

GRAMPIAN STROKE MCN

2024/2025 - A YEAR IN REVIEW



Stroke MCN Lead Overview - Thérèse Lebedis

Our Stroke MCN worked very hard in 2024-2025 to build on the successes of the previous year with a continued focus on improving the quality and efficiency of stroke services in Grampian. We have updated and reviewed a number of key intervention pathways while network members have contributed to the development and testing of a national rehabilitation bundle. Our network commitment to stroke education initiatives has remained strong and we have been involved in providing and supporting a number of activities in this regard.

Through consensus and collaboration with range of healthcare professionals, service managers and third sector partners we have sought to identify areas of improvement and implement improvement actions that will help us realise more fully the agreed goals outlined in the National Stroke Improvement Plan. We look forward to continuing to work together to further improve stroke services in Grampian so that outcomes for people impacted by stroke can be as positive as possible.



STROKE IMPROVEMENT PLAN

Work continues across the system from primary care through to acute, nursing, rehabilitation and community support services as we seek to realise the objectives in the Scottish Stroke Improvement Plan. Shared governance processes, pathway reviews and a continued focus on services at both ARI and DGH have continued, although workforce gaps and staffing pressures remain a challenge in a number of areas.



EDUCATION

Our online Grampian Stroke MCN Professional Conference was attended by over 80 healthcare professionals. A range of interesting topics included presentations about strokes in young people, development of FND pathways, upper limb rehab and trends in PEG use after stroke. Support was also provided to enable several people to attend annual UK Stroke Forum and our Stroke Education Facilitator continued to provide range of educational activities throughout Grampian.



THROMBECTOMY

Delivery of thrombectomy with NHS Tayside as regional hub. We continue to support thrombolysis assessment and treatment for Highland boards.

National approach to medical and NAHP education with online learning in place.



STROKE IMPROVEMENT PLAN

MDT discussion notes for people admitted to hospital with a stroke now available in central electronic record for all healthcare professionals to view as appropriate.

Number of documented pathways added or updated on Grampian Guidance including Bladder & Bowel rehabilitation after stroke, Communication, Dysphagia, Mobility, Nutrition and Vision.

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2025/2026 OBJECTIVES



ATRIAL FIBRILLATION

As part of our preventative efforts we will seek to run a limited public information campaign around the identification and treatment of atrial fibrillation (AF) and raised blood pressure (both of which can have an impact on the incidence of stroke).

If the campaign is successful we will seek to expand the scope of this campaign across Grampian.



6 MONTH REVIEWS

Link in with CHSS to develop plans around ensuring that all people who have had a stroke in Grampian receive a 6-month post-stroke review.

This will help us allow all stroke survivors to have the opportunity to have their needs and goals reviewed and to help people be able to access any additional help or support that might aid their ongoing recovery.



STROKE IMPROVEMENT PLAN

Continue to focus on advancing and improving key areas of our Grampian Stroke Improvement Plan, such as improving access to stroke units in both Aberdeen Royal Infirmary and Dr Gray's Hospital as well as developing supported self-management pathway to raise awareness and consistent delivery of supported self-management options across Grampian.

Point of care testing (POCT) for clopidogrel resistance project to be undertaken in collaboration with NHS Western Isles to evaluate the impact of genetic POCT for stroke patients in rural and remote geographies in Scotland.



STROKE REHABILITATION SERVICE PROVISION

Stroke Rehabilitation is a key component in helping people recover after having a stroke and our commitment to enhancing the provision of rehabilitation services in Grampian will be a key network objective for us in the next year.

Our ambitions include seeking to develop weekend rehabilitation services for Woodend Hospital and Dr Gray's Hospital as well as developing plans for Early Supported Discharge provision across Aberdeenshire and Moray and improved access to neuropsychology across Grampian.



EDUCATION

We will host in-person to provide education and networking opportunities for all staff with interest in stroke. Keynote presentations will include focus on community healthcare support & self-management, innovations in stroke rehabilitation and technology along with latest research updates.

We will also be active in supporting attendance from as many teams as possible at the 20th national 3 day UK Stroke Forum that is taking place for the first time in Aberdeen in November 2025.

Our local stroke educator will also facilitate a wide range of courses to support professionals across Grampian.