

**Lothian & Borders Stroke MCN  
Training & Education Subgroup**

**21<sup>st</sup> April 2015  
MINUTES**

**Present:**

Caroline Allan	Clinical Educator, RIE
Gillian Currie	Stroke education facilitator, NHS Lothian & Borders
Gillian McClure	Physiotherapist, SJH
Morag Medwin (minutes)	Stroke MCN co-ordinator
Mark Smith (chair)	Consultant physiotherapist
Deborah Tinson	Clinical psychologist, AAH

**Apologies:**

Ros Fraser	Speech and language therapist, Liberton
Dr Simon Hart	Stroke consultant, RIE
Anne Rowat	Lecturer, Edinburgh Napier University
Jackie Sloan	Learning & Development Advisor, CEC
Pat Taylor	Charge nurse, WGH

**action**

- 1. Welcome & apologies**  
Apologies as noted above.  
Thanks to Pat Taylor, charge nurse at WGH, for her contributions to the group. She will be retiring at end of April and has advised that the incoming charge nurse, Claire Stirling, will attend this group.
- 2. Minutes of the meeting of 12th February 2015**  
Minutes approved with minor amendments to venues for 2015 Stroke Awareness sessions in item 4.5.
- 3. Actions/updates from previous meeting**
  - 3.1 Availability of speakers**  
Gillian updated the group on the outcomes of discussions regarding speakers for the upcoming CCIS 1, CCIS 2 and stroke awareness sessions.

Medical speakers

Sarah Keir has offered to continue to deliver the 'classifications of stroke' session for CCIS 2 if they can take place on Wednesdays (ie. day 2), so that she doesn't have to cancel a ward round on Tuesdays. There are only two remaining courses in 2015 (26/27 May and 20/21 October), and it was agreed that Martin Dennis will be asked if he could deliver the next one, and there would be time to arrange the following one in October.

[post-meeting note: Martin Dennis will deliver the medical session on 26<sup>th</sup> May]

**MS**

Gillian noted that she is able to deliver the medical session for CCIS 1 and Mark offered to assist, if required.

Pharmacy speakers

Because of time constraints for CCIS 2 session on 19<sup>th</sup> March, Anne Kinnear used the video conference from RIE. It was the first time it had been used and there were a few technical hitches and lack of familiarity of the equipment and setting up the camera. It was agreed that it could be used again and there is support for this to make best use of the clinician's time.

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For the next session on 27<sup>th</sup> May, Heather Paterson is able to be at WGH to deliver the session. However, the session on 21<sup>st</sup> October is still to be finalised, and a video conference link will be set up.

MM  
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#### AHP speakers

- Psychology: Debbie advised that the availability of psychologists to deliver sessions had decreased further and she would be able to do the Stroke Awareness sessions if they were on Thursdays.
- Dietetics: Marion Ireland has now changed her role and Gillian will link with Jill Docherty at SJH to arrange speakers.
- Physiotherapy: speakers are all arranged for remainder of 2015.
- OT: speakers are all arranged for remainder of 2015.
- S&LT: cover for dysphagia presentation on CCIS1 is not possible due to staffing issues. Gillian to cover this in the interim.

#### Nursing speakers

- Caroline Allan has kindly agreed to cover the Skincare presentations for 7<sup>th</sup> May and 12<sup>th</sup> November, and will liaise with Gillian for the current slides. Lynn Reid will be asked to cover 3<sup>rd</sup> September.

## 4. CHSS update

### 4.1 Completed training

**CCIS 1 (25/26 Feb):** There were 19 attendees, including three from W201 at RIE.

**CCIS 2 (18/19 March):** Due to last minute cancellations the numbers were depleted and the course was nearly cancelled. In the end after a specific request ECSS and AAH sent additional staff and 11 staff attended.

#### **Single study day – 15<sup>th</sup> April (Swallow screen train the trainers) ½ day**

Gillian confirmed that the half-day swallow screen Train the Trainers session on 15<sup>th</sup> April, lead by Sheena Borthwick and herself, and had been successful with the following representation:

RIE – ED: 4 staff

SJH – SU: 3 staff

WGH – 50/55: 3 staff

WGH – ARAU: 2 staff

Unfortunately, four stroke unit staff at RIE cancelled their attendance the day before, due to staff availability on the ward. She noted that the ED nurses from RIE were keen to take on the role of swallow screen champions. It was an excellent session and very practically based discussion and action planning. Each area had their own particular issues to address and went away with a personal action plan. Another session will be offered for the stroke unit and AMU at RIE; and ED and MAU at SJH.

GC

Those at the session requested that the competency document be amended to allow trainers to sign off nursing staff after two supervised sessions. The updated document is now available on the intranet, and those who attended the training day have been notified.

MM

Sheena Borthwick co-lead the session and a report will be written with recommendations and guidance based on the training. It's important that this training will have an impact on the performance for swallow screening, and this

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action

will be followed up by checking on the performance data for this standard.

