



*Promoting the highest quality of rehabilitation for people with stroke*

## CONFERENCE REPORT – JUNE 2017

### ‘Brave New World: Health and Social Care Integration’

The 5<sup>th</sup> annual conference of the Scottish Stroke AHP Forum was held on 8<sup>th</sup> June at the Dewar's Centre in Perth. Jacqui Morris, chair of Scottish Stroke AHP Forum, warmly welcomed the eighty delegates who attended.

It was great to see such a wide range of professions and organisations involved in Health and Social Care Integration being represented at the conference. Jacqui gave an update on the SSAHPF activity over the past year, including: involvement in research, public engagement events and development of an e-learning module for swallow screening.

Thanks were offered to Chest, Heart & Stroke Scotland for their assistance in organising and hosting the conference.

Jacqui paid tribute to Gill Alexander who stepped down from her role as SSAHPF chair to enjoy retirement. Gill was the founder of the Forum and it was her drive, commitment and enthusiasm to improve care for stroke patients that led to the creation of the Forum. The Forum now has 450 AHP members from across Scotland.



The topic for the day was 'Health and Social Care Integration'. The integration agenda is changing how services are being delivered across the country. The programme included health and social care policy, stroke care from service users' perspective and discussion on recent research trials which related to the integration agenda. The presentations were grouped into two symposiums and a selection of free papers were offered.

***Integration 'aims to improve services, and to make them seamless and more responsive to the people that use them'***

**Scottish Government**

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### **Symposium 1:**

Mr Eric Sinclair recounted his personal experience of suffering a stroke; the audience were captivated by his story. Eric described coming to terms with having a stroke and the recovery process he has been through.

*'I felt I was becalmed in a backwater, that the main current of life was roaring along somewhere over there through the trees and now passing me by'*

Eric stressed the importance of setting meaningful life goals, for him it was important to get back to doing some form employment. He has written about his experience, his story 'Man, Dog, Stroke'. has been published. All proceeds of the book are being donated to the Stroke Association.

Mr Gregory Hill-O'Connor, Health and Social Care Alliance, gave a presentation entitled 'Integration: Trickle Down Reform or Bottom Up? The Alliance conducted a scoping exercise which identified barriers and opportunities for meaningful service change involving the third sector. Gregory discussed how the third sector can be more formally integrated into care pathways and included in Integrated Joint Boards. The presentation highlighted the positive contribution that the third sector can make to the provision of health and social care services. Future aspirations include building local and national networks which would strengthen the voice of the third sector and help share and support good practice.

Keeping with the theme of integration, Mr Rob Packham, Chief Operating Officer for Integration in Perth and Kinross, addressed the AHP issues associated with integration. He asked, 'Integration: an opportunity for stroke care professionals?' Rob

suggested that empowering local communities to become involved in service development and provision is a key factor to ensure sustainability. Allied Health Professionals play a crucial role in stroke care. Rob challenged the audience to come to a consensus on what areas require specialist intervention and identify where generalist care is more appropriate.

Symposium 1 concluded with a panel discussion which invited comments from the floor. It provided a rich opportunity for information sharing.



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## Symposium 2:

Jacqui Lunday Johnstone, OBE, Chief Health Professions Officer, opened the second symposium with an update on Scottish Government Policy for Allied Health Professionals.

*“AHPs are pivotal to change in health and social care delivery”*

National policy aspires to add quality to living longer. Jacqui asked the audience to focus our interventions on the areas that add most value. She encouraged everyone to collect data which demonstrates that our interventions impact both on the individual and the health and social care systems.

Continuing with the theme of national policy update, Dr Sarah Mitchell fed back on her work developing the Active and Independent Living Improvement Programme. The programme was co-created with over 1,000 stakeholders.



The programme examines where and how the AHP workforce intervene in care pathways. It promotes easier access routes and aims to facilitate a smoother transition across services.

