

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

28th July 2015, via videoconference

MINUTES

Present:

RIE:

Sheena Borthwick	Service lead, Adult Community and Rehabilitation S< Services; representing speech & language therapy service
Gillian Currie	Stroke education facilitator, NHS Lothian & Borders
Douglas Gibson	Charge nurse, W 201, RIE
Pauline Halliday	Clinical specialist OT, RIE, representing OT services
Morag Medwin (minutes)	Stroke MCN co-ordinator
Mark Smith (chair)	AHP Consultant

WGH:

Deirdre Elphinstone	Charge nurse, ward 55, WGH
Alison Smart	Deputy charge nurse, ward 55, WGH
Laura Smith	Deputy charge nurse, ward 50, WGH
Claire Stirling	Charge nurse, ward 50, WGH

Apologies:

Caroline Allan	Clinical Educator, RIE
Dr Gillian Baer	Queen Margaret University
Elizabeth Eadie	Sonographer, WGH
Sandi Haines	Stroke Nurse – NHS Borders
Gillian McClure	Physiotherapist, SJH
Dr Anne Rowat	Lecturer, Edinburgh Napier University
Jackie Sloan	Learning & Development Advisor, CEC
Dr Deborah Tinson	Clinical neuropsychologist

action

1. Welcome & apologies

A brief conversation was had with Katrina Brennan via phone conference and it was agreed that she should attend the next meeting via video conference.

Introductions were made across the sites and welcome to the new nursing staff in post at WGH and RIE stroke units. Sheena Borthwick will now represent speech & language therapy service, taking over from Ros Fraser, who is remaining at Liberton Hospital and not moving to RIE with the stroke unit staff.

2. Minutes of the meeting of 21st April 2015

Minutes were approved without edits.

3. Actions/updates from previous meeting

3.1 Availability of speakers

Medical cover

- CCIS 2 (26th May) – Martin Dennis agreed to do this and his input was welcomed.
- CCIS 1 (2nd Sept and 11th Nov) – Simon Hart has agreed to cover one of the medic sessions and is checking on call rota for his availability.

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- CCIS 2 (20th/21st Oct) – Sarah Keir had offered to help but asked to move talk from 20th to 21st October at 9.30am. GC to confirm this. Alternatively, a video conference link (boardroom #1, RIE) has been booked for 20th (09.00 – 10.30) if medical input is required from RIE staff.

GC

Nursing cover

- CCIS 1 – 3rd Sept, (14.45 – 15.30). Pressure care session - Caroline Allan can't cover this and Lynn Reid not available. There was discussion with Alison Smart Deputy CN at WGH to ask if she would help re this as she was keen to teach on courses. Alison to check her availability and Gillian to liaise re presentation.

Pharmacy cover

- CCIS 2 (21st October) - Boardroom 2 at RIE has been booked (11.00 – 12 noon) for Anne Kinnear to video conference across to WGH.

Dietetic cover

We have also lost several key dietetic speakers with stroke experience in the last year. Shubha Moses and Marion Ireland have both moved on to new posts. It appears that ongoing dietetic input will be challenging with limited access to dietitians with a background of stroke. Jill Docherty at SJH has been great help but her role may be changing too. There was discussion and it was agreed that Gillian will liaise with Jill re her evolving role and Anne Lamb (lead site dietitian at RIE).

GC

3.2 Cardiac monitoring

Following Simon Hart's request at a previous meeting (Feb 2015) for nursing staff to be trained in cardiac monitoring to enable telemetry in the stroke unit, Caroline had contacted Geraldine Brady. A proposed cardiac monitoring study day programme was circulated by Caroline prior to this meeting. Venue and dates are still to be confirmed but it is anticipated it will take place in September/October. Douglas agreed that registered nurses in ward 201 would be attending, as there are four level one beds in that ward. Caroline will be contacted for further details.

MM

4. CHSS update

4.1 Completed training

Stroke Awareness Day (28th April)

19 staff from CEC

CCIS 1 (6th & 7th May)

19 staff attended – nursing staff included:

RIE: 101 – 3 nurses

CCIS 2 (26th & 27th May)

18 staff attended – nursing staff included:

RIE: 101 – 3 nurses

WGH: 50/55 – 2 nurses

Liberton: 3 staff cancelled – places are available on CCIS 2 in October.

