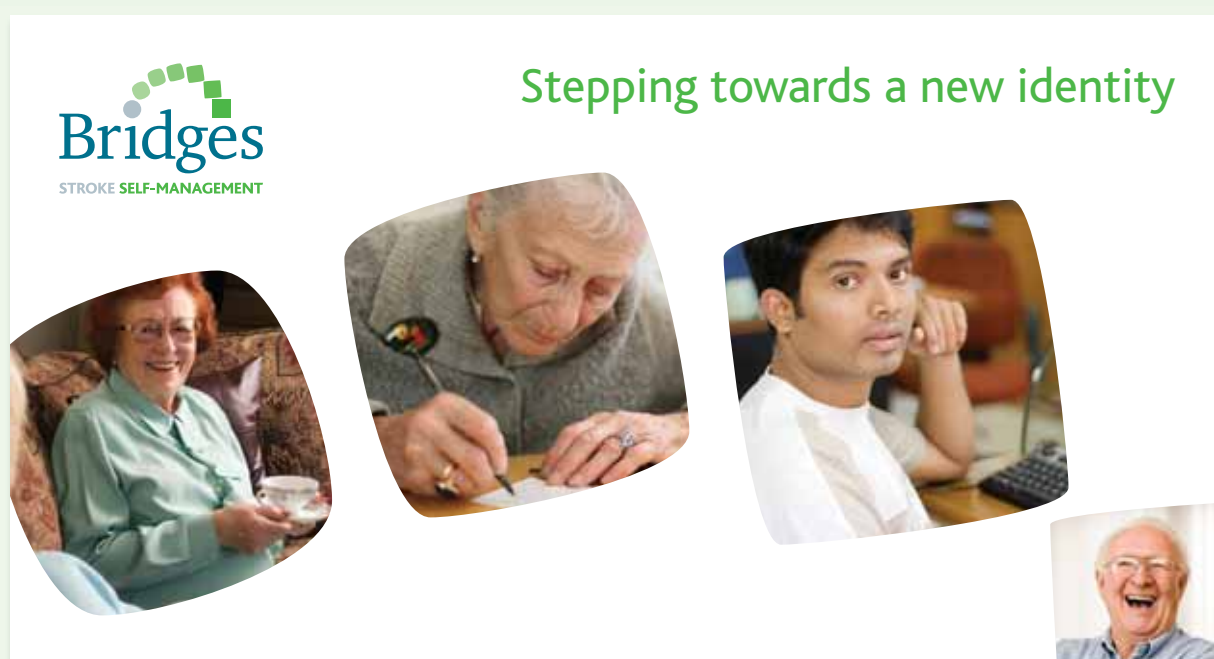


For everyone concerned with stroke rehabilitation

About Bridges stroke self-management

Right:
The Bridges logo
and new identity



Bridges stroke self-management is the new name for Stepping Out

Since the first Workshop was held in April 2007 in Dundee, we have now delivered 27 Workshops across the UK, trained over 500 clinicians, and 2500 Workbooks have been distributed and used by stroke survivors. We have learnt a lot along the way!

We are still based within the Faculty of Health and Social Care, St George's, University of London & Kingston University, but we are now a registered company with social enterprise principles. Our continued development and research is only possible because of the involvement and support of stroke survivors, carers, and clinicians. This has informed the content of our Workshops, and the new version of the Workbook.

Bridges is still based primarily on the core principles of self-efficacy, and in particular the importance of supporting people to set targets, discover ways around doing normal activities, and reflect on their own contribution to recovery and progress.

Our website has now been fully updated, and we hope it is easier to navigate and more informative. We will also be sending out more regular updates on the Workshops, research and other training.

Our new website address is www.bridges-stroke.org.uk

The new Bridges Workbook

Although the principles of the Stroke Workbook are no different to previous versions, we have introduced a number of key changes as a response to feedback from stroke survivors and clinicians. We hope our new design will make the Workbook easier to navigate and to use, and we have tried to provide a greater emphasis on all aspects of stroke, not just physical disability.

The most important change is the inclusion of two new people, Lynn and Jeanette. They are younger stroke survivors who have aphasia, and now work as volunteers to help other people with cognitive and language difficulties. After interviewing them both it was impossible to choose who to put in the Workbook, so why not both!

