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Presentation Topic :

“Long-Term Management of Stroke Survivors in the UK”

Module Code: LCHS7003 – Community Care and Management of Longer-Term Conditions

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Topic: Long-Term Management of Stroke Survivors in the UK



What Is a Stroke?



Definition: A stroke occurs when blood supply to the brain is disrupted.

Symptoms: Weakness, confusion, facial droop, slurred speech, vision problems.

Aetiology/Causes:

- Ischaemic stroke → blood clot/blockage
- Haemorrhagic stroke → bleeding in the brain
- Risk factors: hypertension, AF, diabetes, smoking, obesity. (Stroke Association, 2023).

Why Stroke Matters in the UK

1. 100,000 new strokes annually (Stroke Association, 2023).
2. 3 million survivors
3. Leading cause of adult disability
4. High cost to NHS & social care

Economic & Social Burden

Economic:

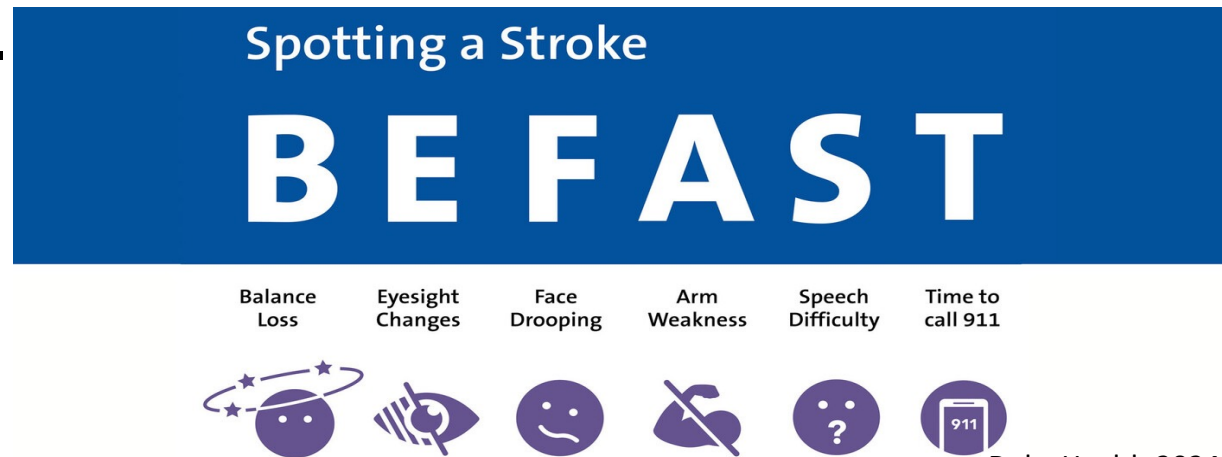
- £26 billion annual cost to NHS & social care
- High rehabilitation, medication, carer support costs (**Public Health England, 2020**).

Social:

- Loss of independence
- Impact on family/carers
- Long-term emotional & psychological stress
- Reduced employment and income (**Stroke Association, 2023**).

Diagnosis & Initial Assessment

- FAST tool (Face, Arms, Speech, Time)
- CT/MRI to determine stroke type
- Blood tests (glucose, cholesterol)
- Heart rhythm check (AF)
- Initial disability assessment (NIHSS score) **(NICE, 2019).**



Long-Term Assessment

- Physical mobility (balance, coordination)
- Speech and language assessment (**NICE, 2013**).
- Cognitive assessment (memory, attention)
- Psychological wellbeing
- Activities of daily living (ADL)
- Social care needs (housing, benefits, carer support) (**Royal College of Physicians, 2016**).

Management According to UK Guidance (NICE CG162 & NG128)

- Early Supported Discharge (ESD)
- Multidisciplinary team rehabilitation (**NICE, 2013**).
- Goal-oriented personalised care plans
- Long-term reviews (NHS GP & stroke specialists)
- Community rehabilitation services (**NHS England, 2019**).

Relevant Models & Frameworks

According to the guidelines:

1. House of Care Model (mandatory to discuss)

- Shared decision-making
- Personalised care planning
- Coordinated care (**The King's Fund, 2013**).

2. Whole-Person Care Approach

- Addresses physical + psychological + social needs

3. Self-Management Support Framework

- Helps survivors take control of their long-term condition (**NHS England, 2020**).