Single study day – Visual Loss 16th June at RIE

Christine Hazelton facilitated an excellent session which was attended by 21 staff, mostly from the community. The afternoon was a mixture of lecture and practical with opportunities to try vision software. Good feedback on

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action

evaluation from staff and requests to repeat the session. The evaluation will be circulated to the group. Gillian to liaise with Christine to look into the feasibility of repeating this session, as this initial session was funded from the Stroke Improvement Plan.

MM
GC

Mark also discussed the visual rehabilitation pathway for NHS Lothian and possibility of linking in with neuro-ophthalmology at the Eye Pavilion. Mark to speak to Linda Gibson re this.

MS

4.2 Future training sessions – 2016 programme, strategic approach

Stroke awareness day: 26th August and 7th October

Gillian will contact CEC for names. Mark agreed to present for physiotherapy presentation on 26th August and the timeslot has been changed to 9.15am – 10.15am to accommodate this.

CCIS 1: 2/3 September (course full)

RIE nursing staff include:
101 - 2 nurses registered
201 – 1 nurse registered
+ 3 places still available for 101/201 names awaited
WGH 50/55 – 5 nurses registered

CCIS 1: 11/12 November (places still available - 11 registered)

+ 3 places still available for 101/201 names awaited
WGH 50/55 – 3 nurses registered

CCIS 2: 20/21 October (course full)

RIE nursing staff include:
101 – 2 nurses registered
+ 3 places still available for 101/201 names awaited (?Liberton canx in May?)
WGH 50/55 – 3 nurses registered

Gillian reported that Sarah Florida-James, National Stroke Education Facilitator had asked if NHS Lothian would be willing to share presentation slides from CCIS 1 course with NHS Forth Valley. This is to support the delivery of a one day core competency course and would be to gain insight on the content, and not to use the presentations. The group discussed intellectual property rights and use of images/videos of patients. It was agreed the slides would not be shared as Powerpoint presentations; but as PDFs it would be okay to let Forth Valley see the slides and let them know that Lothian's presenters would be happy to chat from OT/SLT/PT perspective. Gillian will check with dietetics, nursing and psychology.

GC

Training for carers – VOCAL – 28th October

Gillian has agreed to offer a one day training course to carers in conjunction with VOCAL, based on the model used in NHS Fife. Previously six-week courses had been provided and attendance was poor so it is aimed to trial a more generic one-day training format to see how this works.

2016 programme

Gillian confirmed that the 2016 programme is being arranged and rooms are being booked. Dates and venues will be confirmed shortly.

- Four CCIS 1 - WGH
- Three CCIS 2 – 2 at RIE and 1 at WGH.

It is hoped to run these part two courses at RIE to enable better access

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to medical and pharmacy input.

- Four Stroke Awareness Days – 2 at WGH and 2 at CEC premises (to be discussed with Jackie Sloan)
- Three Single Study Days - RIE

Booking requests are being received and names are being added to 2016 courses. There is a likelihood that we will be asked to deliver a single study day around '*sensitive and effective communication*' in acute stroke covering end of life issues in line with the STARS module that is due to be launched.

4.3 Single study days

i 25th November

No topic arranged for this as yet, previous ideas were disability and sport but any other suggestions welcome. Gillian suggested a further Sensory Awareness Day specifically for nursing staff as we had not been able to capture this staff group during the original roll out of Sensory Champion Training. Gillian due to meet Katharine Jackson on 7th August to discuss further. Douglas Gibson and senior nurses from WGH all agreed that it could be a helpful topic for nursing staff.

ALL

ii Swallow screening – train the trainers

Sheena Borthwick has written a report following the previous session held on 15th April and it will be circulated to the group. This short report outlines the rationale for further training sessions and the agreement with staff on future actions to drive improvement in swallow screening.

MM

Sheena confirmed that a further two sessions (morning and afternoon) have been arranged for Thursday 10th September at RIE. Caroline Allan has been liaising with clinical educators from other acute sites to get a range of attendees at these sessions.

