

A Patient Journey

Eric Sinclair

- Stroke Association volunteer
- NHS Grampian non-executive director
- Aberdeenshire IJB member

A Patient Journey

Eric Sinclair

- Stroke survivor

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Eric Sinclair

Father Husband Whippet owner

Grandfather Occasional chorister

Brother Pantomime dame

Teacher Blogger German speaker



Alphonse de
Lamartine

Alphonse de Lamartine

- 19th century French Politician
- Poet
- Diplomat and traveller
- Expert on the Middle East
- Husband and father
- All four children died young and before he did

MAN, DOG, STROKE

**Musings of a
Deeside Whippet
and his Master**



A Patient Journey

“....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....”

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*La vie doit avoir un
courant; l'eau qui ne
coule pas se corrompt*

Alphonse de Lamartine

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Life should have a
current; water which
does not flow becomes
stagnant

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“You’ll need to use a wheelchair in future” (Nurse in acute ward)

“NHS physiotherapy for stroke patients in the community cannot be afforded” (GP)

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“There’s a stroke club in
Banchory – you could
play dominoes there”
(stroke nurse)

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NHS Grampian

- Aberdeen City
- Aberdeenshire
 - Moray

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“We already do that”

“What about my terms and conditions?”

“Only NHS staff can do that”

“Only a social worker should do that”

“We can't share confidential information with those people”

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- How will this affect Mrs Smith?

A Patient Journey

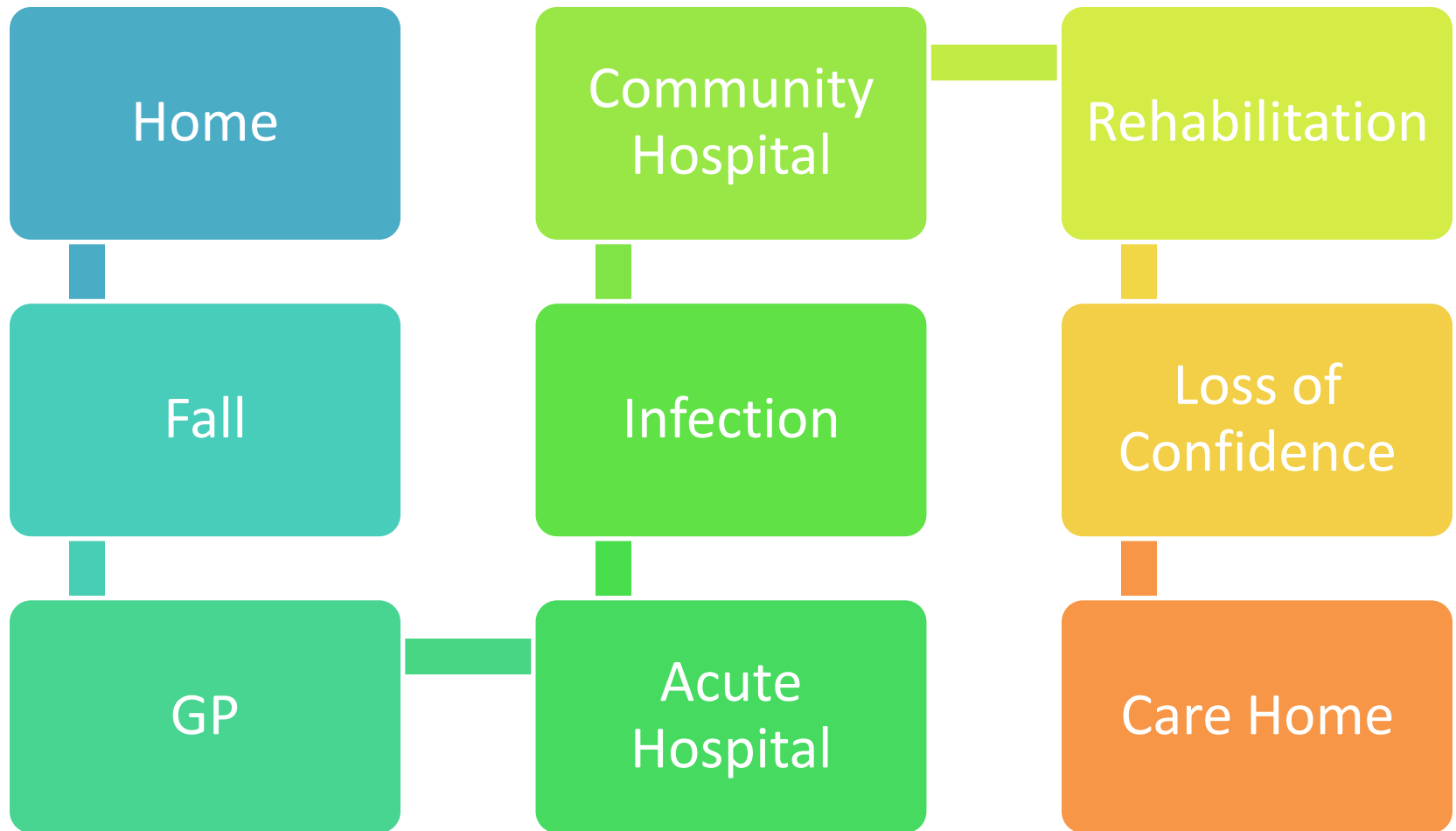
Vision for Aberdeenshire

Building on a person's abilities, we will deliver high quality person centred care to enhance their independence and wellbeing in their own communities.

