

## Nursing and Rehabilitation Workshop Schedule - Tuesday 4 December 2018

	Ludlow 1	Ludlow 2	Ludlow 3	Newport	Coalport	Atcham Suite
<b>Slot 1</b> 12:30 – 13:25	<p><b>Psychological Support: Hints and Tips</b></p> <p><b>Chair:</b> Dr Shirley Thomas (<i>Lecturer in Rehabilitation Psychology, University of Nottingham</i>)</p> <p><b>Speakers:</b> Dr Shirley Thomas (<i>Lecturer in Rehabilitation Psychology, University of Nottingham</i>) Dr Liz Lightbody (<i>Reader in Health Services Research, University of Central Lancashire</i>)</p> <p><b>Session Overview</b> The session aims to provide practical hints and tips relevant to all members of the multidisciplinary team to –</p> <ul style="list-style-type: none"> <li>• Overview of psychological difficulties after stroke;</li> <li>• Starting conversations and keeping conversations going;</li> <li>• General counselling techniques;</li> <li>• Behavioural activation approaches for low mood;</li> <li>• Supporting people with aphasia</li> </ul>	<p><b>Incorporating and/or strengthening eye services in the stroke team</b></p> <p><b>Chairs:</b> Dr Lauren Hepworth (<i>Research Orthoptist, University of Liverpool</i>) and Lizzie Printer (<i>Service User Representative</i>)</p> <p><b>Speakers:</b> Dr Andrew Hill (<i>Consultant Stroke Physician at Whiston Hospital St Helens and Knowsley Teaching Hospitals NHS Trust</i>) Jamie Spofforth (<i>Deputy Head Orthoptist, Imperial College Healthcare NHS Trust</i>)</p> <p><b>Session Overview</b> Currently in the UK, vision services provided to stroke survivors varies considerably. Two clinicians will present their stories on the development and strengthening of vision services in stroke care; from a stroke unit and an orthoptic department point of view. The aim of this workshop is to discuss the essential and desirable criteria of vision services within stroke care and how these can be encouraged and achieved, the resources required and how barriers can be overcome.</p>	<p><b>Early physiological changes and actions</b></p> <p><b>Chair:</b> Paula Beech (<i>Consultant Nurse, Salford Royal NHS Foundation Trust</i>)</p> <p><b>Speakers:</b> Cath Curley (<i>Nurse Consultant /Stroke Clinical Lead, East Lancashire Healthcare NHS Trust</i>) Clare Gordon (<i>Consultant Nurse &amp; NIHR Clinical Academic Fellow, Royal Bournemouth &amp; Christchurch Hospitals NHS Foundation Trust</i>)</p> <p><b>Session Overview</b> This training session will be an interactive workshop covering three aspects of acute stroke care: Early ischaemic changes; Thrombectomy; and Intracerebral haemorrhage. It will cover the pathophysiology and current evidence informing the management of these three aspects of acute stroke care. Case study discussion will enable attendees to explore the implications for their own nursing practice, and share best practice with other attendees.</p>	<p><b>Cognitive rehabilitation for everyone – embedding enhanced learning techniques into your practice</b></p> <p><b>Chair:</b> Dr Charlie Chung (<i>Occupational Therapist, NHS Fife</i>)</p> <p><b>Speakers:</b> Dr Viki Teggart (<i>Clinical Neuropsychologist, Greater Manchester Mental Health NHS Foundation Trust</i>) Dr Natalie Arran (<i>Clinical Psychologist, Salford Royal Foundation Trust</i>)</p> <p><b>Session Overview</b> Cognitive deficits can impact upon a person's ability to learn new skills and information, which can reduce the effectiveness of rehabilitation strategies. This session will consider how enhanced learning techniques can be incorporated into all aspects of stroke rehabilitation to support people with cognitive deficits in learning or re-learning skills after a stroke. Worked examples of adapted interventions will be provided and participants will be encouraged to apply enhanced learning strategies to their own area of work.