My Stroke Care Plan

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Long Term Recovery and Support Working Group
Background

care/ˈke(ə)r/
Noun: The provision of what is necessary for the health, welfare, maintenance, and protection of someone or something.

plan/ˈplæn/
Noun: A detailed proposal for doing or achieving something.
Initial pilot

• **Aim:** to seek feedback from 100 draft care plans piloted at 4 acute, 4 rehab and 2 community sites (10 care plans at each site)

• **Process:** 14 sites were approached by the NSF, 5 agreed to participate

• **Completion:** 42 care plans were completed across 5 sites in NSW, SA, TAS, QLD & VIC.
Consumer Survey

Stroke survivors and Carers participating in the pilot were asked to consider:

- Timing and provision of the care plan
- Content of the care plan
- Design of the care plan
- Perceived value of the care plan; and
- The usefulness of goal setting material.
Results - consumers

A total of 18 consumers (43%) completed the consumer survey.

- easy to read and understand
- helpful in their recovery
- used it frequently as a resource at home
Health professionals were asked to provide feedback on:

- Ease and challenges
- Time required
- Perceived value of the resource
- Information provision
- National roll-out and implementation
- Training components
- Content, design and formatting of the care plan.
Results and recommendations

All sites provided feedback

Commented on
- Layout
- Content
- Ideas for training

Recommendations
- Broader evaluation project
- Care plan modification
- Training package
We listened!

- Broader evaluation project
- Review of the *Stroke Survivor Kit*
- Consultation with our stakeholders
- Outcomes highlighted the need for:
  - One, personalised, comprehensive resource folder holding core information
  - Tailored information according to stroke impact
Important recommendations

• **Consumers** suggested that information tailored to their needs *should be delivered as soon as possible* rather than later in their recovery ✔

• **Health professionals** felt a coordinated, team approach is required at a local level to ensure written information is provided in a timely, appropriate manner ✔

• The need for **one** resource used to store all information whereby consumer ownership is supported across the care continuum ✔
The MSJ Information Pack:

1. My Stroke Journey
2. My Stroke Care Plan
3. National Stroke Foundation Fact Sheets
4. The Pack

= the final product ✔️ ✔️ ✔️
My Stroke Care Plan

• Developed to help set goals with the stroke survivor and assist them to be active in planning their ongoing recovery from stroke.

• Used when they leave hospital or when they are at home so they know what is happening next, who to contact and who will support them.
MSJ Pilot

- Aim to trial 200 MSJ Packs
- Expression of Interest to participate in the pilot sent via clinical networks
- Acute hospitals with stroke unit or admitting >100 stroke patients/year
- 25 hospitals applied to participate
- 22 accepted into the pilot
  - 7 QLD, 7 NSW, 4 VIC, 2 SA, 1 TAS, 1 WA
Pilot process

- MSJ Pack provided at **day one**
- Care plan and goal setting sections completed with the participant by MDT members
- Participant survey sent at 2 weeks post discharge
- Pilot-site coordinator to call participant to encourage survey completion
- Sites participate in pilot debrief with NSF
Consumer feedback

- De-identified participant surveys
- Of those received to date (n=20):
  - 52% said the care plan was the most useful or helpful component of the MSJ Pack
  - Majority started working on it in hospital
  - Majority said the goal setting section was helpful
  - Majority had used the care plan a lot
  - 73% found it helpful
  - 100% liked the design and layout
Pilot site/lead feedback

• Very enthusiastic, supportive and excited about the MSJ Pilot and ongoing resource
• Positive feedback about the Pack, particularly in sites without a stroke unit
• “Patients liked being included in their goal setting”
• Some formatting to update
• More training required on goal setting across the MDT
1. **My Stroke Journey** – a booklet to help stroke survivors understand stroke and their care

2. **My Stroke Care Plan** – a tool to help you and stroke survivors to actively plan their recovery together

3. **National Stroke Foundation Fact Sheets** – provide more detail about a range of topics relevant to stroke survivors recovery

4. **The Pack** is also a place survivors can keep other information related to their recovery.