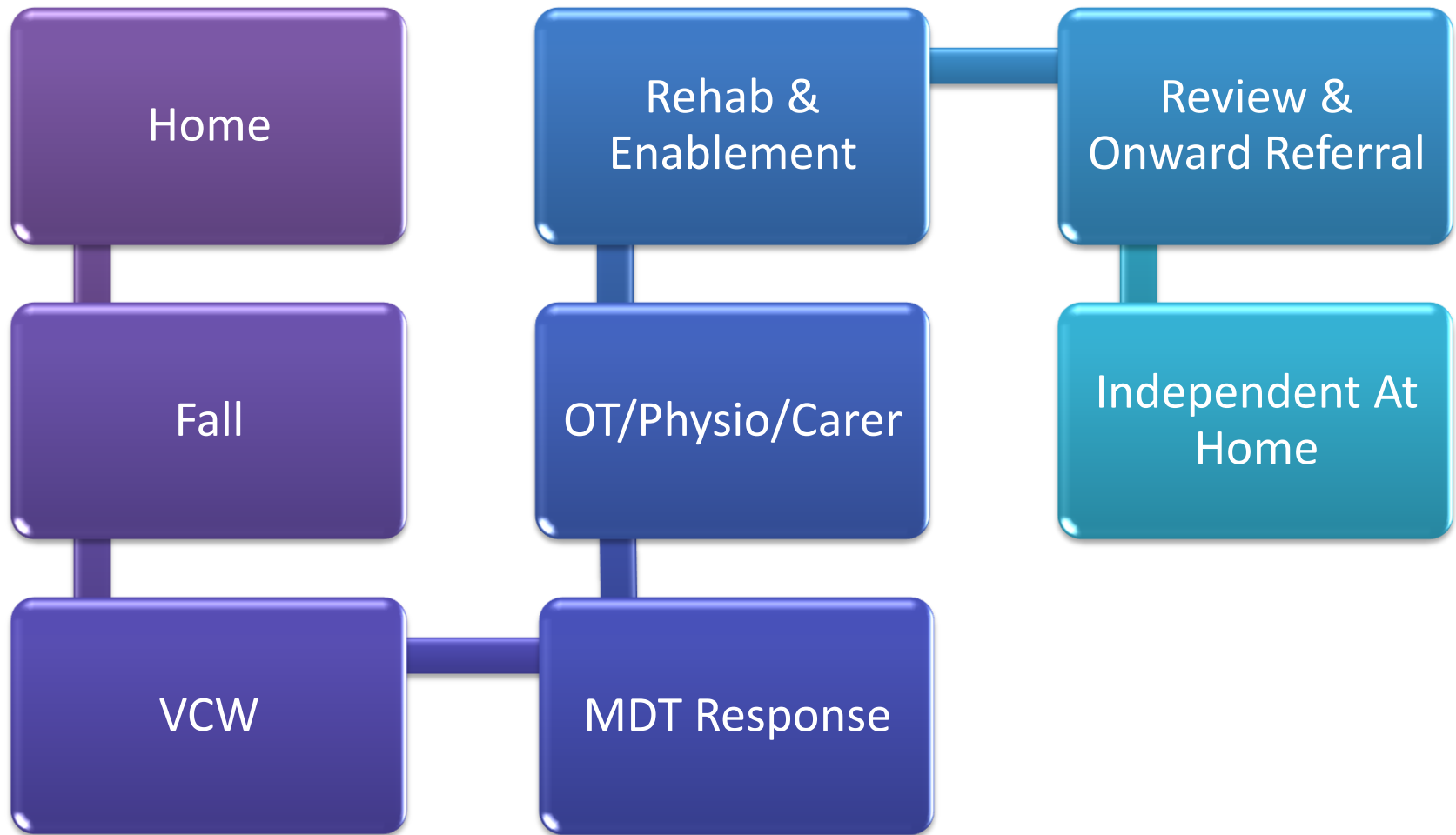
A Patient Journey

Virtual Community Ward

A Negative Patient Journey



A More Positive Patient Journey



A Patient Journey

Reasonable fitness is attainable for many stroke survivors + regular exercise reduces disability + desire to reduce the “medicalization” of chronic stroke = an opportunity to show health and social care integration in practice

A Patient Journey

FABRIC

- Remember you are the **FACE** of the “system”
- Be **AMBITIOUS** for all stroke survivors
- Get to know each individual’s **BACK STORY**
- Make the most of **INTEGRATED WORKING** in your locality
- Remember that family **CARERS** are individuals too

***Remember stroke survivors want to
get back into the flow of the RIVER***



A Patient Journey

Life should have a current;
water which does not flow
becomes stagnant