

WINTER 2020

STROKE WELLBEING SERVICE

NEWSLETTER

The quarterly newsletter produced by the
North Cumbria Stroke Wellbeing Service



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Welcome to the third edition of the Stroke Wellbeing Service Newsletter. In this issue, we will be providing you with some service updates, as well as a handy tool for remembering who is who in hospital. We also have some articles that we hope you will find useful, with a particular focus on worry and anxiety after a stroke.

See you in spring for our next issue!

The Stroke Wellbeing Team

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SERVICE UPDATES

What's new in the Stroke Wellbeing Service?



We continue to settle into our roles in the Stroke Wellbeing Service, having been up and running now for 9 months. We recently completed an audit and in response to this have increased our West Cumbria presence. We now run an outpatients clinic at the hospital and have a member of the team on the ward 3 days a week. We are grateful for the welcome and support the team have given. We continue to develop our joint working, and are working closer with our colleagues to share knowledge and experience. This has been positive for both staff and patients. We have all enjoyed recent training on cognitive impairments as well as Acceptance and Commitment Therapy and continue to remain committed to widening our knowledge of therapeutic approaches.

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WHO IS WHO?

A guide to remember who is who in hospital



**Chief Matron,
Head of Nursing**



Matron



**Ward Manager,
Sister
Deputy Ward
Manager**



Nurse Practitioner

Black tunic with white trim



**Assistant Nurse
Practitioner**



Male Ward Clerk



**Female Ward Clerk and
Receptionist**



Physiotherapist



**Occupational
Therapist**



**Physiotherapy
Assistant**



**Female and Male
Nurse**



**Female Health Care
Assistant**



**Male Health Care
Assistant**



Female Student Nurse



Male Student Nurse



Speech and Language Therapist



**Some staff may be wearing scrubs, for example,
Doctors, Living Well Coaches and Psychologists**

Why not use the lines underneath the uniforms to note down the names of any staff members you have met so far?

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WORRY AND ANXIETY AFTER A STROKE

Why people worry and the signs of anxiety



People can experience a range of emotions following a stroke, including worry. This is very normal following a sudden and frightening event. Whilst worries will likely reduce over time, some people might find that their worries persist.

After a stroke, people might worry about having another stroke or how they will cope with some of the difficulties they are experiencing following their stroke. They may also worry about family, friends or finances. The memories associated with their stroke can also be anxiety provoking.

If you feel worried a lot, feel overwhelmed by worries, cannot identify why you feel worried or feel your worries are affecting your quality of life, it can be helpful to seek support. This is particularly important as feeling anxious a lot can affect recovery after a stroke. Some common signs and symptoms of anxiety are listed in the box below.

Signs of anxiety can include: feeling restless, a sense of dread, difficulty concentrating, feeling irritable, feeling on edge, a fast heartbeat, dry mouth, sweating, dizziness, trembling, tiredness, feeling sick, headaches, aching muscles, sleep problems and more.

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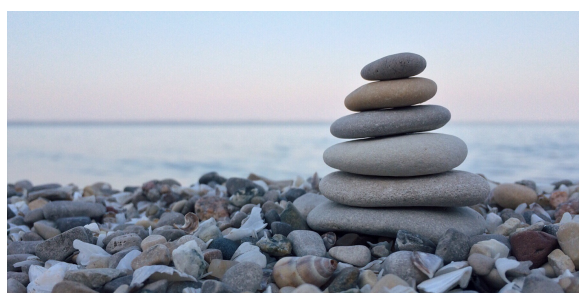
SEEKING SUPPORT FOR ANXIETY

How can I manage symptoms and where can I find support for anxiety?

To manage symptoms, it is important to take part in meaningful activities, stay connected and live a healthy lifestyle. This involves a healthy diet, quitting smoking, reducing alcohol intake and exercising regularly if possible. It can also be helpful to set yourself small, weekly challenges and to practice mindfulness/relaxation exercises to manage anxiety. A short video that introduces mindfulness can be found at the website below:

<https://www.youtube.com/watch?v=c1Ndym-lsQg>

If you are an inpatient, you can talk to your doctor, nurse or other members of staff who may recommend treatment or refer you to the Stroke Wellbeing Service. This service can offer help with worries and anxiety in the early weeks after your stroke, as we know that early support can



promote recovery.

