

STROKE WELLBEING SERVICE NEWSLETTER

The quarterly newsletter produced by the
North Cumbria Stroke Wellbeing Service



TABLE OF CONTENTS

- 2 SERVICE UPDATES**
- 3 TRAINING DAY WITH SALT**
- 4 TRAINING DAY WITH SALT**
- 5 TYPES OF STROKE**
- 6 TYPES OF STROKE**
- 7 REDUCING RISK OF STROKE**
- 8 BOOK REVIEW**
- 9 GET INVOLVED & RESOURCES**
- 10 FURTHER INFORMATION**

Introduction

Welcome to the sixth edition of the Stroke Wellbeing Service Newsletter. In this issue we have some service updates, a summary of recent training and some information on different types of stroke and reducing risk of stroke that we hope you will find useful. See you soon for our next issue!

- The Stroke Wellbeing Service



Service Updates

The Stroke Wellbeing Service has been running for more than a year now! We continue to apply knowledge and skills to our work across Cumbria. Staff continue to engage in training to develop further skills to help communicate more effectively with patients experiencing communication difficulties after stroke. This includes our recent training day with the Speech and Language Therapy Team.

We recently had to say goodbye to our fantastic Wellbeing Activator Eileen Kirby, who has gone onto new ventures in her career. We have now appointed a Cognitive Behavioural Therapist, who is due to join the team in January 2022.

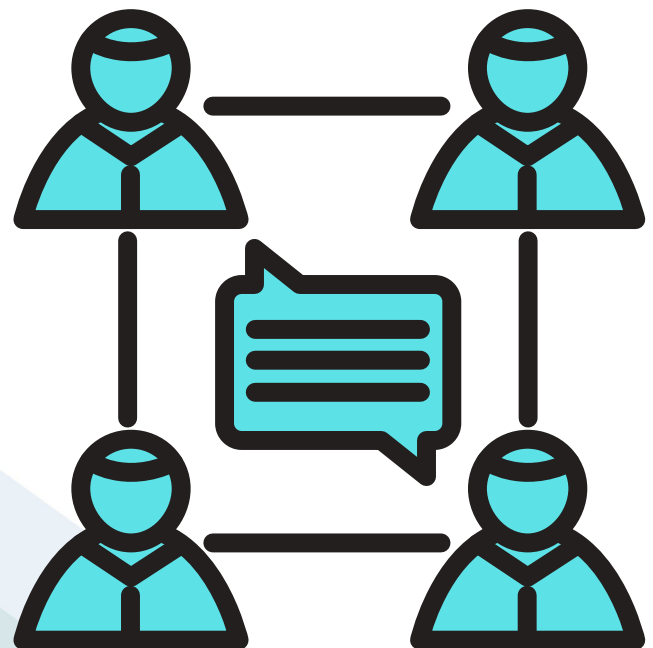


Training Day with the Speech and Language Team

The Stroke Wellbeing Service Team recently came together with the Speech and Language Teams from Carlisle and West Cumbria to spend an afternoon sharing expertise and exploring ways in which we can work together effectively to deliver the best possible patient care.

There is a significant overlap between the work of both teams, with one third of all stroke patients suffering from aphasia, and one third of stroke patients experiencing depression after the event.

All therapy staff working with patients who are suffering from aphasia must be able to adapt their communication effectively. Likewise, staff having an awareness of the emotional impact of communication difficulties and knowing how best to support with this, is incredibly beneficial to the patient.



The afternoon gave an insight into the assessment tools used by both teams, the presentation of various communication difficulties, communication aids available and their appropriate use. An overview of the most common Cognitive Behavioural Therapy techniques used to support patients initiated a discussion around how to manage difficult conversations with patients

, and are in the process of planning future trainings to ensure we continue to develop our skills. Through continued collaboration, shared experience and joint working we hope to be able to expand our knowledge and confidence as we strive to offer the best care possible to our patients.

.As a result of the training we already have new processes ready to implement on the ward