The discussion of developing a LearnPro module is ongoing. Mark noted that he had briefly discussed it with Dawn Currell and she advised that the necessary content would suit the format of a LearnPro module. Sheena Borthwick will now liaise with Dawn to take this forward.

SB

Other health boards were also contacted to see if they had such a module. Further investigations have discovered that although in the recently published Scottish Stroke Care Audit annual report there is comment from a health board that a "dysphagia LearnPro module has been developed to provide particular training to Stroke Unit nurses", this has not been done.

5. Acute site training

5.1 RIE stroke unit training programme

Douglas outlined the recent changes to the acute stroke unit at RIE.

- Wards 101 and 201 are now the integrated stroke unit – from 20th July – with 22 beds in each ward, including four level one monitored beds in 201.
- Liberton rehabilitation stroke beds have now moved to RIE.
- Current MoE charge nurse from 101 (Kerry Dann) and deputy (Andrew Moss) will remain in 101 until Liberton charge nurse (Susan Cameron) returns from maternity leave in November.
- All nursing moves have now been made from Liberton and between 101 and 201 to ensure coverage of stroke competencies.
- The 'stroke outreach nurse' will become 'stroke liaison nurse' and the role will include training elements for the nursing staff.

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As there has been good uptake at core competencies on 201 in recent months the focus will now be supporting the staff that have moved across from Liberton. Morag and Gillian liaising with the senior nursing staff to take this forward. Quite a few of the Liberton staff will have done their core competencies and CCIS 1 and 2 already. However, they will require STAT training and swallow screen training. Gillian to liaise with Trish Elder as Douglas reports she will have responsibility for supporting education needs of staff at ward level.

GC

Douglas agreed that the training of all the stroke unit nurses was still ongoing and the next priority would be for them to engage with SCoT (stroke competency toolkit) for their ongoing CPD. Morag reminded the meeting that Gillian and Caroline also available to support staff with completion of their SCoT Toolkit online on 101 and 201 in coming months.

MoE/stroke induction

Prior to the meeting, Caroline Allan circulated an orientation booklet for RIE MoE/Stroke Unit nursing staff. This was briefly discussed and the stroke-specific contents will be reviewed following this meeting and comments forwarded to Caroline.

GC
MM

[post-meeting note: suggested edits have been made to the document and forwarded to Caroline, Billie Morrow and Lynn Stewart]

MM

Janice Alexander had recently noted that the stroke nurse specialist will roll out swallow screen training as part of general induction sessions during the divisional recruitment drive in the forthcoming months. She advised that Trish would liaise with Grace Hynd regarding the induction sessions – to include swallow screen awareness.

5.2 WGH stroke unit training programme

Claire advised that the training was ongoing in the integrated units at WGH and staff were being registered for the CCIS and STAT sessions as well as the swallow screen train the trainers session. It was noted that Gillian and Morag had met the charge and deputy charge nurses on 8th July to discuss in detail the training requirements of the unit.

Gillian advised she had met with Sasha Bain from the Speech and Language Therapy services and they will be setting up some in-service sessions on swallow screen/feeding/swallow management for the units. It's proposed that these will be Wednesday afternoon sessions in the autumn and dates will be confirmed with Laura Smith. The team also requested sessions on physiological monitoring.

All those staff still requiring CCIS1 and 2 training to be allocated to the 2016 courses in due course. Gillian also available to support completion of the SCoT online in group sessions on the ward.

5.3 STAT

There are two further dates arranged for this year - 21st August and 15th September, and another one may be included as the demand has been increasing. Noted that the trainers for this are being diminished as Nolan Arulraj is leaving shortly. However, Gillian noted that a new ANP working in ARAU at WGH (from Glasgow) has been trained as a trainer and was keen to support further STAT training. Mark will liaise with her manager (Richard

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MacKay) with these dates, to see if she is available.

