

Welcome to the webinar:

Improving stroke care: the impact of COVID-19 present and future

Friday 24th July 2020
1pm



Welcome



Derek Munn

**Director of Policy and Public
Affairs, RCSLT**

Presenters



Pam Enderby
Emeritus Professor
University of Sheffield



Sue Pownall
Head of SLT & Clinical Lead in
Dysphagia
Sheffield Teaching Hospitals



Juliet Bouverie
CEO, Stroke Association

Housekeeping



- Send in chat messages at any time by using the Chat button
- Send in questions by using the Q&A button
- This event is being recorded. See here for recordings:
<https://www.rcslt.org/webinars>
- Please do fill in the survey that we'll share after the event
- RCSLT staff are on hand to help!

Aims and objectives



By attending this webinar, you will gain an understanding of:

- The patient experience for people with aphasia
- Adapting to service provision in light of COVID-19
- Continuing to meet stroke targets in the new normal
- Community provision of therapy, including using different assessments and remote provision of therapy
- Working in multidisciplinary teams to deliver patient care pathways

Voice of Lived Experience

Juliet Bouverie

Chief Executive - Stroke Association

Stroke
Association

stroke.org.uk

What were the unmet needs of stroke survivors before COVID-19?

Lack of rehabilitation, joined-up care and access to support:

- 45% of stroke survivors told us that they felt abandoned once leaving hospital
- Only 32% of patients were benefitting from a six-month review after stroke
- One in four stroke survivors told us they did not receive enough support when they needed it most

What were stroke survivors with aphasia telling us before COVID-19?

- Stroke survivors with aphasia said **their disability was misunderstood** by those close to them, as well as by the wider community
- They often reported **social isolation and loneliness**
- They also reported that isolation **negatively impacted their mental health** and well-being
- SSNAP data showed shortfalls in speech and language therapy provision and weekend assessments

How has the pandemic impacted the needs of stroke survivors in the UK?

- Stroke survivors continue to tell us they **feel abandoned**
- **Lack of rehabilitation** and joined-up care is still impacting recoveries
- Moving to **digital methods of care** has affected stroke survivors differently
- Some stroke survivors are feeling **isolated, lonely, anxious and depressed**
- Family members and carers are providing additional support

What are stroke survivors telling us about their speech and language therapy during the pandemic?

- Appointments have been **cancelled or delayed**
- Some stroke survivors **have adjusted** to new methods of therapy delivery and have been positive about phone and video contact supporting their recovery
- However digital therapy doesn't work for everyone and has **caused some people additional anxieties**

Quotes from stroke survivors

- ‘I hold regular Zoom meetings with my sons and their families and with friends which helps my aphasia’
- ‘It is harder to engage with people by telephone when your speech is so affected and you can’t always say what you want without non verbal communications’
- ‘Video calls with aphasia are more challenging’.

Quotes from family members and carers

- ‘My wife is less active but her main problems are aphasia/apraxia... She can listen but cannot take part in phone calls. She is able to participate with skype calls with other members of the family. Nevertheless she feels more isolated’
- ‘My mum has severe dysphasia and with no speech therapy for 5 weeks whilst with me, and limited speech therapy whilst in hospital, her progress is not what it should be. This is severely impacting on her recovery and well-being’
- ‘The stroke survivor has suffered as he lost his routine physio & speech therapy’

Quotes on speech and language therapy

- ‘Even though I can’t talk it’s perfect since my speech therapy gave me homework...I’m coming along nicely’
- ‘I’m getting treated with respect and we have a good laugh and catch up’



Service issues arising in light of COVID-19

Issues arising in light of COVID-19



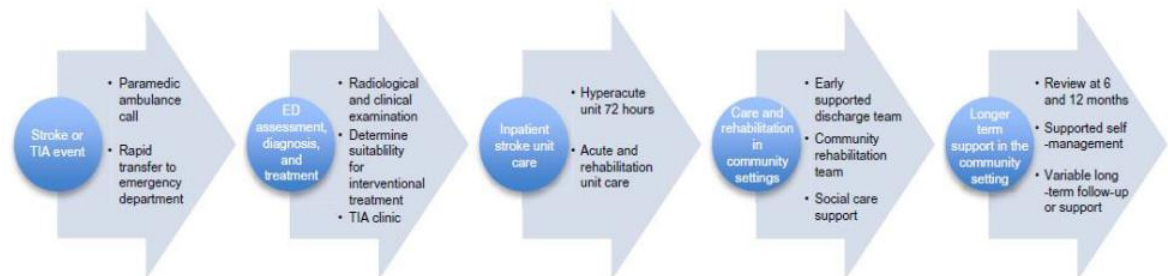
- Patients are presenting later
- TIA patients and stroke mimics not coming to hospital
- Cohorting patients
- Less intensive community services
- Shielding patients and access to patients
- PPE – barriers to assessment and therapy



