

## Supporting professional development in stroke care - training and education report 2017

### 1. Background

The development of local professionals involved with providing care and support to stroke survivors and their families is a priority for the network. Upskilling through learning, and providing peer support and networking opportunities for healthcare and other staff is key in ensuring that stroke care delivered in the region is of the highest quality, meets the required standards and makes best use of resources. It also ensures we attract and retain the workforce needed to provide a sustainable stroke service, both now and in the future.

### 2. Training and Education Subgroup

In 2016, the network formed a Training and Education Subgroup. Membership is drawn from a range of healthcare professionals from local inpatient and community stroke teams, with additional representation from local voluntary sector organisations and academics. The aims of the group are to:

- Scope and collate current training provision, identify training needs and gaps in provision
- Develop new and/or co-ordinate existing training opportunities/materials and disseminate locally
- Develop/promote training competencies for stroke care
- Work with other stakeholders to address NHS staff shortages in stroke
- Encourage sharing of best practice and peer support

The work of the Subgroup is funded by the network with a budget of ~£20k per annum which covers venue hire, refreshments, printing etc if required, with support for events provided by the network's Administrator. Where possible, free venues are used and sponsorship by industry sought to help meet costs.

### 3. Achievements

- a) Comprehensive [webpages](#) on the network's website - signpost local and national training events, and provide details of relevant courses as well as other online resources related to stroke care
- b) Guidance on the use of existing competency frameworks to promote greater use locally
- c) Co-ordinated regional training programme for new staff at a foundation level - reduces the burden on stroke units providing the training and increases availability of events for staff
- d) Programme of training events for experienced staff – 13 events in 2017 attended by 647 people with 99% rated as excellent or good. Programme topics were developed by the subgroup with 8 full day, 5 x 2 hour masterclasses events facilitated by the network, delivered by local speakers/experts (Table 1)
- e) Online training packages developed and available on a [Greater Manchester learning platform](#)
- f) Network Co-ordinator teaches stroke care on the Edge Hill University paramedic degree course three times a year, with other local stroke professionals also contributing to courses taught at Manchester Metropolitan University

### 4. Impacts

It can be hard to quantify the impact of supporting the training and development of staff, however, some examples of feedback from staff who attended our training events has been:

*"I attended the cognitive rehabilitation workshop and can honestly say that I have changed the way I deal with patients as a whole. I am now more aware of the cognitive issues that patients face following a stroke and that heightened knowledge has allowed me to understand why some patients struggle with particular tests and if patients appear to be struggling with a vision*

*test, I think about all the cognitive barriers that may be impacting and try a different testing method to overcome them. I recently had a patient who was not adapting to his vision loss and was struggling with confidence as a result. I used my increased knowledge to discuss him with a neuro psychologist and have him referred for extensive cognitive testing which identified issues with his memory and attention. In addressing these, the treatments I have given were more effective and the patient is now starting to gain confidence in living with his loss of sight. I found the cognitive rehab workshop delivered by Dr Viki Teggart so useful I have asked her to repeat it at a study day I am holding for Orthoptists working with stroke patients, from all over the UK, so they too can change their practice."*

*Stroke Specialist Orthoptist, Salford Royal Hospital Stroke Unit*

*Representing the Acute Stroke Team, the Community Stroke Team and the Community Neuro Team, we attended the Upper Limb study afternoon. Following this, we have cascaded information to our colleagues through Physiotherapy Professional Meetings and wider Team Meetings. This has led to greater knowledge, awareness and use of GRASP programme as a way to optimise neuroplasticity outside of 'therapy sessions'. It has also led to a better awareness of the management of pain post stroke and increased use of the SLANS scale to aid with identification of neuropathic pain.*

*Specialist Neurological Physiotherapist, Wrightington Wigan and Leigh NHS Foundation Trust*

*"I attended your Life after Stroke Event. I was privileged to meet stroke survivors and learn from their experiences. One in particular was a talk by a gentleman that was mainly affected by his speech. I gained how his experiences with all AHPs could then be transferred into my role - to learn more about aphasia and how to support patients and family members, also coping strategies. It was a very touching presentation and made me aware that stroke does not discriminate; it could be any one of us. So I made time with our SALT team, improved our communication booklets. Even after working in stroke for nearly 20 years, I found that I was still able to learn from his experience and improve my communication techniques. I have now implemented this in my role."*

*Therapy Assistant Practitioner, Wythenshawe Hospital Stroke Unit*

*"I attended the orthotics workshop. The information from this training is regularly discussed in the team when patients are needing orthotics. We are less likely to refer for bespoke orthotics unless essential (in line with the evidence that Sarah Tyson produced. We are hoping to develop better links with the orthotist following this training also. It is definitely influencing the physios clinical reasoning around foot orthoses."*

*Senior Practitioner Occupational Therapist, Trafford Community Neuro Rehabilitation Team*

