

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

22nd August 2013

MINUTES

Present:

Gillian Currie	Stroke Education Facilitator, NHS Lothian & Borders
Ros Fraser	Speech and Language Therapist
Gillian McClure	Physiotherapist, SJH
Morag Medwin (minutes)	Stroke MCN co-ordinator
Dr Anne Rowat	Edinburgh Napier
Mark Smith (chair)	Consultant Physiotherapist
Pat Taylor	Charge nurse, WGH

Apologies:

Caroline Allan	Senior Clinical Education Practitioner, RIE
Gillian Baer	Queen Margaret University
Elizabeth Eadie	Sonographer, WGH & SJH
Sandi Haines	Stroke Nurse – NHS Borders
Pauline Halliday	Clinical specialist OT, RIE
Vanessa Hamilton	Dietitian, WGH/RVH
Christine McKinlay	Clinical Nurse Manager, WGH
Dr Marion Murray	Clinical Neuropsychologist
Jackie Sloan	Training co-ordinator, City of Edinburgh Council

action

1. Welcome and apologies

Welcome to Pat Taylor, attending in place of Christine McKinlay. Mark also noted that Dr Marion Murray would shortly be returning to work on a phased return.
Apologies as noted above.

2. Minutes of the meeting of 23rd May 2013

Minutes approved as an accurate account of the meeting.

3. Actions/updates from previous meeting

Considered within the agenda.

4. CHSS update

4.1 Completed training

CCIS 2 (28/29 May):
18 participants

Single study day (18 June) Upper limb rehabilitation:

40 attended and registered through Eventbrite online system.
35/40 surveys were completed online via Survey Monkey.

- 82% of those attended found it very useful/relevant.
- Spasticity Management session most highly rated
- 94% would recommend the study day to a colleague.

Only negative feedback from evaluations came from the few nurses that attended as they felt it was a more OT/Physio led study day.
Could be run again due to popularity of topic.

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Morag.medwin@nhslothian.scot.nhs.uk

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4.2 Future training sessions – 2013 programme

Stroke Awareness Study Day

29th August: approximately 20 registered to date.

8th October: Advocacy staff will be encouraged to attend this session.

CCIS 1

11/12 September: Session is fully booked (20 participants), with a waiting list, and including three staff from NHS Borders.

CCIS 2

5/6 Nov: 17 registered and still some availability.

4.3 2014 programme

Gillian noted that she had contacted all presenters for the CCIS 2 courses regarding their thoughts on increasing the number of sessions from two to three for 2014, because of high demand. Dr Sarah Keir had commented that this increase would be difficult for her, but would ask the Stroke Registrar to do some of the CCIS 1 medical sessions.

The programme will be finalised shortly and circulated October/November 2013.

GC

4.4 Single study days

i 26 Nov: stroke other co-morbidities

This day will focus on stroke presenting in other co-morbidities – dementia, learning disabilities and diabetes.

Speakers confirmed for this day include Jenny Reid AHP consultant for dementia, Professor Michael Brown, Edinburgh Napier University and nurse consultant for learning disabilities and Lynn Gourley, specialist nurse for diabetes.

Following earlier discussions with the Advocacy project (see item 5.4), it was agreed that a session led by the advocacy staff would be requested and incorporated into this single study day.

GC

Details and online bookings will be circulated on 30th September.

MM

ii Future single study days – possible topics (2014 dates)

Gillian noted that she is having some problems with appropriate venues for the single day in November, where the attendees number around 40. Some of the rooms at RIE have been renovated to become clinical training spaces, so there was a dearth of large open training rooms. It was suggested she could try Thistle Foundation in Craigmillar, Edenhall or SJH.

Suggestions for future single study days included:

- supporting carers
- cognition and executive functioning
- complex acute medical management of patients,
- airway management,
- atrial fibrillation assessment and monitoring,
- thrombolysis - Gillian noted that Lynn Reid had conducted a half

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day imaging and thrombolysis session for NHS Lothian in 2009 and other national training via CHSS had been delivered. Gillian will liaise with Lynn re possibility of further training.