Jeanette was a head teacher of a primary school when she had her stroke. Her daughter was 15 and son was 20 at the time. Following a combination of acute care and specialist rehabilitation, she spent over 7 months away from home. She remembers not being able to talk or say anything she wanted to. Jeanette reflects on the encouragement she got from her first walk with a stick, and how she used that success to encourage herself with her speech.

'Cause I really didn't think that I was going to get on a stick and every so often words came out that were suitable, and once I started doing that, getting the words, you know ... I did more than I was expected to People thought "Jeanette says two words, let her say two", and I wanted to say six sentences please'

Jeanette was one of the first people with aphasia to become a volunteer at the tertiary rehabilitation centre where she received her care.

Lynn is our second new addition, and she was helped by Jeanette when she first arrived at the rehabilitation centre.

'I was just selfish about me. But I told everyone you (Jeanette) was a ... you was a real ... she was like an angel because she done so much for me. I'll never forget it. Was my pyramid. And I just know ... and I just say even now ... what you showed me... You done it. You were so good to me. And you spent time for me'

Lynn was working as a receptionist when she had her stroke, she reflects on the way she dealt with the reality of having her stroke

'I never said that word stroke. You did not say that word stroke. I was fine. Everyone's not right in here. You're a bit iffy everybody else, but it was just me that was normal, and I'm just going home and I'm going back to work, which was a big, big shock'

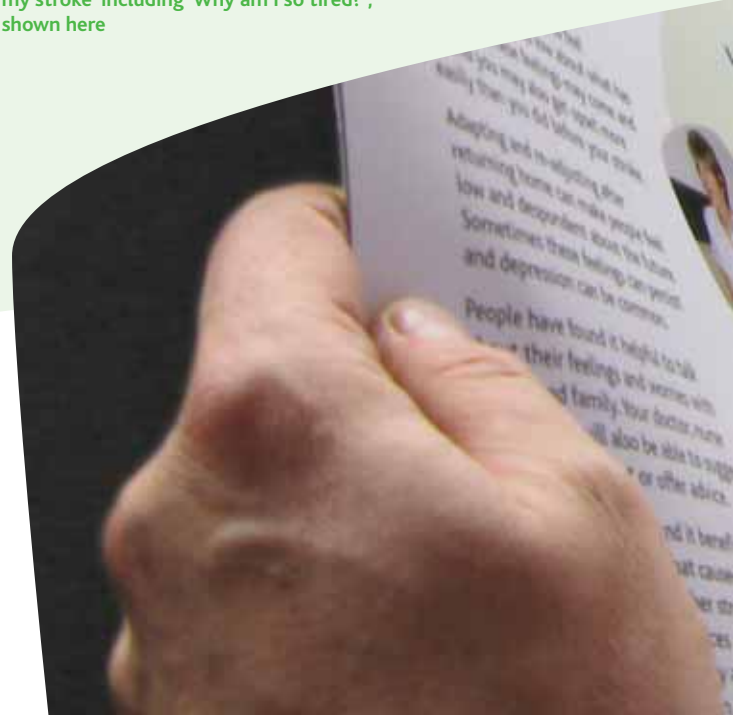
Lynn has developed some excellent strategies for managing her life after stroke. Despite not being able to return to work, she has managed to fill her time with different activities. She has also recognised the value of being able to help others.

Lynn, a 48-year-old woman had a stroke which predominantly affected her speech and cognitive functions. She now attends maths and English classes



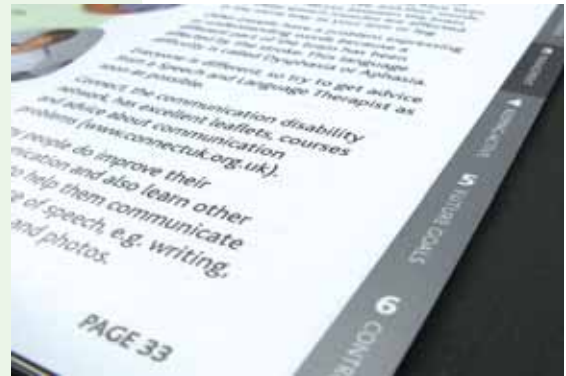
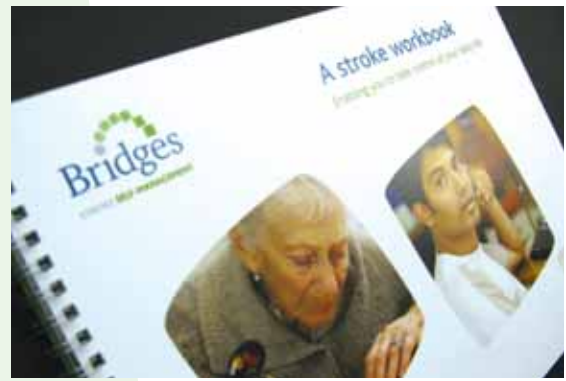
Jeanette, a woman in her 50's had been working as a head teacher in a primary school until a stroke left her without speech and right side movement