Types of Strokes

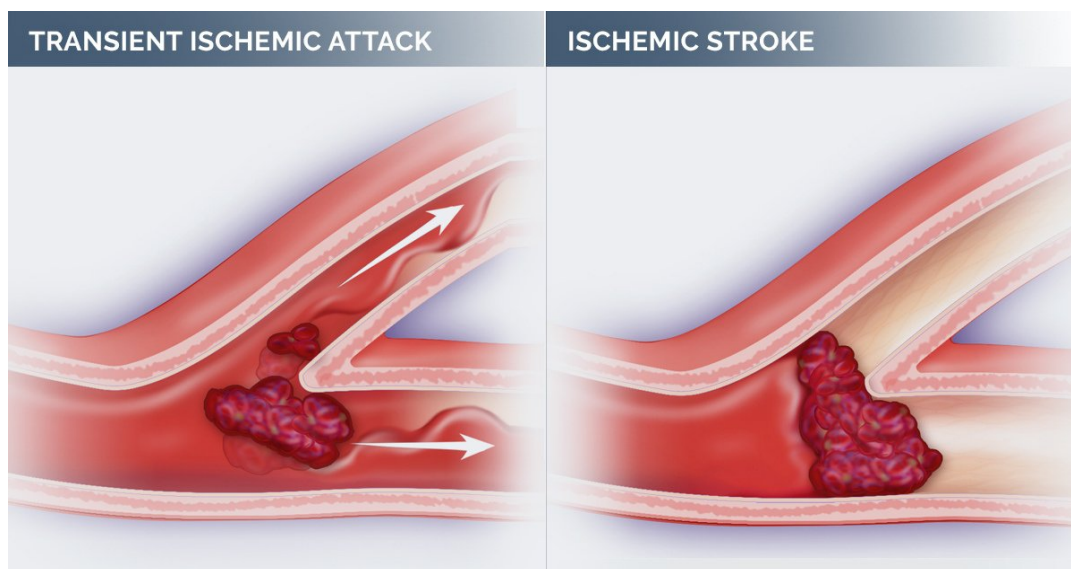
There are different kinds of stroke and it can be confusing to understand the medical terminology.

An ischemic stroke is the most common type of stroke. This is when a blood vessel in the brain is blocked, stopping the blood from getting through. This can be caused by a blood clot. If you have an ischemic stroke, you might have something called thrombolysis. This is a clot busting treatment that breaks down the clot in your brain.

Some people will have a thrombolectomy which is where the clot is removed with surgery.

A haemorrhagic stroke is a bleed in or around the brain. This is a less common type of stroke. It can be intracerebral (when an artery inside your brain bursts) or subarachnoid (when bleeding occurs between the brain and the skull). A haemorrhagic stroke can be caused by things like high blood pressure or an aneurysm.

TIA stands for Transient Ischemic Attack. This means that it is just like an ischemic stroke, but the blockage is temporary. Usually the clot causing the blockage will break down on its own or moves, allowing the blood flow to return. A TIA will have symptoms like a stroke but they will not last. It is however a medical event that should be treated seriously. A TIA is a warning sign of a full stroke and you should seek immediate medical help.

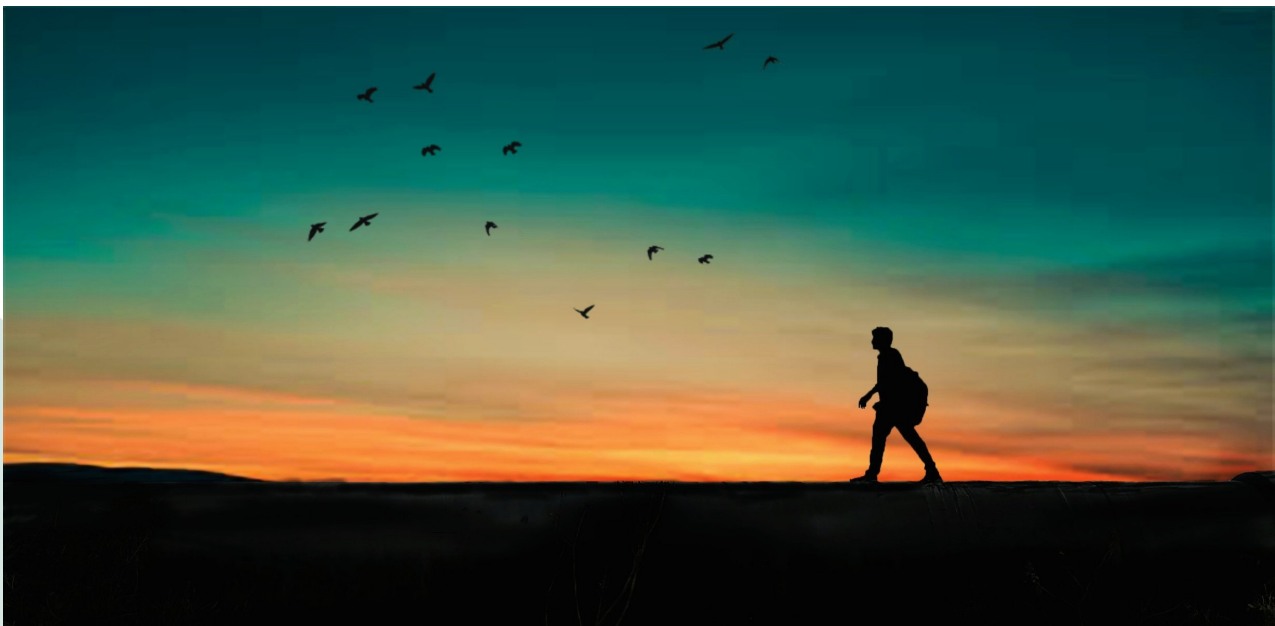


Reducing risk of Stroke

Up to 80% of strokes may be prevented by:

