

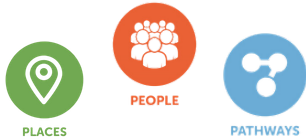
GRAMPIAN STROKE MCN

2025/2026 - A YEAR IN REVIEW



Stroke MCN Lead Overview - Thérèse Lebedis

The past year has seen continued progress across the network in service improvement, collaboration and innovation. Highlights included the return of the in-person Grampian Stroke Multidisciplinary Conference in May 2025 and supporting the UK Stroke Forum annual conference, which was held in Aberdeen for the first time. Both events brought together colleagues from across disciplines to share learning, showcase research and identify opportunities to strengthen the stroke pathway. Across the region, we have continued to embed the principles of Realistic Medicine through personalised goal setting and rehabilitation. Quality improvement work has focused on enhancing patient experience, improving outcomes and reducing unwarranted variation, including initiatives to support timely discharge and optimise length of stay. Digital transformation has remained a priority, with new electronic contact notes and an electronic thrombolysis form helping to streamline processes and improve data capture. We have also expanded the use of technology to support rehabilitation and self-management. These achievements reflect the commitment of multidisciplinary teams across Grampian and provide a strong foundation for our ongoing work to improve equitable access to high-quality stroke care and rehabilitation.



STROKE IMPROVEMENT PLAN

We continued to advance delivery of the Scottish Stroke Improvement Plan through pathway development, quality improvement activity and strengthened multidisciplinary governance arrangements.

A number of rehabilitation and clinical pathways were developed and updated and are available on Grampian Guidance. Progress was also demonstrated in areas such as shared decision-making, supported self-management, goal setting, partnership working with third sector organisations and research participation.



EDUCATION

Education remained a key priority, with multidisciplinary programmes, annual network learning events and competency-based training supporting workforce development and the consistent delivery of evidence-based stroke care across acute, rehabilitation and community services. We also partnered with the Stroke Association and P&J Live to bring the UK's largest stroke conference to Aberdeen, enabling over 50 Grampian delegates to attend through support from the Stroke MCN Education Fund and Grampian Charities.



6 MONTH REVIEWS

Six-month post-stroke reviews in Grampian were fully implemented in 2025/26. These reviews, conducted by our specialist Grampian CHSS Stroke Nurses, assess ongoing needs, support self-management, and facilitate referrals to other services for people following a stroke. These reviews are important in helping people during their recovery journey and this was a significant development to be fully implemented over the last 12 months.



STROKE REHABILITATION SERVICE PROVISION

Stroke rehabilitation services continued to develop through coordinated multidisciplinary working across inpatient, community and early supported discharge settings. Progress included expansion of supported self-management approaches, development of rehabilitation pathways and increased use of electronic documentation although challenges relating to workforce capacity and equitable access to specialist rehabilitation services across the region.

GRAMPIAN STROKE MCN

2026/2027 OBJECTIVES



MORAY STROKE REVIEW

Engage with key stakeholders and undertake a review of stroke services in Moray to identify any capacity and workforce limitations that are impacting on the delivery of effective and optimal stroke services.

Prepare report for consideration by Moray Alliance.

Develop action plan in line with the provisions detailed in the national Stroke Improvement Plan to address any issues.



PATHWAYS DEVELOPMENT

We will continue to develop, evaluate, and integrate essential pathways in Grampian aimed at supporting individuals who have experienced a stroke. These are hosted on the Grampian Guidance page on the NHS Grampian intranet.

The focus will be on, but not limited to, pathways in the following areas:

- Bowel & Bladder rehabilitation
- Physical activity exercise and fitness
- Relationships and sexuality
- Pain management



STROKE IMPROVEMENT PLAN

We will continue to focus on strengthening the quality, consistency and equity of stroke services across the whole pathway, from prevention and hyperacute care through to rehabilitation and long-term support.

Promote supported self-management and person-centred goal setting.

Continue to advocate and build case for additional resource to advance the implementation of the National Model of Psychological Care for Stroke (NMPCS) and support development of national implementation strategy.

Further priority actions to be determined after annual Government review in September 2026.



STROKE REHABILITATION SERVICE PROVISION

Review the provision of stroke rehabilitation services in Grampian.

Seek to develop assistive technology options to support stroke rehabilitation at Woodend Hospital in Aberdeen, Fraserburgh Stroke Rehabilitation Unit and Dr Gray's Hospital.



EDUCATION

During 2026/27, the Grampian Stroke MCN will support workforce development through delivery of the annual Grampian Stroke MCN Conference and promotion of core and advanced stroke education opportunities.

Working alongside the local Stroke Education facilitator, the MCN will support multidisciplinary staff to engage with training, share best practice and attend key national events, including the SSAHPF & SSNF Joint Conference and UK Stroke Forum. These activities will help strengthen skills, support service improvement and contribute to delivery of national stroke standards across Grampian.