Both Lynn and Jeanette have contributed to new items in the section on 'Managing my stroke' including 'Why am I so tired?', shown here





Although the principles of the Stroke Workbook are no different to previous versions, we have introduced a number of key changes as a response to feedback from stroke survivors and clinicians. These include a tabbing system (middle right) and extensive use of the Bridges 'stepping-stones' graphics, making the Workbook easier to navigate and to use



'It's nice ... you feel like ... if you've got patients sitting there with you, they make you feel used and wanted and you're ... you might have a laugh and they take everything to you ... as a person. Don't they? Where ... sometimes it's not always like that, but sometimes they make you feel really well'

Both Lynn and Jeanette have contributed to new items in the section on 'Managing my stroke'. These include, 'Why am I so tired?' They also show the types of activities which have helped them keep more active. As well as their voluntary work, Lynn enjoys baking and doing her maths and English homework and Jeanette has taught herself to paint with her left hand.



Our first Bridges *open* Workshop is to be held on Tuesday 11th May 2010, at St George's, University of London

This Workshop is in response to demand from teams that have already received training but now have new members of staff who missed the first Workshop. The Workshop format will be the same as 'team Workshops', and will be for professionals working in stroke. All participants will receive 5 copies of the new Bridges Workbook, as well as a comprehensive resource pack to accompany the training. The follow-up session for this Workshop will be held in October, date to be arranged.

For further information contact Emily van Lingen by telephone on 0208 725 2445 or via email at E.Vanlingen@sgul.kingston.ac.uk
For more information visit www.bridges-stroke.org.uk

Shortlisted for Health Service Journal Award



Bridges (previously Stepping Out) was shortlisted for Health Service Journal Award, in the Patient Centred Care category. We didn't win, but being in a shortlist of 6 from over 100 entries in our category was really gratifying. Thanks go to Emily van Lingen and Suzanne Corbett for their help with the application and to Eileen Collins and Adine Adonis for their support in the presentation to the HSJ panel. We will aim to be even more patient centred next time around!

Delivering a priority project with South West London Cardiac and Stroke Network

As part of the National Stroke Improvement programme to improve transfer of care Stepping Out (now Bridges) worked together with the South West London Cardiac and Stroke network to implement training for 24 staff across inpatients, intermediate care, and community rehabilitation.



The results of this project together with all the others will be launched at the Stroke Improvement event to be held in London in June 2010.

We have now carried out a detailed analysis of patient outcomes and feedback from clinicians. The responses from clinicians showed themes common with the analysis of case reflections from previous participants. These were:

- Time is needed to introduce the Workbook and support target setting, this is more difficult (but not impossible) in the acute setting
- Good communication between teams and services is required for the programme to be used throughout the pathway, so there is a consistent approach
- If the whole team has not been trained, it can make it difficult for patients to be followed up further down the pathway

- The programme is more difficult to introduce to those with cognitive and language problems
- If people have very low self-efficacy, and are very early in their recovery it can be a barrier to successful implementation
- You need the commitment and belief in the concept from clinicians and stroke survivors, and the support of managers
- Key skills needed by clinicians include; enthusiasm, confidence and perseverance to use the Workbook, understanding about self-efficacy and self-management, using the Workbook flexibly and knowing the Workbook well
- The programme could influence the transfer of care by enabling better communication between services and greater continuity of goals.

Thinking of hosting a Bridges Workshop?

Bridges Workshops are aimed at all stroke professionals including nurses, physiotherapists, occupational therapists, speech and language therapists, psychologists, doctors and any other health care practitioners working within the stroke pathway.

