

AUSTRALIAN STROKE COALITION

MEMBER ORGANISATION REPORTS NOVEMBER 2011

APA National Neurology Group (NNG)

The APA NNG is represented by Julie Bernhardt.

Achievements and / or activities related to Acute stroke care

NNG acute care booklet

NNG Upper limb management book

Achievements and / or activities related to Rehabilitation stroke care

NNG has been revamping stroke card to promote stroke rehab (original card more about prevention).

Achievements and / or activities related to Community stroke care

I heard that the latest conference had some research to provide evidence for need for ongoing care for people post stroke.

National Advisory Committee of the APA discussed paper on Obesity and role of physiotherapy. Recognised should be part of stroke rehab as either part of cause of stroke or a secondary development post stroke due to reduced mobility.

Achievements and / or activities related to Workforce, training and professional development in stroke

NNG Level 1 course, run biannually at least in every state, main focus is on stroke and it is targeted at those returning to work or graduates in first 2 years.

NNG Level 2, tender developments and committee being developed to promote deeper knowledge about neurological conditions. In stroke area will target cognitive and perceptual issues to a greater depth.

See longer list of NNG courses run this year relevant to stroke management.

Other information relevant to the ASC

APA Neurology group courses around Australia this year

Preventing Falls in People With Neurological Conditions

Getting the Most Out of Sit To Stand Training

Effects of Neurological Physiotherapy

Proprioceptive Taping in Neuropathology

Strength Training in Neurology

Retraining Running following TBI or stroke

How Does Our Brain Learn New Movements?

Brains, Cognition and Rehabilitation

Beyond the Diagonals: PNF Workshop

What Is Normal Movement - Scapula & Upper Limb

Normal Movement Course - Reach and Grasp

Retraining High Level Mobility Following Neurological Injury

Proprioceptive Neuromuscular Facilitation: Introduction

Motor Learning & the Feldenkrais Method

Introduction To Pilates For Neurological Clients

Neuro Treatment Options For the Foot and Lower Leg

Overview of Spasticity

Management of Acute Stroke

Clinical Management of Spasticity

Sensory Rehabilitation Following Stroke

National Stroke Foundation

The National Stroke Foundation is represented by Erin Lalor and Chris Price.

Achievements and / or activities related to Acute stroke care

FAST

As part of promoting the FAST message outside of National Stroke Week, several partnerships were developed with state ambulance services, divisions of general practice (QLD) and allied health professionals to promote the new "fire in the brain" FAST TV commercial and to order FAST activity packs. Over 1,500 FAST activity packs have been distributed nationally, most of which have gone to

clinicians, hospitals and community health centres. Several presentations on FAST were given at the Stroke Society of Australasia (SSA) conference during National Stroke Week.

Audit

The National Stroke Foundation (NSF) recently published the results of the National Stroke Audit in the Organisational Survey Report 2011 and Clinical Audit Report 2011. This year, 188 hospitals participated in the Organisational Survey and 108 of these participated in the Clinical Audit. These hospitals provide care for the majority of stroke admissions in Australia and the results are therefore representative of the state of acute stroke care nationally.

A total of 3,548 patient medical records were audited by clinicians at hospitals providing care for acute stroke. Results indicate that while there have been significant improvements in many key areas of stroke management over time, considerable work is still required.

Key findings include:

- Only 7 per cent of patients with ischaemic stroke were thrombolysed with recombinant tissue plasminogen activator (rt-PA). One of the reasons for this was delay in getting to an appropriate hospital. When successful in clearing the blood clot, this treatment is known to increase the chance of a better outcome following stroke by 30 per cent.
- Only one-third of people with stroke arrive at hospital within three hours of stroke onset. Prompt assessment and treatment on a stroke unit in hospital saves lives. Better funding is needed for broad community awareness campaigns.
- Only 60 per cent of people with acute stroke receive stroke unit care. Those who do not receive stroke unit care are more likely to suffer permanent disability than those treated on a stroke unit.
- The audit shows there is an urgent need for federal and state governments to devote greater resources to stroke care to reduce the impact of Australia's second biggest killer.

A cornerstone for improving stroke care in Australia is increasing the number of stroke units in hospitals admitting large numbers of patients. This will improve access to specialised staff and evidence-based treatments such as thrombolysis.