- NIHSS scoring
- Effects of positioning on physiological parameters e.g. BP, perfusion

Sage & Thyme

Following discussion at the previous Training & Education meeting, Morag tabled a flyer with information regarding free training sessions on offer from NHS Lothian in August/September. Gillian reiterated that the course would be an ideal opportunity for any stroke nurses and they should be encouraged to apply for the sessions on offer. Morag will circulate the details to the charge nurses, with a reminder that backfill is available for them.

MM

Upper limb rehabilitation

Mark will follow up a possible training session with Alex Pollack. She has just started on a CSO funded project to carry-out an overview of reviews of interventions for stroke upper limb rehabilitation, and is keen to disseminate the results of this project to AHPs across Scotland

MS

5. Ad hoc courses / initiatives

5.1 Pan Lothian training initiatives linked to Change Fund

Mark summarised the updates from the local authorities

- Edinburgh: decisions on continued training are still to be agreed.
- Midlothian/East Lothian: good access to courses, with Mark and Pauline Halliday committed to delivering sessions.
- West Lothian: difficult to ascertain what stroke-specific services have been provided from their Change Fund allocation. Gill McClure confirmed that REACT is a service for over 75s, and it's difficult for healthcare staff to obtain a quick package of care. Work is in hand to realign CRABIS with REACT and reablement and educative opportunities may emerge from this work. Mark is working with Pat Donald to support the development of stroke pathways in WL.

5.2 Stroke Workbook

Mark will contact Audrey Bruce and Linda Gibson regarding our commitment to providing training in the use of the workbook, to ensure they are given to the most appropriate patients.

MS

5.3 Exercise after Stroke – Edinburgh & beyond

Mark advised that the stroke awareness study days for leisure industry staff in West Lothian are currently being arranged. It is expected these will be in November/December and Gillian Currie is arranging them. Gill McClure offered to assist for the West Lothian session. The training dates are confirmed for Edinburgh Leisure staff on 31st October and 12th November. The Midlothian staff session is scheduled for 3rd December.

5.4 Advocacy posts

Mark outlined a new service that will be offered to stroke patients in Lothian. EARS (Advocacy service) have received funding from NHS Lothian to fund 1.5 WTE posts specifically for stroke advocacy across

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Lothian. He noted that he and Morag had just visited the manager, Will Massaro-Mallinson, to discuss how the service could be introduced to the stroke units. Gillian is also in touch with him and passed on details of the upcoming Stroke Awareness training, which the post holders could attend on 8th October.

GC

Following earlier discussions regarding the single study day on 26th November (see item 4.4i), it was agreed that a session led by the advocacy staff would be ideal for this day. Will Massaro-Mallinson will be contacted to discuss their possible input on this day.

GC

5.5 Sensory champions

Mark noted that he is involved in an ongoing project with colleagues from RNIB and Deaf Action who are running a government funded project around hidden sensory loss. They aim to identify and train 30 'sensory champions' (10 each in stroke, learning disability and dementia) to raise awareness within hospital and community teams about the hidden issues that many patients face. An initial meeting has been arranged for 9th September at the RNIB and Deaf Action offices – to look at the proposed training materials and how this training may be delivered.

5.6 Mood, Mobility and Place training

Gillian outlined this research project with architecture students and stroke patients. Prof Gillian Mead is a partner in the research and 15 students at the school of architecture at Edinburgh University are looking at the built environment and examining how it affects people with stroke and dementia. The students and researchers will be trained in using talking mats and will be interviewing stroke patients to discover what elements of their environments are a help, or a hindrance to them and how this impacts on their mood.

Gillian is facilitating a stroke awareness study day to the students and researchers on the project on 3rd October at Edinburgh College of Art.

6. NHS Borders – training & funded projects

6.1 NHS Borders training

Gillian noted that she had not received many requests for Borders staff to attend the training programmes. So far in 2013, only four staff had taken places. Most of the interest has been from physiotherapy staff at the BGH but recently there has been interest from OTs in the community. Although there is no longer an SLA with NHS Borders, it was agreed that Borders staff should be encouraged to attend the Lothian training.

