochrane systematic reviews on arm rehabilitation after stroke) a ‘review of reviews’ which signposts the reader to evidence based upper limb rehabilitation with Dr Pollock directing the audience to the most promising interventions.

Dr Pauline Campbell, Research Fellow at the NMAHP Research Unit at GCU continued the symposia with a fascinating fact filled presentation on ‘The Commonwealth of the senses: Hearing loss after stroke’. Dr Campbell highlighted that age related hearing loss is more common than stroke occurring in one out of six people and so it is highly likely that a significant proportion of stroke survivors will have pre-existing hearing loss. Six reviews report 4-78% stroke related hearing loss. Therapists and families need to consider the possible contribution of hearing loss on communication after stroke.

The first free paper session was led by Mark Smith, AHP Stroke Consultant from NHS Lothian. He gave an overview of the ongoing work a working party from the SSAHPF have been undertaking. They have carried out a Scotland wide audit in the use of electrical stimulation after stroke, local audits and an extensive summary of the evidence base. A consensus statement on the use of electrical stimulation after stroke will be produced in the coming months.

The symposia continued with Dr Lisa Salisbury from the University of Edinburgh presenting the findings of work into the use of outcome measures by community based stroke rehabilitation therapists. Dr Salisbury outlined the three phases of the study but reported predominantly on surveys and interviews with AHP's with regard to what outcome measures they utilised. A survey was conducted of 113 senior therapists across Scotland. The most common outcome measures used were reported and the five most cited reasons for the use were given. ‘They are relevant to patients goals’ was cited by 60% of responders.

Dr Salisbury presented a thought provoking comment from one interviewee:

***“Outcome measures are not patient- centred and are rarely a reflection of the patients’ goals. They tend to be prescriptive and focus on what a patient can or cannot do, rather than what they need or want to be able to do.*”**

Charlie Chung Occupational Therapist from NHS Fife continued the morning session, presenting his PhD work on developing ‘The Executive Function Task Application’. This is a framework for assessing and treating the executive dysfunction of patients with stroke. Following an excellent explanation of the components of executive dysfunction, two patient examples were given to highlight how to identify what part of the process patients were unable to complete. This work is applicable for all AHP's working in stroke

'Recent developments in Scottish Stroke Care'

Katrina Brennan opened the afternoon programme. Katrina is lead for the Scottish Stroke Improvement Programme. The presentation introduced the audience to the Stroke Improvement Plan and how it links with other bodies, forums and voluntary organisations. The refresh of the Better Heart Disease and Stroke Care Action Plan was also outlined and details of work to gather details on training Scotland's stroke workforce.

Therese Jackson, Consultant OT in Stroke from NHS Grampian then gave a national update on stroke in Scotland. The presentation highlighted some of the work the forum has been involved in - the launch of the Stroke Charter, the Best Practice Statement from the Scottish Stroke Vision and Hearing Network and the continued success of the online STARS training. STARS has to date had 330,000 hits worldwide from 146 countries (Scotland 25,000+).



SYMPOSIUM 2 – 'Working with people with stroke and their families'

Dr Emma Coutts, SLT from NHS Grampian presented on "living with aphasia: what helps and what hinders" by showcasing a thought provoking video where stroke survivors spoke of the challenges of living with aphasia.

This theme continued with Professor Marian Brady from NMAHP Research Unit at GCU outlining how to involve people with aphasia and those who are incapacitated in stroke research. Marian reminded the audience that people with aphasia are amongst those with the highest need for evidence based care but have the poorest evidence based care provided.

To close the symposia Dr Maggie Lawrence from GCU presented her research entitled 'A family centred approach'. This highlighted some of the concerns families of stroke survivors have. The results reported families concerns with fear of recurrence of stroke being were a common concern. This has implications for all AHP's along the stroke pathway to educate and reassure at multiple points in the pathway.



The second free paper session was opened by Dr Heather Hall from the Alliance. Dr Hall launched the 'Co-production Stroke Project'. Dr Hall outlined the need to radically change our design and delivery of public services in response to the projected changes in our demography in the coming years.

The next presentation highlighted an impressive initiative which has been developed in the stroke unit at Cameron Hospital in Fife. The key drivers to the development of the hub included the results of a patient discharge questionnaire. Ms Lorna Nicholson, Speech and Language Therapist outlined the design, implementation and evaluation of the hub. This initiative was supported by a CHSS Stroke Innovation Award.

The final speaker of the day was Mr Chris Kelly from Tayside Healthcare Arts Trust and he spoke on a research project exploring creative engagement in in-patient rehabilitation. The experiences of stroke survivors, artists and healthcare staff were shared. This colourful presentation highlighted the inclusivity of art as a creative intervention for stroke survivors.



To conclude the proceedings the prize for best poster was awarded by Chair Gill Alexander. The recipient was Dr Fiona Coupar for her poster "A randomised, feasibility study of an assisting technology device targeted at arm recovery following stroke." The SSAHPF were impressed and grateful to all those who submitted poster presentations.

SSAHPF committee members would like to thank CHSS for supporting the 2014 conference and for their on-going support for the Forum.

SAVE THE DATE!

SSAHP Forum Conference 2015

11th June 2015

Self Management after Stroke – Making it Happen

The Scottish Stroke AHP Forum 3rd annual conference will be held on the 11th June 2015 at the Stirling Court Hotel (formally Stirling Management Centre).

The conference will explore recent research, evidence and good practice in self management following stroke. The day will also see the launch of the new stroke self management resource www.selfhelp4stroke.org.

For announcement of further program and conference details and to register online, please visit the SSAHPF page at www.chss.org.uk

Registration opens January 2015 and early online registration is advised.



The SSAHPF 2015 conference will see the launch of selfhelp4stroke. This exciting new resource will help and support people self manage their lifestyle following their stroke.

Presented in a variety of interactive, informative and motivating ways; selfhelp4stroke aims to support the person in their lifestyle management following stroke by addressing the issues that arise and offering solutions and support.

At the 2015 SSAHPF Conference you will be among the first to experience selfhelp4stroke. You will also have the opportunity to meet and speak to some of the services users who were involved in producing the resource.



Promoting the highest quality of rehabilitation for people with stroke
