The offer of regular review is one way to ensure people continue to feel supported. Of key importance is the enabling and supporting of people in navigating through the system.

Who is the service for?
The National Stroke Strategy in England stipulates that all stroke survivors are entitled to a review of their needs at six months. Stroke survivors, their families and carers often feel unsupported in the months and years following a stroke, a time during which many experience changes in their needs and struggle to adjust to the often devastating impact of their stroke. Many issues won’t come to light until months after a stroke, and without follow-up, there is an increased risk of secondary stroke and further complications.

What we offer through our service
A Post-Stroke Review identifies the unmet needs of stroke survivors and their carers, which our Coordinators then address. They also carry out checks to highlight unidentified high blood pressure or Atrial Fibrillation.

When purchased as part of our core Stroke Recovery Service, the Post-Stroke Review can be incorporated for a small extra cost. Data from the reviews is then entered onto the SSNAP (Sentinel Stroke National Audit Programme) database which aims to improve the quality of stroke care by auditing stroke services against evidence-based standards, and national and local benchmarks.

The Review

The assessment covers 35 different areas of need. Using an algorithm for each ensures a comprehensive and consistent method.

The assessment takes a holistic approach and covers the following aspects:
- Clinical
- Physical
- Emotional
- Social
- Prevention
- Carer

Unmet needs identified and addressed. Onward referrals to other services made.

Summary report completed and sent to the service user and their primary care team.

‘Six month assessments are essential to identify those patients who need further treatment and to ensure that services provided are appropriate to the patients’ needs.’
(SSFAP report, June 2015)
## Service outcomes

### Post-Stroke Review Outcomes

<table>
<thead>
<tr>
<th>Service activities</th>
<th>Service impacts</th>
<th>Overall service outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Assessment carried out 4-8 months post-stroke covering 35 areas of need</td>
<td>• Increased access to support networks leading to reduced social isolation</td>
<td>Improved quality of life</td>
</tr>
<tr>
<td>• Referral and signposting activity</td>
<td>• Identification of safety risks, increasing safety and dignity</td>
<td></td>
</tr>
<tr>
<td>• Information provision</td>
<td>• Increased knowledge of stroke risk factors leading to adoption of healthier lifestyle choices</td>
<td></td>
</tr>
<tr>
<td>• Emotional support</td>
<td>• Increased confidence, skills and motivation to self-manage</td>
<td>Improved medication compliance</td>
</tr>
<tr>
<td>• Representation and advocacy</td>
<td>• Reduced anxiety and emotional distress</td>
<td></td>
</tr>
<tr>
<td>• Blood pressure and pulse readings</td>
<td>• Increased access to support entitled to, to support recovery and caring role</td>
<td>Reduced hospital admissions</td>
</tr>
<tr>
<td>• Needs of carers assessed</td>
<td>• Increased independence</td>
<td></td>
</tr>
<tr>
<td>• Review of progress</td>
<td>• Increased access to wide range of support from NHS, voluntary community and social services</td>
<td></td>
</tr>
<tr>
<td>• Active listening and problem solving</td>
<td>• Increased support for carers in their caring role</td>
<td></td>
</tr>
<tr>
<td>• Outcomes shared with stroke survivor’s GP and other health professionals as required</td>
<td>• Increased knowledge about medication compliance</td>
<td>Reduced social isolation</td>
</tr>
</tbody>
</table>

### Service impacts

- Improved quality of life
- Improved medication compliance
- Reduced hospital admissions
- Reduced social isolation

### Overall service outcomes

- Improved quality of life ✔
- Improved medication compliance ✔
- Reduced hospital admissions ✔
- Reduced social isolation ✔

### For further information, please email:
services@stroke.org.uk

stroke.org.uk

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