It may be that anxiety develops weeks, months or years after a stroke. To prevent anxiety from impacting your recovery and quality of life, you should contact your GP, who may recommend talking therapies or medication.

If you have thoughts of harming yourself or ending your life, it is important to take this seriously and contact your GP right away so that they can arrange the right sort of help and support for you. Out of hours you should call NHS Direct on 111 for help, or the Samaritans (available 24 hours a day) on 116 123.

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BOOK REVIEW

Overcoming Health Anxiety: A self help guide using Cognitive Behavioural Techniques by Rob Wilson and David Veale

Feeling worried is entirely normal after a stroke. Whilst most worries will reduce over time, some people might go on to have long-term struggles with worry and anxiety. In some cases, people might develop specific worries around health and illness following a stroke.

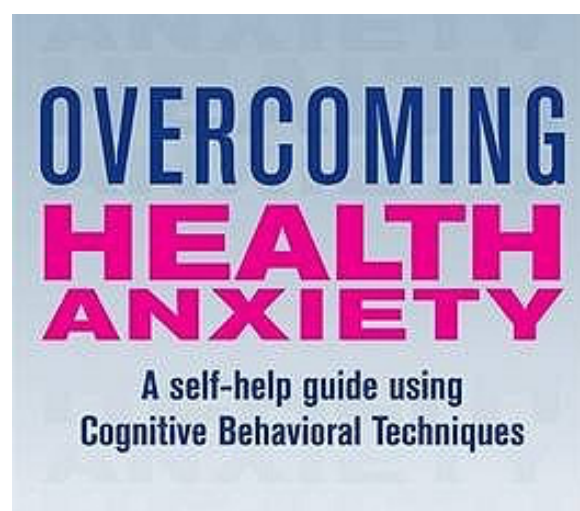
This book gives helpful examples of health anxiety and lists a range of symptoms that people might experience as a result of health anxiety. It describes how worries about health develop, how they are maintained, and makes links between thoughts, feelings and behaviour.

There are worksheets and strategies in this book that can help people to identify and manage their worries. There is also a chapter for family members and friends of people

experiencing health anxiety that describes how they can help.

Reading through this book slowly and practicing some of the techniques can be useful for people worrying about their health.

It is important to seek support from professionals if worrying starts to impact your quality of life. Seeking help early is important to prevent anxiety from impacting your stroke recovery journey.



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GET INVOLVED IN OUR NEWSLETTER

We would love to hear from our readers!



We would love to hear from you. What do you think of our newsletter? Get in touch and let us know what kind of features you would like to see. We would also love to feature some of our success stories. If you have had a positive outcome when working with the Stroke Wellbeing Service or would like to share your story, please let us know!

Email: strokewellbeingservice@ncic.nhs.uk

RESOURCES

Where can I find out more?

<https://php.cumbria.nhs.uk/patients/resources/neuropsychology>

This website has been designed to give you some extra information on things that you can try yourself to manage the problems most commonly reported by the people that we see.

<https://php.cumbria.nhs.uk/about-our-services/neuropsychology-including-stroke-wellbeing/strokewellbeingservice>

Our new service webpage provides information about who we are, what we do and what to expect when you come to see us. We intend on providing patient feedback on this website in the near future. You can also find copies of our previous newsletters on this website.

www.stroke.org.uk

Tel: 0303 3033 100

Email: helpline@stroke.org.uk

The Stroke Association support people to rebuild their lives after stroke. Their website provides lots of information including what is a stroke, signs of a stroke, the journey from diagnosis to discharge, the effects of stroke and information about support for individuals after a stroke.

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FURTHER INFORMATION

Confidentiality

The Trust's vision is to keep your information safe in our hands.' We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time. For further information contact the Information Governance Team. **Tel:** 01288608998 **Email:** Information.governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team. Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547. If you would like this leaflet in another language or format, for example Braille, large print or audio, please call: 01228 603890, Email: communications.helpdesk@cumbria.nhs.uk or write to Engagement and Communications, Voreda House, Portland Place, Penrith, CA11 7QQ.

Contact us

If you would like any additional information about the support we can offer, please contact us via phone or email using the details below.

Tel: 01768 245 954

Email: strokewellbeingservice@ncic.nhs.uk

Address: Cumbria Stroke Wellbeing Service, Physical Health and Rehabilitation Psychology Services, Room 1446 Lower Ground Floor, Cumberland Infirmary, Newtown Road, Carlisle, CA2 7HY