COVID-19 era

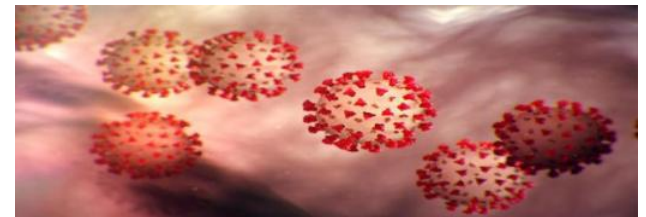


- Influences for future clinical practice
- COVID +ve - respiratory vs stroke needs
- New discharge pathways & rehab models
- Earlier discharge e.g. 'fit to sit'
- Promoting independence earlier
- SLTs taking on role of family communication (no visitors policy)
- Pathway working



COVID-19 era

- Remote working
- Care home patients
- Initial redeployment of staff
- Workforce – adopting new approach to regional education
- Workforce – staff capacity – test and trace



The new normal



A high quality stroke service may need to ensure:

- Reduction/avoidance in admissions and transfers between hospitals
- New ways of working – remote technology
- Delivery of services in different/innovative ways
- Discharge from hospital as quickly, appropriately and safely as possible, to reduce risk of spreading the virus
- Earlier community provision
- New/ shared MDT roles to reduce number of visits
- [Restoring services and keeping everyone safe: Framework to support decision making](#) – RCSLT guidance



Rehabilitation

Considerations for rehabilitation



- Complications of COVID:
 - exhaustion
 - post-traumatic stress
 - cognitive disorders
- Increased number of stroke patients – sequelae to COVID?

Non-COVID/COVID stroke patients

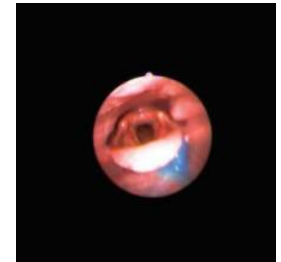
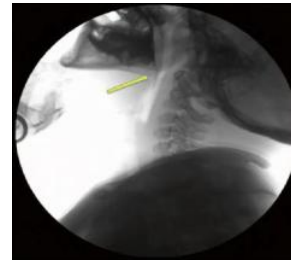


- Increased anxiety levels of patient and carers
- Reduced opportunities for communication
 - PPE
 - hearing aids
 - Glasses
- Uncertainty with regard to path for rehabilitation

Dysphagia



- SSNAP targets
- Community screeners
- Less sharing of caseloads
- Telehealth
- Remote consultations
- Reduced access to VF and FEES
- Reduced intensive therapies e.g. Ampcare ESP



Dysphasia and dysarthria intervention



- Screening – by SLT or other health professional
e.g.: Frenchay Aphasia Screening Test
- Dysarthria/dysphagia link
- Mental capacity assessment
- Importance of early intervention
- Encouragement to communicate in any way – by all
- AAC – even simple. All staff/carers to be involved
- Importance of non-verbal communication
- Telerehabilitation

Aphasia software/APPS



Aphasia Software Finder

 The Tavistock Trust for Aphasia

Home

Aphasia apps & software

General apps & software

What's New

Research Evidence

Other Resources & Help

Welcome

This website has **information** about **apps and software programs** in the **English language** for people with aphasia.

- We **aim** to help people with aphasia to **find apps and software** that may be useful to them.
- We aim to help aphasia professionals have a detailed overview of what software and apps are available to help people with aphasia.

Please **scroll down** this page to see **all the information**.

Help videos: many pages have help videos which **explain** how the page works on a Mac and on a PC.

Smartphones, tablets and other mobile devices work differently. For mobile devices the explanations on the videos can be helpful, but not all the screen shots are relevant.

We have made the **first page** on the website as **aphasia friendly** as we could. This has been done without compromising the purpose of the site.

When you click on **this icon** it will take you to a **new page**



[print this page](#)

<https://www.aphasiasoftwarefinder.org/>

Coronavirus and stroke

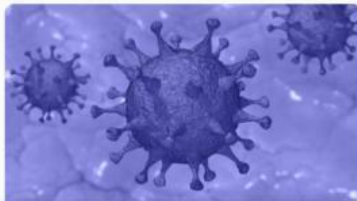


Stroke
Association

Home What is stroke? ▾ Finding support ▾ Get involved ▾ About us ▾ [Donate](#)

Coronavirus and stroke

Our information and advice on coronavirus (COVID-19) for people affected by stroke.