Our experience is that the programme can be implemented much more effectively if there are clinicians from the same team, and ideally representatives from stroke teams in both acute and community settings.

Each Workshop is a two-stage certification process of two separate days with an intervening period of 3-6 months.

At the introductory Workshop (day 1) participants will gain an opportunity to develop effective strategies to encourage self-management after stroke. We explore the Bridges model with examples from current research in stroke rehabilitation and chronic disease self-management.

At the follow-up Workshop (day 2) participants will critically reflect on how the programme has worked within their own services and teams. Using case studies and research, they will look at ways in which self-efficacy and self-management principles can be embedded into their usual practice. There is also an opportunity to hear updates on developments and current research in stroke self-management.

Each participant is encouraged to complete a case reflection on a patient who has used the Workbook. The case reflection, suitable for CPD evidence, also forms the basis for a group discussion and informs future learning plans for each participant.

“A unique Workbook”

What you had to say – reaction from the Workshops

A really good course, making me think about my knowledge of stroke statistics/services available. Also helping to evaluate my practise with patients and consider making targets more patient lead than professional influenced. Thank you.
Lanarkshire Workshop

Much more aware of principles of self-management and levels of self-efficacy therefore will be able to support patients in setting and taking ownership of targets.
Lanarkshire Workshop

To ensure concordance between patient's and practitioner's goals and to deliver a more individually tailored therapy input.
Kensington and Chelsea

Very interesting and informative as to how to manage patients with stroke.
Wolfson Workshop

This will enhance practise, not just in using the Workbook, but understanding people's expectations and needs.
Northwick Park Hospital



Research and policy update

National Audit Office (2010) Progress in improving stroke care. Department of Health, London

A recent National Audit Office report on stroke services in England summarises the progress in improving stroke care since the recommendations made by the Public Accounts Committee in 2006. The report summarises how stroke care changed in the last 5 years and where there is still more work needed. There are several points made in relation to rehabilitation, post hospital support and meeting long term needs. For example:

- Improvements in acute care are not yet matched by progress in delivering post hospital care
- There are still barriers to joint working between health service, social care and other services
- 30% of people are not given a follow-up appointment within six weeks of discharge from hospital
- Only 30% of hospitals have an early supported discharge service
- £30 million has been allocated to local authorities to improve post hospital support for stroke survivors, which has predominantly been used to increase commissioned support from voluntary organisations
- There is still a lack of consensus regarding the most effective way of measuring the quality of long term care

The new UK Forum for Stroke Training National Accreditation Unit

The UK Stroke Forum has won the contract from the Department of Health to host the new UK Forum for Stroke Training. The unit will be responsible for accrediting Stroke Training to the recognised standard as set out in the Stroke Specific Education Framework (SSEF). This will provide a key role in improving and monitoring the quality of stroke services across the whole of the UK. This initiative has been introduced following the National Stroke Strategy's recognition that staff working in stroke have variable levels of knowledge and skills and that there is currently no quality-assured transferable stroke specific training.

We don't know yet how the new UK Forum will work, but aim to ensure that Bridges stroke self-management will meet all the quality requirements for accreditation with the new body. More information will be forthcoming on the UK Stroke Forum website www.ukstrokeforum.org

Useful publications

Barker, R. N., Gill, T. J & Brauer, S. G. (2007) **Factors contributing to upper limb recovery after stroke**: a survey of stroke survivors in Queensland Australia. *Disability and Rehabilitation*, 29, 981-989.

Battersby, M., Hoffman, S., Cadilac, D., Osborne, R., Lalor, E. & Lindley, R. (2009) **Getting your life back on track**: a phase II multicentred, single blind, randomised, controlled trial of the Stroke Self-Management Program vs the Stanford Chronic Disease Self-Management Program or standard care in stroke survivors. *International Journal of Stroke*, 4, 137-144.

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Dr Cecily Partridge Reader in Physiotherapy
Carole Pound Former Director of Innovation, UK Connect
Dr Jane Williams Stroke Nurse Consultant

Register your interest:

For further information, including a copy of our 'frequently asked questions' and a booking form, or to join our mailing list and receive regular updates on the progress of Bridges and a copy of future editions of Bridges News, please contact:

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This programme encourages self-management, focuses on the successes, and decreases dependence on therapists.