Treatment Options in the UK

Medical:

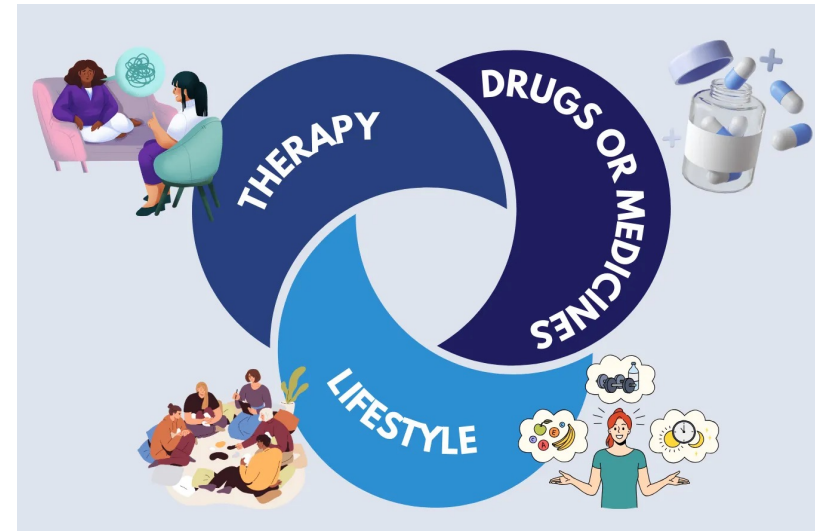
- Anti-platelets (Aspirin, Clopidogrel)
- Anticoagulants for AF
- Statins
- Blood pressure medication
(NICE, 2019).

Rehabilitation:

- Physiotherapy
- Occupational therapy
- Speech & language therapy
- Psychological therapy (Royal College of Physicians, 2016).

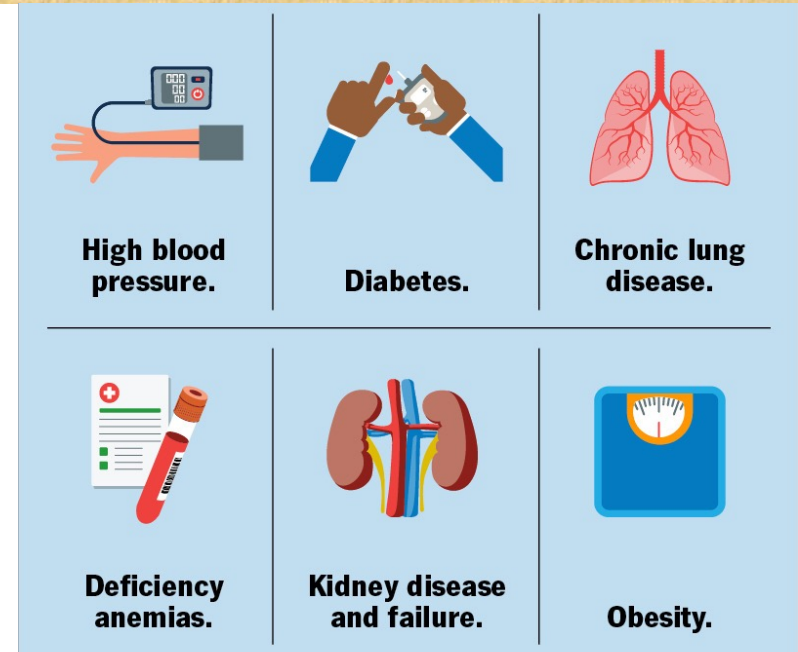
Social care treatment:

- Home adaptations
- Carer support packages



Comorbidities Common in Stroke Survivors

- Hypertension
- Diabetes
- High cholesterol
- Depression & anxiety
- Atrial fibrillation
- Cognitive impairment/dementia (**Feigin, Norrving and Mensah, 2022**).



Prevention of Stroke

- Stop smoking
- Reduce alcohol
- Control BP, cholesterol, and diabetes (**NICE, 2019**).
- Exercise & weight management
- Healthy diet (low salt, low fat) **British Heart Foundation, 2022**).
- Medication adherence
- Regular GP reviews



Skills, Values & Behaviours for Co-Productive Care

- Healthcare professionals must demonstrate:
- Good communication
- Empathy & compassion
- Shared decision-making (**NHS England, 2020**).
- Respect for the patient's goals
- Cultural sensitivity
- Collaboration with carers and social workers

Personalised Care & Self-Management

We MUST cover all 6 based on guidelines:

- Shared decision-making
- Supported self-management
- Personalised care planning
- Social prescribing
- Community-based support
- Patient empowerment through education
(NHS England, 2020).

Coping With Stress

For Stroke Survivors

- Psychological therapy
- Peer support groups
- Relaxation & mindfulness
- Carer involvement
- Social engagement
- Managing fatigue (**Turner and McMullan, 2015**).

Conclusion

- Stroke survivors require long-term, holistic care
- Integration of NHS, community, and social care improves outcomes
- Prevention + rehabilitation are key
- Co-productive care empowers patients to live independently (**Stroke Association, 2023; NICE, 2013**).

References

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10. **Turner, G. and McMullan, J.** (2015) 'Long-term stroke management in primary care', *British Journal of General Practice*, 65(640), pp. e451–e452.



Thank You
For Your Attention