Welcome to the webinar:

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

Friday 24th July 2020
1pm
Welcome

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Presenters

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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.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
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.

https://www.aphasiasoftwarefinder.org/
Coronavirus 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
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

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.
We produced a guide for getting online for people with aphasia

Credit for the image: Speakeasy-aphasia
Resources

• Stroke Association website

• 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