You can download the reports from our website at www.strokefoundation.com.au/health-professionals

Recruitment for the 2012 Rehabilitation Audit is underway. For further information contact Elizabeth Ritchie: eritchie@strokefoundation.com.au

Achievements and / or activities related to Community stroke care

Stroke Consumer Resource

The Care plan pilot is now complete. The report is with the Long Term Working Party. Due to the difficulties faced with the pilot, it is felt that there would be value in re-piloting the template alongside the new consumer resource in early 2012. This initial pilot has provided valuable feedback on areas for change and training required for health professionals.

The new comprehensive consumer resource is close to completion and planned for pilot across sites nationally in 2012. It will comprise a core resource to be given to Stroke Survivors and carers early in the acute phase, and 20 fact sheets on a broad range of topics. The resource content and design is based on the comprehensive national consultation with consumers and health professionals undertaken by the NSF.

StrokeConnect membership is now available in 34 hospitals nationally with plans to further expand in 2012 to all hospitals.

Stroke survivor survey

The Australian Stroke Survivor and Carer Needs Survey is being conducted by National Stroke Foundation in partnership with the Stroke and Ageing Research Centre (STARC) at Monash University. This project is an assessment of the needs of stroke survivors and carers living in the community one or more years after stroke. The survey is based on a similar study conducted in the UK and has been further developed for Australia with oversight by a National Advisory Committee that included both consumer and health care representatives.

The information gained from stroke survivors and their carers will help to measure and better understand the levels of their long-term unmet needs in Australia across health and community services. The findings will be used by NSF to identify priority areas and develop evidence-based policies, programs and strategies that will provide greater support for stroke survivors and their carers in the community.

For more information please email: jmckenzie@strokefoundation.com.au

Achievements and / or activities related to Workforce, training and professional development in stroke

A Logical and Early Response at Triage (ALERT)

The National Stroke Foundation is working in partnership with the Heart Foundation to develop the primary care training package (ALERT) to support non-clinical staff, primarily general practice receptionists, to better identify and manage patients with heart attack and stroke warning signs.

ALERT provides resources and online training for general practice to reduce the delay in diagnosis and treatment for heart attack and stroke. This package will continue to be developed in 2012.

Secondary prevention resources

NSF delivered 'Motivational interviewing for lifestyle change after stroke' at the Wesley Research Institute, Brisbane, on 18 November. This highly interactive workshop explored barriers to providing and documenting lifestyle advice post-stroke, and provided training in motivational interviewing (MI) techniques. Dr Stan Steindl explained the spirit and methodology of MI and demonstrated how it can be used in time-limited settings.

Participants were able to practice MI techniques and receive feedback from their peers and the facilitators. We asked all participants to commit to introducing an element of MI into their practice.

Participants described the workshop as 'inspirational', 'informative', 'practical' and 'enjoyable'. Many noted that MI skills will be valuable in their workplace and they would like NSF to provide more workshops.

The workshop forms part of a broader package of educational resources designed to improve the delivery and documentation of lifestyle advice to prevent secondary stroke. Early in 2012 we will provide a DVD of the workshop together with a secondary prevention poster, secondary prevention resource slide deck, a discharge planning information sheet, lifestyle modification discussion guide and tips for meaningful patient engagement.

All of the resources will be available on the Stroke Foundation website in early 2012 at www.strokefoundation.com.au/health-professionals

Achievements and / or activities related to Data in stroke

NSF is working with external academics to examine time trends in population-level awareness of stroke and stroke warning signs in the Australia, and the first of a series of journal publications using annual cross-sectional telephone survey data from 2004 will be submitted for publication in January.

Achievements and / or activities related to E-health in stroke

The FAST stroke warning signs campaign website has been updated during 2011 (<http://www.signsofstroke.com.au/>)

Other

National Stroke Week (12-18th September 2011)

The NSF partnered with groups such as state stroke clinical networks, divisions of general practice (NSW), allied health associations, know your numbers (KYN) pharmacies and clinicians who had previously participated in Stroke Week. Over 1,000 Stroke Week packs were distributed to clinicians, hospitals and community health centres nationally, 10 allied health publications mentioned Stroke Week/the stroke prevention message and approximately 617,000 stroke risk factor checklists which had a call to action to speak to a doctor or StrokeLine health professional were distributed.