Information on coronavirus for stroke survivors

Information produced jointly by NHS England and the Stroke Association for all stroke survivors in the UK.

[Find out more](#) →

Meeting Summaries



Staying healthy and avoiding infection

If you have had a stroke, or have health conditions linked to stroke, you can help yourself stay well by following the main advice about the virus.

[Find out more](#) →



Managing loneliness and isolation

Vicki from our Stroke Helpline shares some tips for stroke survivors, friends and family.

[Find out more](#) →

<https://www.stroke.org.uk/finding-support/coronavirus-covid-19-and-stroke>

Dysphonia - implications of COVID



- Consider breath support
- Voice amplifiers
- Voice rest
- Easy onset
- Graduated voice exercises
- ENT – later on

Rehabilitation resources



- World Federation Of Neuro Rehabilitation
wfnr.co.uk/
- Society for Research in Rehabilitation
www.srr.org.uk/
- International Association of Communication Sciences and Disorders
ialpasoc.info/
- Community Stroke Hub team
www.bridgesselfmanagement.org.uk/csh-community-of-practice/

Stroke Association's response

We promoted stroke as a medical emergency

'Dial 999 for stroke emergencies despite coronavirus'

By Michelle Roberts
Health editor, BBC News online

🕒 6 April 2020

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Coronavirus pandemic



People who may be having a stroke should still call 999 for emergency medical care, even during the coronavirus pandemic, say UK experts.