The training session had also suggested that the training package should be available as part of Learn Pro, and this was further discussed at this meeting. Caroline Allan provided Dawn Currell's details and Mark will liaise with her to ask about the process for putting the package onto Learn Pro.

MS

#### 4.2 Future training sessions – 2015 programme

Gillian outlined the future training sessions:

- o 28<sup>th</sup> April – Stroke Awareness Day at WGH: awaiting names from CEC
- o 6<sup>th</sup> & 7<sup>th</sup> May – CCIS1: full
- o 26<sup>th</sup> & 27<sup>th</sup> May – CCIS2: full
- o 2<sup>nd</sup> & 3<sup>rd</sup> September CCIS1: spaces available
- o 20<sup>th</sup> & 21<sup>st</sup> October CCIS2: spaces available
- o 11<sup>th</sup> & 12<sup>th</sup> November CCIS1: spaces available

#### 4.3 RIE stroke unit training programme

Morag noted that the new charge nurse has been appointed – Douglas Gibson, who will be starting in the unit on 18<sup>th</sup> May. He has been acting as deputy charge nurse from January to March, so has been involved in the unit already. She also confirmed that the majority of the band 5 nurses in the stroke unit had completed their online STARS core competency, and three names had been received for each of the upcoming CCIS1 and CCIS2 sessions in May.

Gillian noted that it would be a suitable time now for her to offer support to small groups of the team to work on their SCoT (Stroke Competency Toolkit). Caroline kindly agreed to assist in facilitating this. Morag mentioned that mentors had recently been identified in the ward, and they will be approached to start this process of completing their SCoT. Morag will update the training spreadsheet and share this with Gillian and Caroline, and the senior nurses in the stroke unit.

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As noted earlier, a half-day swallow screen Train the Trainers session had been arranged for 15<sup>th</sup> April at RIE, to enable their stroke unit staff to easily attend. However, there were significant staff shortages and unfortunately their attendance was cancelled at short notice. They will be offered places when it is run again.

Caroline tabled a draft Orientation Pack for RIE which contained a 'stroke education pathway'. Key documents from the stroke unit will be included in this file, and it will be shared with the group for comment shortly.

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#### 4.4 Single study days

At the previous meeting Simon Hart had requested a session for staff to use the cardiac monitors to enable telemetry in the stroke unit. Gillian has looked into this and updated the group.

Due to the clinical priorities within Stroke Educational Framework it is not possible to support a cardiac training session at present. There are already cardiac courses that 201 staff could link in with Practice Development. Although there is cardiac expertise at CHSS that could be accessed, the group agreed that our priority at the moment is with stroke-specific education and training: core competency, SCoT and swallow screen. HEARTE modules available online (<http://heartlearning.org/modules>) that could be helpful are:

- 1: Healthy Heart and Investigations

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- 3: Stable Coronary Artery Disease
- 4: Acute Coronary Syndromes
- 8: Atrial Fibrillation

Caroline agreed and will contact Geraldine Brady (cardiac education lead) to ascertain what existing training could be accessed within the Practice Education Department. Details will be circulated.

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#### Tuesday 15<sup>th</sup> April – swallow screen train the trainers half day

Discussed in item 4.1

#### Tuesday 16<sup>th</sup> June

- Vision rehab after stroke

An opportunity has come available to offer a half-day training session to ensure that health professionals are familiar with the full range of available scanning training interventions for visual field deficits in people with stroke. A PhD student at Glasgow Caledonian University, Christine Hazelton, has received funding from NACS to deliver training/dissemination events for health professionals involved in the delivery of visual rehabilitation for patients with stroke. Mark circulated this to ECSS and Jackie Sloan (CEC) and there was agreement that this would be valuable and there is definite interest. Mark will contact Christine Hazelton regarding the proposed structure of the session.

MS

ECSS have also obtained details from Durham University regarding DREX (Durham Reading and Exploration) training, and Christine Hazelton had agreed (by email) that this could be included in the session.

It was suggested that it could be combined with an audiology session to provide a full day for sensory rehab. This will be followed up.

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#### **Actions**

Contact Linda Gibson to clarify auditory rehabilitation components.  
Contact Christine Hazelton to clarify whether inclusion of Ophthalmology regarding pathways and Dr David Dunne from Durham regarding DREX would be desirable. Also Mark will ask Christine about the details of her requirements for her half day session on visual rehabilitation.

MS

#### 25<sup>th</sup> November

Topics for this day will be discussed at future meetings.

### **5. Ad hoc courses / initiatives**

#### **5.1 STAT**

Confirmed there will be an extra STAT session on Friday 12<sup>th</sup> June, to be used instead of MedSTAT session. This session will be for RIE/Liberton nurses only, and will help with the increasing ward capacity with Liberton unit moving over to RIE. The remaining sessions for 2015 (21<sup>st</sup> April, 21<sup>st</sup> August and 15<sup>th</sup> September) are all fully booked.