- Managing blood pressure, cholesterol and diabetes
- Making healthy lifestyle choices like eating a healthy diet, being physically active, not smoking and limiting alcohol.
- Taking medication as recommended by your doctor

Working with your care team through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances

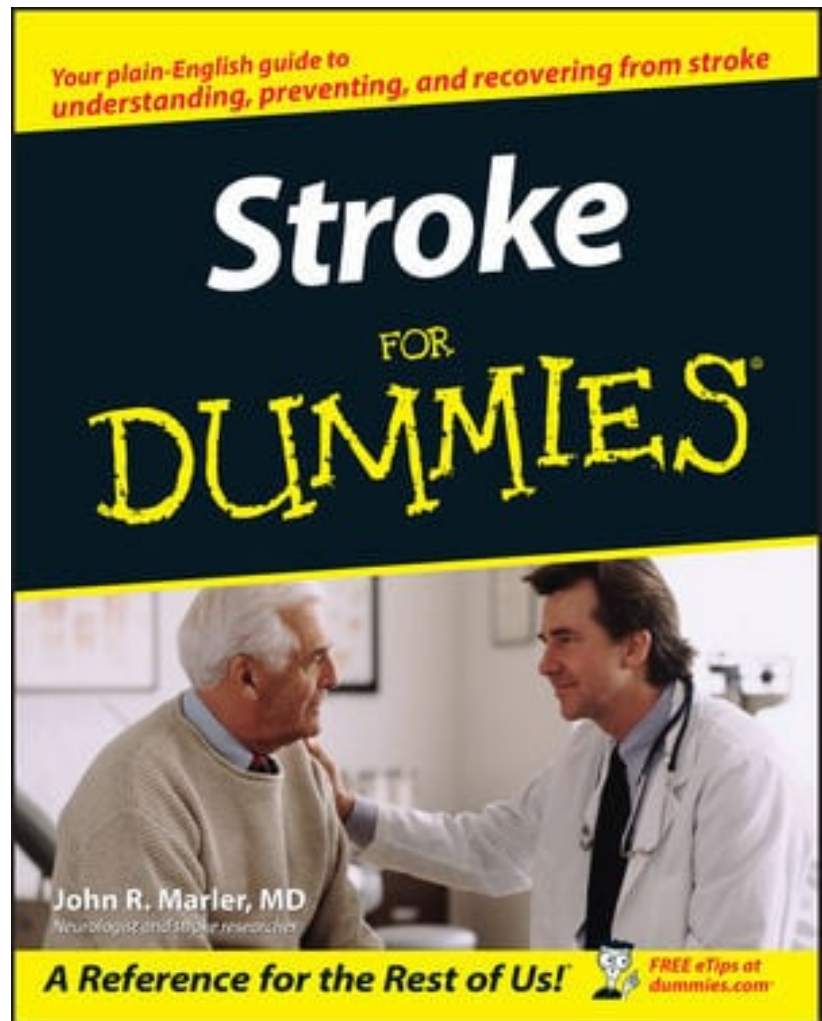


Book Review

Stroke for Dummies is available on Amazon and is an inexpensive guide to all things stroke. The book covers a jargon free but detailed guide to what a stroke is, the common effects and what to expect.

The book covers:

- The causes different types of stroke
- Recognising warning signs
- Getting the most out of doctors and hospitals
- Speedy recovery with the best treatments
- Helping prevent future strokes
- Deciding the best living arrangements after stroke



Get involved

We would love to hear from our readers. What do you think of our newsletter? Get in touch and let us know what kinds of features you would like to see.

We'd also love to feature some of our success stories. So if you've had a positive outcome working with the stroke wellbeing service and want to share it in the next issue, let us know!

Email: PhysicalHealth.Psychology@ncic.nhs.uk

Further Resources

<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-ourservices/neuropsychology-including-strokewellbeing/strokewellbeingservice>

Our 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.



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 on 01228 608998 or 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.

01768 245 954 | PhysicalHealth.Psychology@ncic.nhs.uk

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