

Our Impact; Delivering joined up Person Centred Care

- **Integrated Stroke Service;
South Eastern ICPs**

**Pauline Glenfield; Community Stroke
Manager South Eastern Trust**



#ICPchange



EARLY SUPPORTED DISCHARGE (ESD) FOR STROKE

Pauline Glenfield
Community Stroke Manager



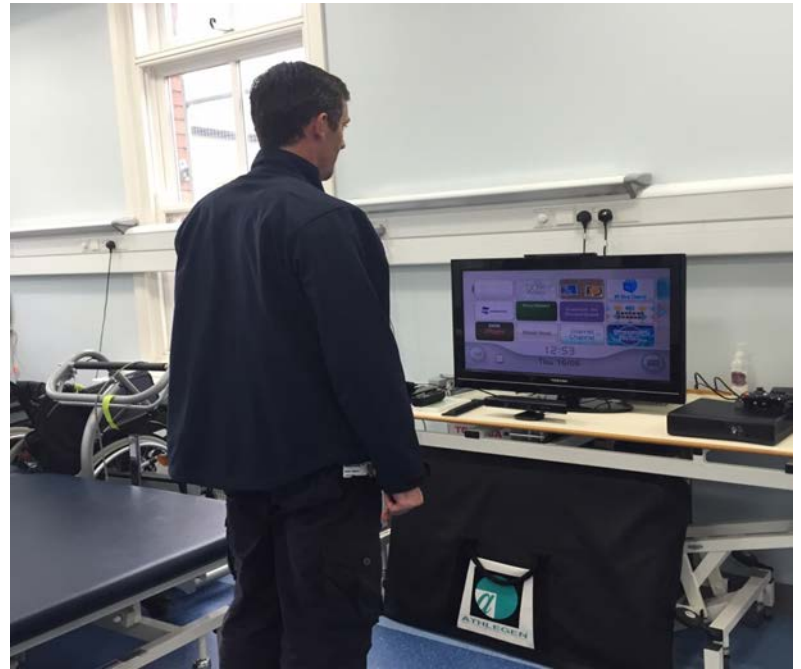
ESD – What does it mean

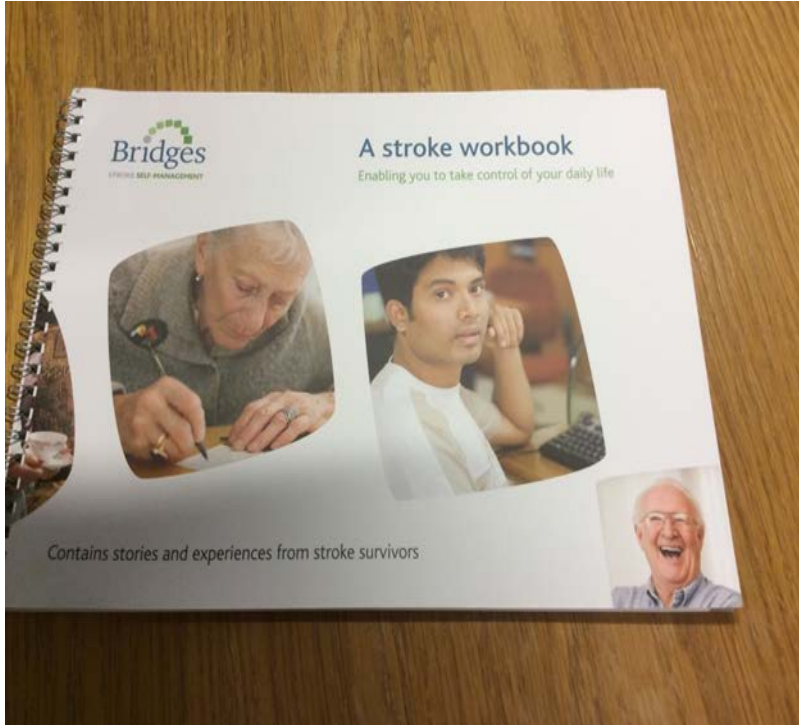
- ❖ **Earlier hospital Discharge**
- ❖ **Follow up within 24 hours**
- ❖ **Intensive Therapy**
- ❖ **7 day service**



Support Tools







The image shows a worksheet titled "My Goals" with a "Name" field at the top. The worksheet is divided into three columns: "What I am like now", "What I would like to do" (with a sticky note icon), and "What I achieved" (with a ribbon award icon). The columns are currently blank.

| What I am like now | What I would like to do | What I achieved |
|--------------------|-------------------------|-----------------|
| | | |

ESD Case Study

**86 year old lady,
previously fully
independent living alone
and driving, admitted to
Stroke Unit with left sided
weakness and slurred
speech**



ESD Case Study

- ❖ **Discharged on Friday afternoon 14 days post Stroke to a nursing home at her request**
- ❖ **Assessed by CST Saturday morning**

My Goals

| What am I like now | What I would like to do | <i>What I achieved</i> |
|--------------------------------------|---|-------------------------------|
| Weak left arm and unable to use hand | To eat properly with a knife and fork To play bridge To not need Help | |
| Need help to walk Poor balance | To walk without help inside and outdoors | |
| Unable to climb stairs | Go upstairs alone | |
| Lack confidence | To do my own shopping again and make meals | |
| Fatigue | | |
| In Nursing home | To go home | |

Treatment

2 weeks Intensive therapy in the Nursing Home for arm function, balance, mobility and ADL practice



Home visit to assess on stairs and practice making a meal



❖ **Returned home with care package 4 calls for meals, ADL assistance and supervision on stairs**

❖ **4 weeks intensive input at home increasing confidence with mobility and balance, and functional use of her hand and arm**

- ❖ **goal orientated tasks e.g. shopping**

- ❖ **2 weeks monitoring - encouraging self management and exercises**

My Achievements

| <i>What am I like now</i> | <i>What I would like to do</i> | <i>What I achieved</i> |
|--------------------------------------|---|--|
| Weak left arm and unable to use hand | To eat properly with a knife and fork To play bridge To not need Help | Able to wash and dress without help Able to eat with a knife and fork |
| Need help to walk Poor balance | To walk without help inside and outdoors | Walking independently |
| Unable to climb stairs | Go upstairs alone | Using stairs on my own |
| Lack confidence | To do my own shopping again and make meals | Shopping by Taxi Making my meals |
| Fatigue | | Know when to rest |
| In Nursing home | To go home | Back in my own home Don't need care |

“I have mastered my shuffling technique and am ready for Bridge in September”

“I now feel I can go out with friends and eat a meal properly with a knife and fork”

“The Team were very encouraging always checking that I was doing my exercises correctly but I made sure I did them twice a day“

What next