***'Active and Independent Living Programme will maximise the contribution that AHPs will make to the health and wellbeing of the population of Scotland'***

**AiLIP**

To keep updated on the work on AiLIP please link with Twitter on [@AiLIPScot](https://twitter.com/AiLIPScot)

Mark Smith, Consultant Physiotherapist, NHS Lothian, concluded the symposium by giving an update on the Scottish Stroke Improvement Plan: all Scottish Health Boards completed the SSCA rehabilitation sprint audit in 2017. The audit investigated four separate aspects of stroke rehabilitation. Mark reported that there had been an improvement in all four areas when compared to the previous year's results. There are plans to include rehabilitation statements as part of the Scottish Stroke Improvement Plan which will be measured against the RAG criteria.



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### **Free Paper Presentations:**

One of the aims of the SSAHPF is to 'promote, facilitate and disseminate stroke research and to encourage implementation of research findings'. Results from recent research trials were presented at the conference, the emerging evidence was discussed. The presentations related to clinical interventions and practice development.

Abstracts for all the free paper presentations can be found on our [website](#):

## SESSION 1:

- 1. Interpreting and implementing stroke self-management support: the importance of context, Dr Lisa Kidd
- 2. Comparing interlimb coupling between bilateral in-phase and anti-phase modes of a functional task and a non-functional movement in acute stroke, Dr Pei Ling Choo
- 3. The Mexican Wave stops with me, Professor Frederike van Wijck for Julie Duncan Millar

## SESSION 2:

- 1. Enabling an integrated seamless pathway for stroke patients requiring ongoing Occupational Therapy services in the community in Perth & Kinross, Rosa Mendes
- 2. Uptake of exercise and outcomes following introduction of an exercise professional to an acute stroke admission ward – the “In-Reach” project, Mark Smith
- 3. Producing a LearnPro module for Dysphagia Management, Claire Withnall

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## Resources for Stroke Survivors and Professionals:

The conference show cased some excellent online resources for stroke survivors, carers and health care professionals.

Andrea Cail, Stroke Association Scotland, presented '[My Stroke Guide](#)' a digital self-management tool which supports people in their recovery from stroke. 'My Stroke Guide' enables patients to manage their rehabilitation by providing interactive information and tracking progress towards personal goals. The 'My area' section of the guide can be populated by individuals in a specific locality to give relevant information specific to a local area.



Fran Bailey, Chest Heart & Stroke Scotland, discussed '[selfhelp4stroke](#)'. The online self-management resource was launched two years ago at the 2015 SSAHPF conference and has proved to be a huge success with over 13,000 hits during that period. The website is a useful resource for stroke survivors and their families.



Fran also presented an update on the STARS online education programme. STARS is an interactive learning resource which hosts a wide range of e-learning opportunities.

Look out for the latest module, 'Management of tone and spasticity after stroke – a role for everyone' which is being launched at the [SSNF](#) Conference in September 2017.



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One of the aims of the Scottish Stroke AHP Forum is to facilitate networking, the conference provides the opportunity to meet other professionals interested in stroke care and share expertise. The poster displays demonstrated the wide range of research projects which are happening across the country. The exhibitor stands offered a wealth of knowledge in their specialist field.



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### **SSAHPF AGM:**

The annual general meeting for the Forum was held at the conference. A report was given from the secretary and treasurer. The election of new committee members took place and thanks were offered to those committee members who stepped down from their roles.

The committee comprises of representatives from each health board in Scotland and from a variety of AHP professions. Please make sure you know who your local representative is as they will invite you to participate in SSAHPF activities.

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## What next for SSAHPF?

- Engage across health and social care sectors to navigate stroke pathways through the evolving integration process.
  - Work collaboratively with other networks to deliver effective stroke care in Scotland
  - Continue advisory role
  - Generate, promote and report stroke research
  - Prepare for 2018 conference – hope to see you there!
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***Please remember to check the [website](#) for updates on the work of the SSAHPF***

***Follow us on twitter at [@SSAHPF](#)***