Clinical Guidelines implementation support

The National Stroke Foundation published the Clinical Guidelines for Stroke Management 2010 in September 2010. Since then, we have developed Concise Guidelines for General Practice, Physiotherapy, Occupational Therapy, Speech Pathology, Dietetics, Psychology, Social Work and Nursing. These guidelines and a range of supporting resources (including a PowerPoint presentation, fact sheet and Recommendations) can be found on our website at www.strokefoundation.com.au/health-professionals

In late 2011, NSF developed an implementation guide to assist health professionals and administrators to effect change in their workplace. Implementation of the Clinical Guidelines for Stroke Management: A guide to changing practice for stroke clinicians is designed to help improve compliance with the Clinical Guidelines recommendations. You can download the guide from our website at www.strokefoundation.com.au/health-professionals

Clinical Guidelines survey

The National Stroke Foundation conducted a survey to assess health professional awareness of the Clinical Guidelines for Stroke Management 2010 and supporting resources. We also wanted to know whether the guidelines and supporting resources are being used in clinical practice.

NSF received 171 responses to the survey. Ninety-seven per cent of respondents had heard of the guidelines and 92 per cent used them. When asked how they accessed and used the guidelines, 84 per cent indicated they downloaded them from the Stroke Foundation website and 64 per cent used the electronic version in the emergency department, ward or stroke unit.

The supporting resources were not as widely known: 66% were aware of the Recommendations, 71 per cent of the fact sheet, 17 per cent of the PowerPoint presentation and 71 per cent of the Concise Guidelines.

You can learn more about the survey by contacting Leah Wright: lwright@strokefoundation.com.au

NSW Statewide Stroke Services

NSW Statewide Stroke Services is represented by Mark Longworth and Pip Galland.

Achievements and / or activities related to acute stroke care

State-wide thrombolysis program

Stroke Services NSW are currently working in collaboration with ASNSW and NSW Health to develop a state-wide ambulance bypass protocol for thrombolysis in NSW. At present 15 hospitals across NSW have committed to the program by declaring their capacity to provide 24/7 thrombolytic services. Stroke Services NSW, in discussions with NSW Health and ASNSW, have negotiated that for any future proposal for the development of 24/7 thrombolysis service the network will be consulted to support and direct the essential requirements of the 24/7 service on a individual facility and state wide basis .

NSW paramedics will be trained to identify eligible patients using the FAST tool and only stroke patients within a 3 hour thrombolysis time window will be bypassed to thrombolysis centres.

ASNSW will use a centralised notification system and each hospital will determine their own local protocols for thrombolysis once the patient has been delivered to their emergency department. NSW Health will be monitoring thrombolysis bypass processes and outcomes. At present key indicators are being negotiated and will include the SITS Register or the Australian Thrombolysis Register.

Final evaluation report of the NSW Rural Stroke Project

This year the final evaluation report of the NSW Rural Stroke Project was completed. The project was commenced in 2006 to enhance the provision of evidence based stroke care in rural areas of NSW. The third and final report supports enhancing stroke care within the existing Rural Stroke Services by demonstrating evidence based stroke care within the current 'hub and spoke' model after stroke service enhancements were instrumented. The NSW Rural Stroke Project may be used to guide the enhancement of stroke service provision in other rural areas of Australia.

Achievements and / or activities related to Rehabilitation stroke care

NSW Health Clinical Redesign for Rehabilitation Services

In 2011 NSW Health Clinical Redesign commenced a project to examine the model of rehabilitation care in NSW. Stroke Services NSW has had representation on the Redesign working party and has been able to advocate for stroke rehabilitation within this project. At present a gap analysis is underway across NSW and representatives from Stroke Services NSW will remain involved in this project during the implementation phase in 2012.

Achievements and / or activities related to Community stroke care

ABI Challenging Behaviour and Intervention and Support Service

The network is in consultation with NSW Government Ageing Disability and Home Care (ADHC) and NSW Department of Family and Community Services to investigate if NSW Health and ADHC will consider the feasibility of a joint behaviour consultancy service to provide specialist support to people with ABI, their families and people working with them.