</p>	<p><b>How to optimise aphasia recovery through self-help and peer support initiatives</b></p> <p><b>Chair:</b> Professor Marian Brady (<i>Professor of Stroke Care &amp; Rehabilitation, Nursing, Midwifery and Allied Health Professions Research Unit, Glasgow Caledonian University</i>)</p> <p><b>Speakers:</b> Melanie Derbyshire (<i>Assistant Director – Aphasia, Stroke Association</i>) Gill Pearl (<i>Speech and Language Therapist, CEO Speakeasy Bury</i>) Patricia Sweetingham (<i>Stroke Survivor, Basingstoke Stroke Support</i>)</p> <p><b>Session Overview</b></p> <ul style="list-style-type: none"> <li>• Explore the role of health professionals in enabling and encouraging people with aphasia to access opportunities for self-help and peer support;</li> <li>• Learn about both models and the respective benefits for people with Aphasia;</li> <li>• Understand the experience from the perspective of someone with Aphasia;</li> <li>• Join our round-table discussions about the necessary transition from 'health care' to 'peer support' and how health professionals can help to make this transition intuitively natural and beneficial.</li> </ul>	<p style="text-align: center;"><b>12:40 – 14:30</b></p> <p><b>How can we increase patient's uptake of rehab? The environment?</b></p> <p><b>How can we increase patient's uptake of rehab? The environment?</b></p> <p><b>Chairs:</b> Dr Ulrike Hammerbeck (<i>Research Physiotherapist, University of Manchester</i>) and Shani Shamah (<i>Stroke Survivor</i>)</p> <p><b>Enriched environments: Why are they important?</b> Heidi Janssen (<i>University of Newcastle, Priority Research Centre for Stroke and Brain Injury</i>)</p> <p><b>Why are people so inactive after stroke and how can this be changed</b> Dr David Clarke (<i>Lecturer in Stroke Care, Academic Unit of Elderly Care and Rehabilitation, Bradford Institute for Health Research</i>) and Dr Karolina Gombert (<i>Research Associate, Centre for Health and Social Care Research, Kingston University London</i>)</p> <p><b>Building the clinical evidence for use of enriched environment after stroke</b> Heidi Janssen (<i>University of Newcastle, Priority Research Centre for Stroke and Brain Injury</i>)</p> <p><b>How can we change practice?</b> Dr Louise Connell (<i>Reader in Rehabilitation, University of Central Lancashire</i>)</p> <p><b>Session Overview</b> Animal studies have demonstrated that providing a stimulating environment enhances both activity and recovery after a stroke. Recent work in Australia and the UK has translated these findings into studies in stroke units to decrease stroke survivors' inactivity. This interactive session will provide you with information of the theory behind enriched environments, results from innovative studies designing and testing how to change the environment and ideas for changing your own practice.</p> <p><b>Panel Q&amp;A</b></p>
10 minute changeover						
Slot 2 13:35 –14.30 (Repeat of above workshops)						
Refreshment Break: 14:30 – 15:00						

<b>Slot 3</b> 15:00 – 15:55	<p><b>How to do a great six month review of stroke survivors' unmet needs</b></p> <p><b>Chair:</b> Professor Audrey Bowen (<i>Stroke Association /John Marshall Memorial Professor of Neuropsychological Rehabilitation, University of Manchester</i>)</p> <p><b>Speaker:</b> Dr Emma Patchwood (<i>Research Associate for GM-CLAHRC Stroke Programme</i>)</p> <p><b>Session Overview</b>  Conducting a useful and positive six month review takes skills and resources. This workshop will help equip you with those. We will discuss principles of a good review and practical tips. Attendees will have 'first look' at new versions of the modified Greater Manchester Stroke Assessment Tool (mGM-SAT). mGM-SAT resources have been updated to support a comprehensive review and help professionals focus on the actions and outcomes that are most important to service users.</p>	<p><b>Finding true LVO (large vessel occlusion)</b></p> <p><b>Chair:</b> Dr Christopher Price (<i>Clinical Reader in Stroke Medicine, Newcastle University</i>)</p> <p><b>Early identification of patients for thrombectomy</b>  Dr Christopher Price (<i>Clinical Reader in Stroke Medicine, Newcastle University</i>)</p> <p><b>The ABC of CTA</b>  Dr Mat Elameer (<i>Radiology Academic Clinical Fellow</i>)</p> <p><b>Interactive clinical cases</b>  Dr Mark Garside (<i>Consultant in Stroke Medicine, Northumbria Healthcare NHS Foundation Trust</i>)</p> <p><b>Session Overview</b>  A good outcome after thrombectomy is more likely when patients are treated early. This requires early identification of individuals with clinical features suggestive of large vessel occlusion, but due to the centralised provision of thrombectomy, it is also important to minimise over diagnosis. Clinical screening must be combined with radiological appearances confirming large vessel occlusion and anatomy, which is suitable for thrombectomy. This session will provide an overview for an audience with limited or no experience about approaches to the clinical and radiological identification of patients with large vessel occlusion, illustrated by interactive cases.