*"I attended the vision masterclass. It was a good refresher for me as I had done lots of development and learning around strategies to aid peoples practical functions with newly acquired visual deficit some 6 years previous when I was rotational in our CNRT, here I had the time to spend with patients and time to research methods of compensation and linking to orthoptist for advice. Since that time I had been rotational in the acute neurosurgical wards and acute stroke where due to the high patient turn over and the fast pace of assessment I had somewhat forgotten about the treatment and advice available to patients with visual deficits, although maintaining high assessment skills of vision. The masterclass reminded me of all the strategies I had previously learned and I was able to put some of them into practice that very week with a patient on the acute stroke ward. I have since prioritised some other cases to spend time addressing visual deficits with patients in the acute setting however this can be difficult due to the nature of the acute pathway."*

*Occupational Therapist, Salford Royal Hospital Stroke Unit*

*"I attended the 2 day Vocational Rehabilitation training in June. I have completed cascade training to the stroke and neuro team in Oldham. We have an OT meeting planned in March to develop a pathway and become familiar with the resources shared on the day. We have a contact for the Disabled Employment Advisor at the job centre and we are inviting her to our meeting to discuss the intervention that can provide to support our patients. I attend an OT professional forum for Pennine Care and VR is a hot topic and I have been asked to speak at a development day about the course."*

*Specialist Occupational Therapist, Oldham Community Stroke Team*

*"I attended the visual impairment master class. It was invaluable for practice, allowing me to consolidated existing knowledge, ensured that my practice is up-to-date with current research and provided a wealth of new resources, including a resource of*

visual applications. The opportunity to ask questions and discuss examples we encounter in practice has enabled me to feel more confident discussing visual problems with clients.”

Occupational Therapist, Bury Community Stroke Team

“I attended Sarah Tyson’s orthotics day last year – it was really good – really evidence based. I’ve stopped using boxia splints with patients who have no dorsiflexion activity as a result and tend to go for the rigid off the shelf AFOs which I think are a little cheaper and which help with knee hyperextension as well – with the constant focus on reducing waste/spend I feel more confident justifying my use of orthotics since doing the course.”

Team Lead Physiotherapist, Tameside General Hospital Stroke Unit

**Table 1 - 2017 Greater Manchester stroke training programme for experienced staff**

| Training event   | Organiser | Date         | Duration    | Attendees  | Evaluation rating (%) |           |              |          | Example key feedback   |
|--|-----------|--------------|-------------|------------|-----------------------|-----------|--------------|----------|--|
|  |           |              |             |            | Excellent             | Good      | Satisfactory | Poor     |  |
| Salford Royal Hospital stroke study day                | Trust     | 09/02/2017   | Full day    | 52         | 90                    | 10        | 0            | 0        | Really well organized, learnt a lot  |
| ODN annual conference                                  | ODN       | 01/03/2017   | Full day    | 123        | 64                    | 26        | 4            | 0        | Motivating and uplifting. Good opportunity to learn about stroke developments on a wider scale   |
| Pain and upper limb management masterclass             | ODN       | 11/04/2017   | 2 hours     | 43         | 55                    | 45        | 0            | 0        | Explained up to date evidence to support treatment options. Very relevant to current clinical practice   |
| Stepping Hill Hospital stroke study day                | Trust     | 22/05/2017   | Full day    | 70         | 90                    | 10        | 0            | 0        | Gained new knowledge and up to date therapies and statistics   |
| Vocational rehabilitation training course              | ODN       | 26 & 27/6/17 | 2 full days | 30         | 80                    | 20        | 0            | 0        | All has been very helpful and has changed my perspective on how involved I can be with vocational rehabilitation   |
| Cognitive rehabilitation masterclass                   | ODN       | 04/07/2017   | 2 hours     | 38         | 50                    | 50        | 0            | 0        | Excellent to have the opportunity to revise the areas of cognition. Have found it difficult to access any formal training/development in this area.  |
| North West acute stroke prehospital CPD day            | ODN       | 03/08/2017   | Full day    | 45         | 100                   | 0         | 0            | 0        | Found it to be very informative and my working knowledge of the FAST and other tests has improved as a direct result   |
| Life after stroke event                                | ODN       | 26/09/2017   | Full day    | 81         | 53                    | 45        | 2            | 0        | Good variety of presentations, good use of service user experience. The focus on the patient experience & mental health/psychological factors and not just medical management  |
| Orthotics masterclass                                  | ODN       | 05/10/2017   | 2 hours     | 21         | no data               | no data   | no data      | no data  | no data  |
| Fairfield General Hospital world stroke day conference | Trust     | 27/10/2017   | Full day    | 68         | 100                   | 0         | 0            | 0        | Loved hearing the stories from stroke survivor and wife. Really heart-warming and lovely to hear.  |
| Visual impairment masterclass                          | ODN       | 17/11/2017   | 2 hours     | 54         | 100                   | 0         | 0            | 0        | Enjoyed all the presentations and the interactive session really helped to reinforce information. The information was extensive and relevant and shared learning with my local team who have found it equally helpful. Information on driving and decision making processes was particularly interesting |
| IAT radiology training                                 | Trust     | 22/11/2017   | Full day    | 22         | 100                   | 0         | 0            | 0        | Learnt significant information that will help identify the right patients  |
| <b>Total</b>   |           |              |             | <b>647</b> | <b>80</b>             | <b>19</b> | <b>1</b>     | <b>0</b> |  |