Achievements and / or activities related to Workforce, training and professional development in stroke

Smart Strokes 2011

Smart Strokes was held in August on the Gold Coast in collaboration with Queensland Health. The conference attracted over 400 attendees which is almost double the attendance of the previous year. Feedback from the conference delegates has again been very positive and the quality of the presentations grows stronger every year. Next year Smart Strokes will combine with the SSA in Sydney.

Achievements and / or activities related to E-health in stroke

The NSW Rural Stroke Network Online education package will be available in January 2012.

The package will be available on www.estroke.com.au

Other information relevant to the ASC

Stroke research –outcomes and recently awarded NMHRC grants

Successful completion of one of the first research trials to work with the ACI's Statewide Stroke Service

The recently completed NHMRC-funded Quality in Acute Stroke (QASC) trial was conducted throughout 19 NSW stroke units involving more than 1,600 patients. This was one of the first research trials to work with the Agency for Clinical Innovation's Stroke Services NSW. The project developed, implemented and rigorously evaluated, using a clustered randomised controlled trial design, an intervention to improve evidence-based management of fever, hyperglycaemia and swallowing management in the first 72 hours following acute stroke.

The QASC trial enlisted three expert groups to develop the FeSS (Fever, Sugar and Swallowing) clinical treatment protocols in line with the National Stroke Foundation guidelines recommendations for management of fever, hyperglycaemia and swallowing. These protocols were incorporated into the FeSS Implementation Strategy, which included, two teambuilding workshops, two interactive education sessions, reminders and visits from the project officer. Ten NSW stroke units were randomised to receive the intervention; the other nine received only an abridged copy of the stroke guidelines.

Results showed that patients admitted to the stroke units who received the FeSS intervention, were 16 per cent more likely to be alive and independent 90-days following their stroke (modified Rankin Scale >2) and have better physical health status (SF-36). They also were more likely to have fewer episodes of fever, lower mean temperatures, lower mean glucose levels and better screening for swallowing difficulties.

The trial was collaboration between the Australian Catholic University, the University of Newcastle, the University of Ottawa, the University of Western Sydney, the University of Sydney and the University of Melbourne as well as a team of clinicians from NSW Health. These results provide some of the best evidence to date on how to change clinicians' behaviour in stroke and also evidence for effective team work and good nursing care.

The trial results have been recently published in the Lancet, www.lancet.com.

Further information on the study, protocols and implementation strategies can be obtained from www.acu.edu.au/qasc

Congratulations to clinicians from the statewide stroke network who were successful in receiving 2012 National Health and Medical Research Council Project grants:

Craig Anderson (University of Sydney) Richard Lindley (The George Institute) Chris Levi (University of Newcastle) Enhanced Control of Hypertension and Thrombolysis Stroke Study (ENCHANTED)

Sandy Middleton (Australian Catholic University) T3 Trial: Triage, treatment and transfer of patients with stroke in emergency departments

Chris Levi (University of Newcastle) an internal comparison of systems of care, risk stratification and outcomes in TIA and minor stroke

Neil Spratt (University of Newcastle) Short Duration hypothermia to prevent subsequent intracranial pressure rise

Mark Parsons (University of Newcastle) as part of a research team lead by Geoffrey Donnan (National Stroke Research Institute-Victoria) received \$8,700,00 over five years to undertake research titled Improving Stroke Outcomes: Attenuating Progression and Recurrence

Dominique Cadilhac (National Stroke Research Institute-Victoria) was also awarded a Partnership Project grant. The research will be undertaken at a national level and will be supported through the statewide stroke service. The research is titled Stroke123: A collaborative effort to monitor, promote and improve the quality of stroke care in hospitals and patient outcomes

Occupational Therapy Australia

Occupational Therapy Australia is represented by Louise Gustaffson.

Achievements and / or activities related to stroke care

Members of Occupational therapy Australia Limited (OTAL) participated in Stroke Awareness week activities around the country. Two members were interviewed for radio during this period.

Achievements and / or activities related to Workforce, training and professional development in stroke

- There have been ongoing activities nationwide related to continuing professional development of the members.
- There has been continuing activity and informal support on a listserv for occupational therapists working in neurology which is not exclusive to people working in stroke.
- OTAL neurology special interest groups have continued to meet in members local areas.