6.2 Emotional distress post-stroke in-service training

Details received from David Gillespie:

We have completed the development of the Distress Management System (DMS; a way of assessing mood and psychological well-being for stroke survivors). The DMS project has employed Amy Cadden for two days/week since February 2012. The results of the project have just been published [Gillespie and Cadden (2013). The Distress Management System for Stroke (DMSS): An approach for screening and initial intervention for post-stroke psychological distress. J Nursing Education and Practice, 3, 50-58].

The first training sessions with inpatient nursing staff at the Astley Ainslie Hospital have been arranged for mid August 2013, and plans will be

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Morag.medwin@nhslothian.scot.nhs.uk

developed to extend the training to other inpatient sites once this is completed. DMS training will then be offered to those working in outpatient services.

Post-meeting note:

We are exactly half way through the training at the AAH (we have organised 1:1 training sessions with all the nursing staff - labour intensive but a better, more tailored training we hope) and have contacted physio, OT and SALT to organise training days with them in September.

*The expanding to other sites will be something we do when Emma Williams starts (my research backfill person - 2 days/wk from start October) and of course when Marion returns (3 Sept).
(David Gillespie, 26 August)*

6.3 Computer based communication learning

Ros advised that project was now seen as part of S< service at Liberton and it will be rolled out to AAH shortly – as such it could be taken off the agenda. She advised that the S< service have been lobbying the Board to ensure there are eHealth policies that will enable S< services to take forward and expand the use of software available for patients with tablet hardware.

Gillian noted that some of CHSS's community groups – CSS (communication support services, ex-VSS) are using tablet hardware in their groups, but there remains reluctance for NHS to consider this technology.

6.4 Radiology training

No further update has been received from Andrew Farrall. Morag will follow up.

MMe

7. Stroke modules at Napier & QMU

Anne noted that the next stroke module at Napier will start in January, and there is discussion on whether it would be suitable to include it in a bigger module for Long Term Conditions in the future.

No update received from Gill Baer at QMU.

8. Scot Toolkit rollout

Gillian advised that the rollout had been completed and Heather Bryceland was now moving on to the self management modules in STARS 6 as of September. She confirmed that the specialising AHP toolkit was now available online, following its launch in June at the SSAHP Forum.

Pat Taylor noted that her staff are struggling to find the time to register and do the online toolkit, even though it is aligned with the mandatory eKSF Health and Wellbeing dimension, and would make completing this easier. Gillian confirmed that there is an afternoon session on the CCIS 1 training course for the toolkit, but it was agreed that local champions would be helpful to mentor the nurses, particularly where they need to reflect on their work practices. Pat is considering giving a training remit to

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action

a new Band 5/6 nurse in the stroke unit at WGH. Gillian agreed to speak to her counterparts in other health boards to ascertain if they have successfully rolled out the use of the toolkit to their staff and overcoming any issues.

GC

Anne noted that she had recently attended a conference in China and healthcare professionals were very impressed with the toolkit.

9. Any other business

9.1 National Stroke Training Issues

The following information points were passed on to the group (from Lynn Reid, Education Programmes Manager, CHSS)

- STAT update – circulated (participant feedback from A&A training session is available on request)
- STARS – Fran is working with Christine McAlpine to develop a psychology input video to be added to STARS.
- Marion Brady is working with the Uni of Edinburgh to develop a training module around mouth care in stroke to be added onto the STARS web site.
- We are keeping our ears open regarding the Scottish decisions around the LCP and will amend stroke4carers and STARS accordingly.
- We start the Patient Self management web resource project on the 1st of September. Heather Bryceland will be project managing it. The first task will be to set up a steering group and facilitate patient focus groups.

Pat Taylor noted that Prof Dennis had mentioned that a 24/7 stroke outreach service is being considered and there is a possibility that these nurses may undergo the STAT training. Information will be sent to Pat.

MM

10. Dates of future meetings

Thursday 12th December, 2.00 – 4.00, room 3, Leith CTC

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