</p>	<p><b>Assessing mental capacity</b></p> <p><b>Chair:</b> Dr Nele Demeyere (<i>Associate professor of experimental psychology</i>)</p> <p><b>Speakers:</b> Dr Terry Quinn (<i>Joint Stroke Association/Chief Scientist Office Senior Clinical Lecturer</i>)  Anna Volkmer (<i>Senior Research Fellow, University College London</i>)</p> <p><b>Session Overview</b>  The session aims to provide the multidisciplinary team with a greater understanding of decision making and mental capacity assessments. To provide practical tips on about how to assess capacity in patients with communication difficulties. The objectives are:</p> <ul style="list-style-type: none"> <li>• To understand what a mental capacity assessment is and why it is important</li> <li>• To have a greater understanding of the communication challenges brain injury patients may have and how to overcome them.</li> <li>• Experience in implementing the practicalities of a mental capacity assessment.</li> </ul>	<p><b>Rehabilitation of bladder function following stroke</b></p> <p><b>Chair:</b> Professor Marian Brady (<i>Professor of Stroke Care &amp; Rehabilitation, Nursing, Midwifery and Allied Health Professions Research Unit, Glasgow Caledonian University</i>)</p> <p><b>Speakers:</b> Professor Joanne Booth (<i>Professor of Rehabilitation Nursing, Glasgow Caledonian University</i>)  Dr Lois Thomas (<i>Reader in Health Services Research, University of Central Lancashire</i>)</p> <p><b>Session Overview</b>  This workshop will identify types and causes of bladder dysfunction following stroke. The features of a comprehensive continence assessment will be explored and how the process can be used to accurately identify specific bladder problems commonly experienced. Approaches to effective continence promotion following stroke, by actively treating acute bladder dysfunction using both established and novel interventions, in line with current clinical guidelines, are presented. Important gaps in our evidence for practice will be highlighted for future research consideration.</p>	<p><b>Skills for supporting self-management: a brave new world!</b></p> <p><b>Chair:</b> Dr Lisa Kidd (<i>Reader in Supported Self-Management, University of Glasgow</i>) and Shani Shamah (<i>Stroke Survivor</i>)</p> <p><b>Speakers:</b> Anne Armstrong (<i>Young stroke worker, NHS Lanarkshire</i>)  Professor Fiona Jones (<i>Professor of Rehabilitation Research Allied Health, Midwifery and Social Care St Georges' University of London</i>)</p> <p><b>Session Overview</b>  Supporting person-centred self-management involves a cultural shift in the relationships that we have with stroke survivors and their families; listening to what matters to, and working collaboratively with, stroke survivors and families to help them self-manage in a way that makes sense to them. This workshop encourages practitioners to consider best practice and to reflect on real world experiences and challenges in integrating the principles of a shared approach to self-management into their practice/clinical teams.</p>	<p><b>15:10 – 17:00</b></p> <p><b>Activities post stroke</b></p> <p><b>Chair:</b> Professor Dame Caroline Watkins (<i>Chair Elect of UK Stroke Forum, Professor of Stroke and Older People's Care, University of Central Lancashire</i>)</p> <p><b>Keep on pedalling!</b>  Robin Cant (<i>Service User Representative</i>)</p> <p><b>Physiological benefits of physical activity</b>  Dr David Saunders (<i>Exercise Physiologist, University of Edinburgh</i>)</p> <p><b>Exercise and depression</b>  Dr Liz Lightbody (<i>Chair of National Stroke Nursing Forum, Reader in Health Services Research, University of Central Lancashire</i>)</p> <p><b>STROLLERS – interim findings</b>  Naomh McManhon (<i>Research Physiotherapist, University of Central Lancashire</i>)</p> <p><b>Getting back to golf</b>  John Fry</p> <p>Range of different activities after stroke (Stroke Association Video)</p> <p><b>Questions and Answers</b></p>
	10 minute changeover					
Slot 4 16:05 – 17:00 (Repeat of above workshops)						