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For everyone concerned with stroke rehabilitation

The Stroke Workbook: a case study

John, aged 67 years, underwent an 8-week period of rehabilitation following his stroke. On discharge from hospital he was referred to the Stroke Liaison Service for ongoing rehabilitation to enable him to walk outdoors. In the first month of being at home John encountered some setbacks, including a number of falls. He was feeling low in mood and felt he had no control over his life anymore.

John was introduced to the Stroke Workbook over 2 sessions and he and his family were very positive about using it. He says, 'it was good to know that other people had been through similar experiences' and he was able to draw on Brian's progress to identify that he wanted to achieve a similar goal. Using this motivation he managed to set a long-term goal of riding the bus into the nearest town on his own even before session 2 with the Stroke Workbook.

John broke down his long term goal into smaller targets of walking to the bus stop, going on the bus with his wife and then getting a lift one-way and returning alone. John used the Stroke Workbook to record these



targets and review his progress and was pleased to be able to achieve his goal. He is continuing to self-manage his progress by setting goals including going to Australia and carrying his suitcase on the plane.

The nurse who introduced the Stroke Workbook to John commented that, 'it is important to emphasise that the Workbook is the persons own property to use and to record progress in, since some stroke survivors thought it was too nice to write on!' She also highlighted the importance of discussing ongoing self-management and goal setting with stroke survivors to reduce their reliance on healthcare professional input.

"The Workbook is so simple yet very effective and appealing"



Final design and development of the Workbook was completed in time for the first Stepping Out Workshop held at Dundee in April 2008



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a stroke self-management programme enabling individuals to take control of their daily lives



The Stepping Out Programme Launch

The Stepping Out Programme has been rolled out across the UK throughout 2008.

The first Stepping Out Team Workshop was delivered to a group of nurses in Dundee in April. Feedback from the team has been positive, with stroke survivors wishing they had been introduced to the workbook a year ago!

The first London-based Team Workshop was held at Imperial Academic Healthcare Trust in July and was attended by professionals from various disciplines.

Overall, attendees felt that Stepping Out training would enhance their practice by giving more control to the patient and enabling them to move away from the traditional professional/patient relationships. They felt that by reducing therapist dependency, discharge into the community would be easier for stroke survivors.

Team workshops in London, Wales and the Midlands are planned for later in 2008 and 2009.

The Stepping Out team will continue to involve stroke survivors and carers in the design and delivery of the Programme. Feedback from workshop participants will also influence future development.



What you had to say - reaction from participants of the first Stepping Out Workshop

I can see how the self-management programme will improve care to stroke survivors... I can't wait to use it!

After this, my practice will be more patient-focussed and will reflect their goals and achievements and be more patient-led.

It will enhance my practice by focussing on targets important for the client and making them set goals.

Attending the workshop will enhance my practice through a better understanding of self-motivation and the positive effect of empowerment.

An excellent workshop and interactive experience. A thoroughly enjoyable session and very innovative programme.

The Workshop has taught me to be less directive and more supportive.

Stepping Out encourages a very different approach, moving away from the old ingrained professional/patient relationship.

From this Workshop I will aim to improve self-management in all people with long-term conditions. This Programme is a very useful tool.

Encouraged me to enable the patient to recognise successes they have made.

I will certainly find the concept of self-efficacy very helpful in my practice.



A more holistic, more patient-orientated, enhanced approach to self-managed rehabilitation after stroke.



Stepping Out empowers stroke survivors

In July 2008 Stepping Out circulated a press release throughout the UK. The press release described how the Stepping Out Programme puts patients in the driving seat when it comes to drawing up a rehabilitation plan, allowing them to take charge of their progress as they adapt to living with a long-term condition.

Dr Fiona Jones reported, “Stroke is a complex and traumatic event that affects each patient to a different degree and a one-size recovery plan does not fit all. A key element in the recovery of stroke survivors lies in involving them in their own rehabilitation. Stepping Out is not just about supporting people to reach their physical milestones – it’s about enabling a feeling of control over their lives. Gaining success in the things so many of us take for granted, such as regularly meeting friends, taking up a new hobby or reading a newspaper can instill a tremendous sense of accomplishment and confidence.”

The press release also explained how Stepping Out links with the Department of Health’s National Stroke Strategy. The Strategy aims to ensure patients and their carers are more fully involved in making deci-

sions about treatment and in designing support services. It also specifies that more must be done to support survivors to develop self-management skills.

The press release resulted in a number of exciting outcomes including an interview on local radio and news stories on the Nursing in Practice and Management in Practice websites. In addition, Dr Fiona Jones has been asked to write an editorial for the International Journal of Therapy and Rehabilitation. It is hoped that through this coverage and continued positive feedback from healthcare professionals, carers and stroke survivors, Stepping Out can continue to develop and reach a larger number of stroke teams working at many different stages of the stroke pathway.



A full version of the press release can be found on our website at: <http://www.stepsingoutuk.org.uk/news.php#1>





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

What's new?

High quality care for all – NHS next stage review final report, June 2008.



The latest report by Lord Darzi highlights areas that need to be improved in order to deliver high quality care to the public across the UK. 2000 clinicians and other health and social care professionals have helped to shape the review which has developed through discussions with patients, carers and the general public.

One area highlighted is empowering patients: more rights and control over health and care. The report suggests that patient choice and better access to information empowers patients to take greater responsibility for self-management of their condition. For individuals with long-term conditions, the Department of Health is publishing a Patients' Prospectus which will contain information on the choices available to individuals locally. This will enable them to self-manage their condition in conjunction with health and social care professionals.

Stepping Out aims to align with both the Darzi report and the UK Stroke Strategy by empowering stroke survivors to take control of their progress. Although further empirical research is ongoing, feedback has so far confirmed that Stepping Out can be introduced at different stages of the stroke pathway, thereby extending the opportunities to address self-management.

The full report can be accessed at: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_085825

Useful publications:

The extent and breadth of benefits from participating in chronic disease self-management courses: A national patient-reported outcomes survey. *Patient Education and Counseling* 65 (3): 351-360. Nolte and Elsworth, et al. (2007)

Qualitative analysis of stroke patients' motivation for rehabilitation. *BMJ* 321 (7268): 1051-1054. Maclean and Pound, et al. (2000)

Stroke is a chronic disease with acute events. *BMJ* 336 (7642): 461. O'Neill and Horgan, et al. (2008)

The Stepping Out team

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Register your interest

If you would like to join our mailing list and receive regular updates on the progress of Stepping Out and a copy of future editions of Stride, please forward your contact details to the team at:

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Acknowledgement

Stepping Out is indebted to each of its 10 original contributors. Their willingness to share their experiences, their efforts and their perseverance have been an inspiration to us all.



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