We have adapted and developed our services



Here for you



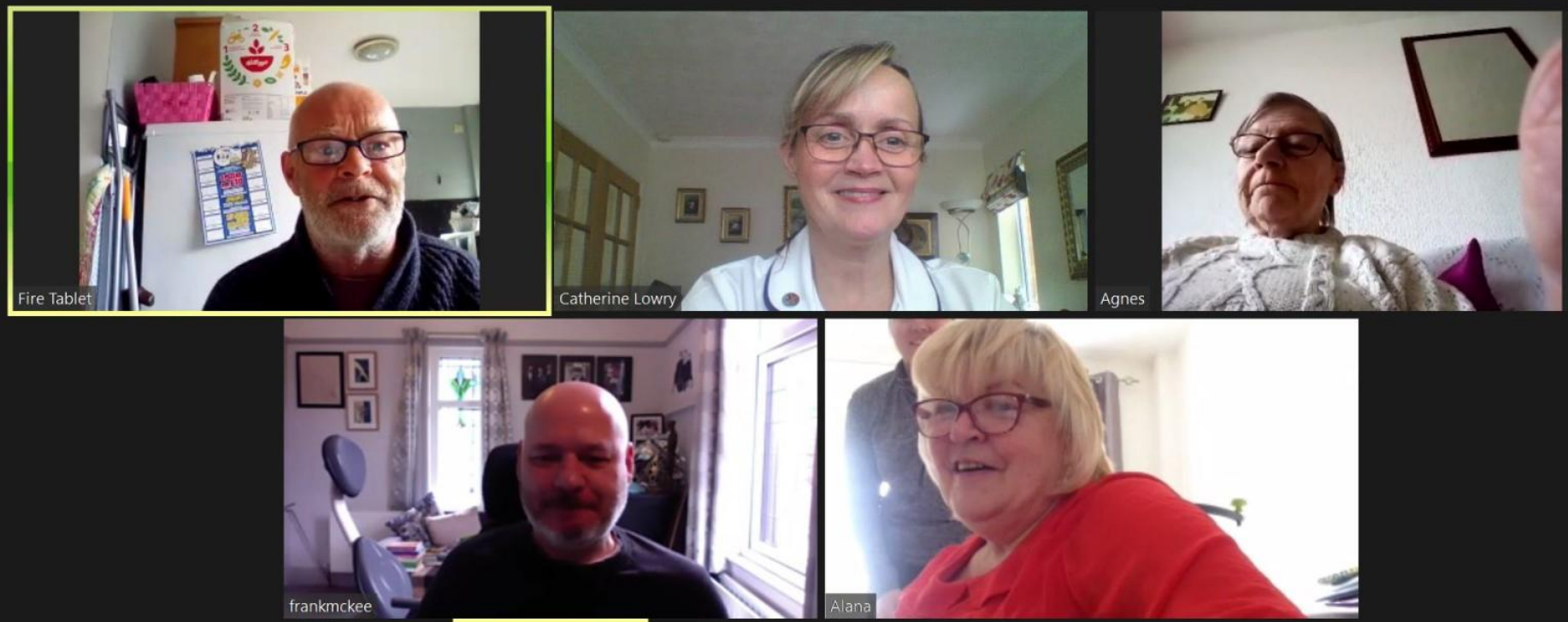
**Stroke
Association
Connect**



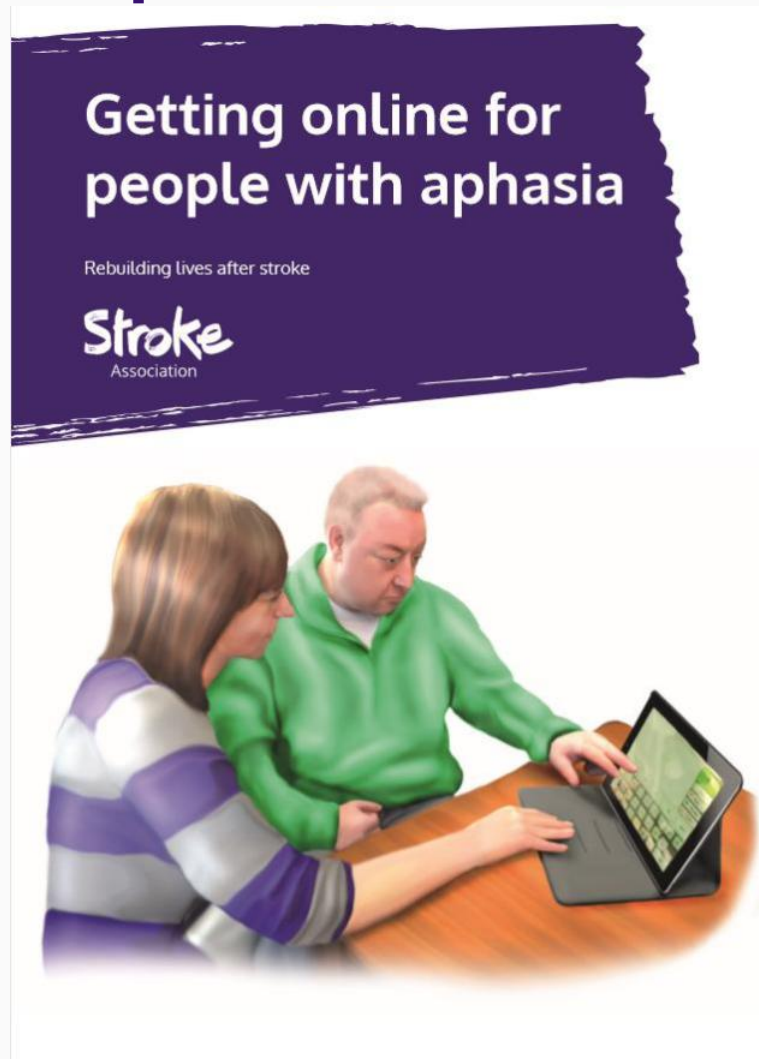
- Life After Stroke Grants
- Helpline
- Stroke groups
- My Stroke Guide
- Updated website
- Staying Active
- Emotional Support
- Aphasia-friendly guidance on video calling

We piloted a virtual Aphasia Communication Plus Programme in N.I.

Zoom Meeting - □ ×



We produced a guide for getting online for people with aphasia



Credit for the image:
Speakeasy-aphasia

Resources

- **Stroke Association website**
www.stroke.org.uk/finding-support/coronavirus-covid-19-and-stroke
- **Getting online for people with aphasia**
www.stroke.org.uk/aphasiaonline
- **Aphasia-friendly guidance on video calling**
www.stroke.org.uk/what-aphasia/communication-tools/video-calling-people-aphasia

Resources

- **Stroke Association Connect Service**
www.stroke.org.uk/professionals/stroke-association-connect
- **Here for You telephone service**
www.stroke.org.uk/finding-support/here-for-you
- **My Stroke Guide and chat forums**
www.stroke.org.uk/finding-support/my-stroke-guide
- **Keeping Active**
www.stroke.org.uk/finding-support/staying-active-when-staying-home

Next steps for the Stroke Association

- We will ensure that rehabilitation pathways are prioritised and stroke remains a key clinical priority for UK governments.
- We will champion the importance of a personalised approach to care.
- We will do more to address health inequalities.
- We will publish a report in September with the findings of our beneficiary survey – mental health and rehab have emerged as key priorities.
- We will continue to adapt and innovate but promote the importance of innovations being carefully evaluated before further rollout.

Any Questions?



Join us for the next webinar

Telehealth in the COVID-19 context: Working with children

Monday 27th July 2020

1pm

www.rcslt.org/webinars