Other information relevant to the ASC

OTAL as an organisation is not directly involved with stroke care. However, individual members will be involved with their local networks and organisations who are also providing feedback via this report.

Consumer

Consumers are represented by Eleanor Horton.

Achievements related to stroke over the past 12 months

Consumer representative on the Qld Statewide Stroke Clinical Network

Attended the SmartStrokes conference and facilitated sessions.

Attended the stroke forum.

Current Stroke Related Activities

Member of stroke support groups.

Carer of a stroke survivor for nearly 11years.

Future Plans relating to Stroke

Member of stroke support groups.

Carer of a stroke survivor

Other information relevant to the ASC

Have been involved in stroke support groups in Queensland and New South Wales over the past eleven years.

Royal College of Nursing Australia (RCNA)

Royal College of Nursing Australia (RCNA) is represented by Sandra Lever.

Achievements and / or activities related to Acute stroke care

RCNA continues to support the work of the Acute event working group and is open to supporting and promoting any nursing service delivery developments as the opportunity arises.

Achievements and / or activities related to Rehabilitation stroke care

RCNA continues to support representation of nursing and active participation in the ASC Rehabilitation working party activities.

Achievements and / or activities related to Community stroke care

RCNA continues to support representation of nursing and active participation in the ASC Long Term and Recovery working party activities.

Achievements and / or activities related to Workforce, training and professional development in stroke

RCNA continues to support representation of nursing and active participation in the ASC Workforce Training and Professional development working party activities. RCNA is open to providing 3LP educational material and courses related to stroke as the opportunity arises.

Other information relevant to the ASC

RCNA continues to monitor local, state and national issues relevant to stroke and opportunities to promote any nursing and/or nurse-led service delivery and innovations in relation to stroke.

RCNA continues to support RCNA member representation on the Australian Stroke Coalition (ASC) and the ASC working parties.

RCNA plans to continue our ongoing commitment to facilitate collegial activity and promote stroke related discourse within the profession as the opportunity arises. RCNA also plans to continue to

provide discussion forums for members to access and potentially utilise for dialogue around stroke related issues.

South Australian Statewide Stroke Network

The SA Statewide Stroke Network is represented by Andrew Lee and Susan Hillier.

Achievements and / or activities related to Acute stroke care

Working Group completing final protocols and pathways for acute stroke in SA. The Steering committee has approved the preliminary pathway for the first 24 hours.

Acute stroke services have been reviewed in two regional centres with a view to implementing coordinated stroke pathways there in the future (Mt Gambier and Whyalla).

Achievements and / or activities related to Rehabilitation stroke care

The Rehabilitation Pathways and protocols documents have been submitted to Department of Health and subsequently reviewed by the local health networks. The steering committee is considering the way forward for implementation.

Achievements and / or activities related to Community stroke care

As for Rehabilitation.

Achievements and / or activities related to Workforce, training and professional development in stroke

Several members of the Stroke steering committee have participated in work force planning with the Dept of Health and the current project has been fed back to the committee. Further work is being done on the models.

Achievements and / or activities related to Data in stroke

A working group has been established and is collating stroke data sources to pool into a centralised database to minimise duplication. Preference will be given to parameters length of KPIs stratified by process and outcome. The mandate is to incorporate national data systems that include the minimum data set and AuSCR. The initial proposal is to amend electronic discharge summaries to include a field tick box to identify stroke. The Network has been successful in changing coding practice at the stroke unit hospitals. Delivery of intravenous thrombolysis will be coded.

Achievements and / or activities related to E-health in stroke

Individual stroke units have been working with tele-medicine and tele-rehabilitation in rural sectors (e.g. Mt Gambier)

Other information relevant to the ASC

A centralised TIA clinic has been approved to go to the project development stage – a project officer will be employed for 6 months to put together the full plan and business case.

Stroke Society of Australasia

The Stroke Society of Australasia is represented by Richard Lindley, Mark Parsons and Tissa Wijeratne.

Achievements and / or activities related to Acute stroke care

There was great discussion at the ASM in Adelaide regarding the role of the Australian Stroke Unit Network (ASUN), but under Andrew Lee's leadership, there was consensus that this network should continue, but perhaps shift its role to be more involved in implementation. There is still much to be done in developing stroke unit services, with particularly worrying events in Tasmania in the second half of 2011.

