



*Promoting the highest quality of rehabilitation for people with stroke*

## CONFERENCE REPORT – 2015

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The Scottish Stroke AHP Forum, SSAHPF held their third conference on 11th June 2015 at the Stirling Court Hotel. The theme for this year was ‘Self Management – making it happen’. It was an extremely successful event with delegates from all AHP professions attending. The range of topics, the quality of the speakers and the opportunity to network with colleagues combined to make the whole day a positive learning experience. The messages from the conference were directly transferrable into clinical practice.

Reflections from some of the attendees give a flavour of the day:

*The conference was a very valuable resource full of positivity. Speakers were eloquent and knowledgeable. The conference was well organised and professional. A very useful day!*

*It was great to hear about the development of selfhelp4stroke from those involved in producing it. The information from the conference will help us to develop our local stroke services.*

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Gill Alexander, chairperson of SSAHPF, opened the event by welcoming everyone to the conference. She gave an update on the key activities and achievements of the forum this year. The value of joining the forum was highlighted and she reported that membership continues to grow.



The introductory lecture was given by service users, John Fogarty and Bill Rodman, who were both actively involved in the development of Selfhelp4stroke which was developed in partnership with NHS Scotland, Chest Heart & Stroke Scotland and the University of Edinburgh. The website is a free online self management resource which provides information and support on a variety of topics such as mindfulness, medication, exercise and emotional support.

In recounting their personal experiences, John and Bill sent a strong message to the audience about how we deliver care and support self management in stroke. Crucially they reminded us that jargon does not help with communication and that lifestyle management programmes should be tailored to the individual.



[www.SelfHelp4Stroke.org](http://www.SelfHelp4Stroke.org)

The schedule for the conference was organised around two symposiums. The morning session focussed on policy issues related to self management after stroke. The afternoon was dedicated to putting policy into practice.

### SYMPOSIUM 1

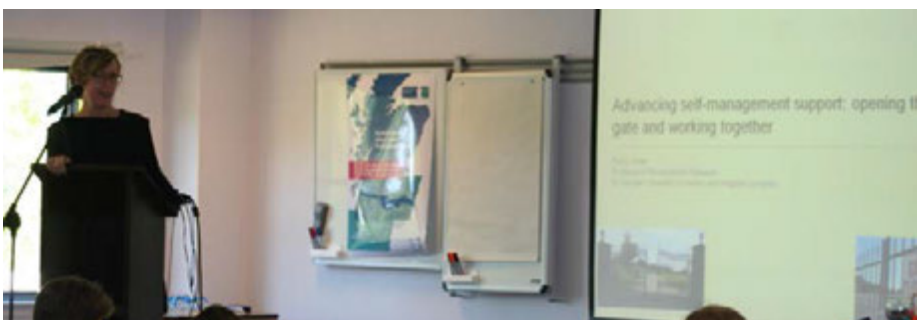
- Supporting self management : the policy landscape
- Principles of self management support
- What do we mean by self management? Transition from rehabilitation to self-management

### SYMPOSIUM 2

- Person centredness in goal setting
- Developing a wellbeing passport
- Physical activity within a self management model

Time was also allocated for the presentation of free papers which gave an additional depth of understanding about new developments in self management and demonstrated innovative practice which is occurring across the country. The papers included:

- Champions of self-management in care – COSMIC
- What long term consequences of stroke are important to stroke survivors and health professionals?
- Increasing physical activity in stroke survivors using STARFISH
- What works in non-pharmacological stroke secondary prevention
- Recent developments in Scottish stroke care
- Caring during Early Supported Discharge– what is it like for the family
- Advancing self management support: opening the gate and working together



**Please note:** If you would like further information about these topics many of the presentations have been posted on the SSAHPF website:

<http://www.chss.org.uk/health-professionals/professional-forums-groups/scottish-stroke-ahp-forum-ssahp>

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The conference provided a high quality programme which covered a wide variety of topics relating to self management after stroke. The committee of the SSAHPF would like to thank Chest, Heart and Stroke Scotland for all their help in organising and delivering such a fantastic day.

Remember the conference was fully subscribed so book early for next year. Full details how to register will be available in January 2016. The theme will be 'Living with Stroke' examining the long term impact of stroke.

**The date for your diaries is 9<sup>th</sup> June 2016 at the Stirling Court Hotel, Stirling.**

Hopefully see you in 2016!

Best Wishes

The SSSAHPF Committee

### **Contributing to the newsletter**

The Scottish Stroke AHP Forum belongs to its members. If you would like to contribute to the next issue of the newsletter please send information to [jennifer.nisbet@borders.scot.nhs.uk](mailto:jennifer.nisbet@borders.scot.nhs.uk)



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