There was a request made to CHSS to run another training day for the trainers, but there hasn't been enough interest to make it viable. However Lynn Reid has negotiated with the stroke team in Northumbria and it has been agreed that a different training model can be adopted. They would attend a STAT session as an observer and would follow-up with detailed feedback and discussion with the trainer. They would then contact Lynn and complete the on-line assessment for STAT trainers. This would allow health boards to continually train trainers for the foreseeable future.

6. Ad hoc courses / initiatives

6.1 Sensory champions

Mark noted that there had been some challenges in establishing the auditory pathway for stroke due to different strands of work that have been ongoing in NHS Lothian (ECSS and Sensory Champion Project). Katharine Jackson (Project Development Officer, Hidden Sensory Loss) at RNIB has now returned from sick leave and has confirmed that audiologist now dealing with all stroke referrals for the Sensory Champions is Stamatia Staikoudi now that Rochelle Glenn has left her post. This may now help to alleviate previous confusion over the auditory referral pathway.

Gillian also noted that there could be value in writing up the work involved with the Stroke Sensory Champions Project and will be meeting Katharine Jackson to discuss this and the possibility of Sensory Awareness training for nurses on 7th August 2015.

GC

6.2 East Lothian – training for care homes

Gillian has been liaising with Valerie Reid, Care Home Nurse Advisor in East Lothian to offer a day on stroke for care home staff in the autumn. The day would take a similar format to our Stroke Awareness Days and it was agreed that speakers from the local area would be welcomed to be involved. Mark and Sheena both offered names of AHPs in East Lothian who might be able to assist with facilitation and presentations. Gillian will contact them and liaise with Valerie regarding a suitable venue and date.

GC

7. NHS Borders – training & funded projects

7.1 NHS Borders training

There was no feedback from Sandi but staff from Borders are continuing to take part in the training sessions:

- CCIS1, 6/7 May – 1 OT attended
- CCIS1, 2/3 Sept – 2 OTs booked
- CCIS2, 20/21 Oct – 1 OT and 1 OT technical instructor booked

Further requests also received from a nurse and nursing assistant to attend training in 2016, and also further community OT staff.

7.2 Emotional Distress post-stroke resource pack

Morag advised that she had liaised with Deborah Tinson and an alternative to requesting funding from the Training and Education funds had been sourced. An administrative person in acute stroke has been approached to assist with the admin side of the digitalising the resource pack, and Morag will co-ordinate.

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Mark asked about the roll out of the resource pack but Morag confirmed it is only currently being piloted in Mears Unit at AAH, but there are plans for key workers in other stroke units to be trained in its use in the future.

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

Prior to the meeting Anne Rowat and Gill Baer reported no updates.

Mark noted that an MSc studentship at Edinburgh Napier is currently being used to investigate identifying exercise buddies for new stroke survivors, as a follow-up to the exercise after stroke in-reach work at RIE. They are also conducting a study into the effects of elastic sports taping (Kinesiotape) on hemiplegic gait. Both projects are in partnership with NHS Lothian.

9. **Any other business**

9.1 **National stroke training issues**

The issue of other NHS Boards accessing NHS Lothian stroke training was discussed and in light of our agreement with NHS Borders it was felt that we were supporting this already. Gillian reported that there would always be 1-2 spaces available on each CCIS1 or CCIS2 course for Borders staff to attend and on Single Study Days as appropriate. Opening the courses up further to additional boards may prove challenging as the CHSS courses are usually full.

9.2 **Stroke training & education budget**

Morag requested up to date lists of nursing staff from each of the units. This information will be used to:

- populate the organisational audit (with details of funded establishments);
- update the training spreadsheets to ensure staff are core competent and engaged with the Stroke Education Pathway; and
- to determine the pro-rata amount of funding that should be allocated to each stroke unit to be used for backfilling nursing staff attending training.

9.3 **Scottish Stroke Improvement Plan (SSIP)**

Gillian advised that part of Sarah Florida-James's work on training uptake across all health boards, had included registrations for SCoT. Following this, Gillian will be engaging with the charge nurses on each site to ensure stroke unit staff are using SCoT to demonstrate the evidence into their daily practice.

GC

10. **Dates of future meetings**

Date to be advised – plan for late October, early November and Katrina Brennan's availability will be taken into account.

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