Achievements and / or activities related to Workforce, training and professional development in stroke

The annual scientific meeting of the Stroke Society was held in Adelaide in September and was a great success. Some 350 delegates enjoyed a particularly friendly meeting. The conference had been largely organised without a formal Conference organising company which had been somewhat controversial within the Society but we await to hear the final financial outcome of this "experiment". At the Annual General Meeting, the membership ratified the Executive's recommendation to put in a bid for the 2016 World Stroke Congress and the Society would be interested to hear from other stroke groups, for their ideas around such a bid. Please contact the Society's President, Richard Lindley (Richard.lindley@sydney.edu.au).

The 2012 meeting will be held with Smart Strokes in Sydney (<http://www.stroke2012.com.au/>) from 29-31 August 2012 at the Sydney Convention and Exhibition Centre, Darling Harbour, Sydney.

At this stage we are hoping to hold the 2013 meeting in Darwin during the dry season!

Tasmanian Stroke Unit Network

The Tasmanian Stroke Unit Network is represented by Helen Castley.

Achievements and / or activities related to acute stroke care

There has been concerning news that the number of stroke beds at the Royal Hobart Hospital will be reduced. We have been advocating maintaining our current 8 bed unit. A meeting was held with those involved in stroke care from ambulance service, emergency department and acute services to improve patient flow into the acute stroke unit.

Achievements and / or activities related to Rehabilitation stroke care

A commitment has been given from rehabilitation services to continue to help develop pathways for patients transitioning from acute to rehabilitation services.

Achievements and / or activities related to Workforce, training and professional development in stroke

A dedicated Stroke Registrar position was created at the Royal Hobart Hospital for 2011. A training day was held recently for nurses working on the Acute Stroke Unit.

Achievements and / or activities related to Data in stroke

Ethics approval has been given for the use of AuSCR but still needs site specific approval.

Other information relevant to the ASC

A Project Officer has been assigned to help support a Statewide Leadership group for stroke services. From this the aim is to identify key priorities and develop a stroke strategy.

Western Australia

Western Australia is represented by Andrew Granger and Jacqueline Ancliffe.

Achievements and / or activities related to Acute stroke care

1. NSF organisational audit results confirm WA has gone backwards and is second worst state in proportion of stroke managed on a stroke unit. Two stroke units still required, one in a major metropolitan hospital with, numerically, the busiest ED in the country, and 300 strokes annually. No real signs of progress on that.
2. State Department of Health are engaged in measures to address the above, and seem genuinely motivated to improve performance.
3. Rural: progress on stroke services in Bunbury, Kalgoorlie, Albany and Geraldton. These will improve pathways and protocols, build on links to metropolitan areas, and (later) expand to include acute stroke units and thrombolysis access.

Achievements and / or activities related to Rehabilitation stroke care

1. South Metro Health Service stroke rehab service commenced September 2011 using COAG funding for subacute care. This includes stroke inpatient SRU, Early Supported Discharge, and an outpatient service.
2. North Metro Area Health Service stroke rehab service has received project funding to expand ESD services, dropping entry age cutoff to 50. The existing service (SRU expansion and new ESD) has saved 890 tertiary bed stay days in its first year.

Achievements and / or activities related to Workforce, training and professional development in stroke

Stroke specific education and training ongoing to the new South Metro stroke rehabilitation unit. No network-related or coordinated activities.

Achievements and / or activities related to Data in stroke

Prior to the disbandment of the WA Stroke Network a group of clinicians was working on development of process indicators which would provide the foundation for a state wide data base.

Dr Erin Godecke and others are collaborating with NSF and AuSCR to initiate a research project that will utilise a data base to evaluate quality improvement of the stroke services in WA. This is seeking project funding as commitment to funding from elsewhere has not been forthcoming.

Other information relevant to the ASC

No clinical WA stroke network has existed for over a year. It has been strongly indicated to DOH that any planned improvements can only achieve buy in and implementation via an appropriately resourced network with access to appropriate levels of management at DOH. The strengths of the SA network and their recent changes have been used as a 'locally relevant' comparator- thanks to Jim Jannes and Kendall Goldsmith.