#### **5.2 Sensory champions**

Gillian reported that the Sensory Champions Gathering planned for 5<sup>th</sup> March didn't take place as Katharine Jackson is on long term sick leave. However, Rochelle Glenn, clinical lead for audiology, has been in touch regarding future development of the work that sensory champions have been involved in. They are now making referrals as necessary, but Rochelle is keen to improve the community clinics, and was seeking opinions regarding whether a community clinic for hearing assessments would be beneficial. The audiology service would

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look at coming out to assess stroke patients in day centres etc, rather than them coming into the clinics.

**Actions:**

Mark will speak to Linda Gibson re the auditory pathway and contact Rochelle Glenn, to clarify the relationship between her work as an audiologist in NHS Lothian and the work of audiologist, Stamatia Staikoudi, in ECSS.

MS

**5.3 East and West Lothian Stroke Pathways**

Deborah Tinson mentioned that Louise Young was still working in neuropsychology and her bases will now be at CRABIS and WGH.

Brian Brockie, Physiotherapy Lead in East and Midlothian and AHP Lead, East Lothian has now retired and as a result, Lesley Berry is looking at restructuring physiotherapy services and would like to ensure that all levels are appropriately skilled in the management of stroke. This also links with the planned opening of the new East Lothian Community Hospital on the Roodlands site in 2017. Mark is liaising with her regarding the training opportunities her staff may access.

**6. NHS Borders – training & funded projects**

**6.1 NHS Borders training**

No updates from NHS Borders were received. Gillian confirmed that staff – mainly community OTs - are still accessing CCIS 1 and 2 courses running at WGH.

**6.2 Emotional distress post-stroke in-service training**

Debbie Tinson outlined the case for making the Distress Management System resource pack better available for those who will be using it with patients. Currently it is in hard copy format and for ease of use it needs to be available in a digital format, and only accessible by those who have been trained in its use. It's currently still being piloted in Mears ward at AAH, but she would like to see key workers across the stroke units being trained to use it.

Considerations of where it will be digitally stored; how it can be restricted to those who have been trained in its use; and updated as necessary in the future, are still to be decided. Morag will liaise with Debbie to look at the resource pack and offer suggestions on these issues can be overcome. Debbie noted that there are trainee psychologists in her department who would be best placed to progress this. A bid outlining the expected five to six days work will be completed and submitted to the Training & Education training fund.

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DT

**6.3 Radiology training**

No further update was received from Andrew.

**7. Stroke modules at Napier & QMU**

Anne Rowat confirmed in advance of the meeting that there were no updates from Napier University.

**8. Any other business**

**8.1 National Stroke Training Issues**

Lynn Reid provided an update in advance of the meeting:

- Sarah Florida-James (who attended the previous meeting on 12<sup>th</sup> February) is working with the Stroke Improvement Team (SIT) to develop templates for each NHS Board to look at gaps in education and training.

Noted that Gillian and Morag will be correlating data from each of the stroke

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- units – to support the uptake of CCIS 1, CCIS 2 and STARs.
- Craig Henderson, paramedic, has been seconded to the SSIP team for one year, from SAS. He will have a responsibility for stroke awareness education for the SAS. CHSS will be working with him in some capacity to facilitate national training.
  - Selfhelp4stroke (online self management resource) will launch on 11<sup>th</sup> June. Mark confirmed that he has been involved in the module looking at physical fitness.

## 8.2 Stroke training & education budget

There was discussion around the use of the stroke training budget and the difficulties in transferring money from it to the stroke units to allow backfill of nursing staff to attend training courses. Following agreement at the previous meeting for a set amount of funding (pro-rata for the number of nursing staff) to be transferred to each stroke unit, Morag had emailed the charge nurses and clinical nurse managers to inform them. They had been asked to estimate the cost for backfill for a day shift (7 hours) for a band 2 and band 5, so that the resource could be estimated for each unit, but no responses have been received yet. It was noted that the RIE staff numbers would need to include the increased number transferring from Liberton. Morag will follow up with SPMT approval for this resource allocation.

MM

Post-meeting note: shift costs have been received from finance dept.

Noted that the budgets for 2014/15 were: CHP: £6,845 and acute: £9,567. Morag advised that they were under spent during the year but the balance could not be rolled over, and the 2015/16 budgets would remain the same. Stroke staff will be encouraged to access the funds for attendance at training courses and events.

ALL

## 8.3 Scottish Stroke Improvement Plan (SSIP)

Morag noted that the NHS Lothian six month review from SSIP team will take place on Monday 29<sup>th</sup> June, and will look at performance etc, and education templates. She and Gillian are currently updating the templates for each site as necessary.

## 8.4 FAST campaign

Gillian informed the group that she will be running two information sessions at Edinburgh airport tomorrow for the police who are based there.

## 8.5 CHSS chief executive

Gillian confirmed that David Clark will be retiring in mid-May and an appointment has been made for his replacement. Mark O'Donnell (formerly the Director of MS Society, Scotland) will start at CHSS in May.

## 9. Dates of future meetings

Tuesday 28<sup>th</sup> July 2015, 14.00-16.00

Via video-conference from RIE, SJH and WGH.

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