



# Clinical Leadership Conference 'Working as One'

30<sup>th</sup> September 2015

## A perspective from the Stroke Association in Wales

Ana Palazón



# Stroke is cruel

It can hit you out of nowhere and rob you of your speech, your ability to walk, your memory, your independence and your dignity

It can kill you in an instant. And it's more common than you might think

Stroke is the UK's third biggest killer. It kills more women than breast cancer and more men than prostate and testicular cancer every year

It can strike at any age



# A stroke is a brain attack!

- about a third of people affected are likely to die within the first 10 days
- about a third are likely to make a recovery within one month and
- about one third of patients are left with moderate to severe impairments, requiring long term support, rehabilitation and nursing care



It is sudden and its effects are immediate;  
it is a medical emergency

**Suspect a stroke? Act FAST and call 999.**

**FAST**

**Facial**  
weakness

**Arm**  
weakness

**Speech**  
problems

**Time**  
to call 999

# Stroke causes a greater range of impairments than any other condition

‘It’s a journey that feels like it will never end... two and a half years after, I feel I’m not there for my family anymore...’

[John Roberts]

Difficulty
Upper limb/arm weakness <sup>42</sup>
Lower limb/leg weakness <sup>42</sup>
Visual problems <sup>43</sup>
Facial weakness <sup>44</sup>
Slurred speech <sup>44</sup>
Bladder control <sup>45</sup>
Swallowing <sup>42</sup>
Aphasia <sup>46 47 48</sup>
Sensory loss <sup>44</sup>
Depression <sup>49</sup>
Bowel control <sup>45</sup>
Inattention/neglect <sup>44</sup>
Emotionalism within six-months <sup>50</sup>
Reduced consciousness <sup>44</sup>
Emotionalism post-six months <sup>50</sup>
Identified dementia one-year post stroke <sup>51</sup>

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**The greatest fear?**  
**having another stroke!**



**There is a widely held  
misconception amongst some in  
the professional community:**

...

**‘...but stroke is a medical matter’**

**is it?**



# Health inequalities

people from the most economically deprived areas:

twice as likely to have a stroke  
than those from the least deprived areas

three times more likely to die from a stroke  
than those from the least deprived areas





# Stroke prevention

...  
**Working as One**



‘...but stroke is a medical matter’

is it?



# Ann Frewer's story



**"When I came out  
of hospital I was  
not given any care  
package."**

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The impact of stroke can  
be devastating

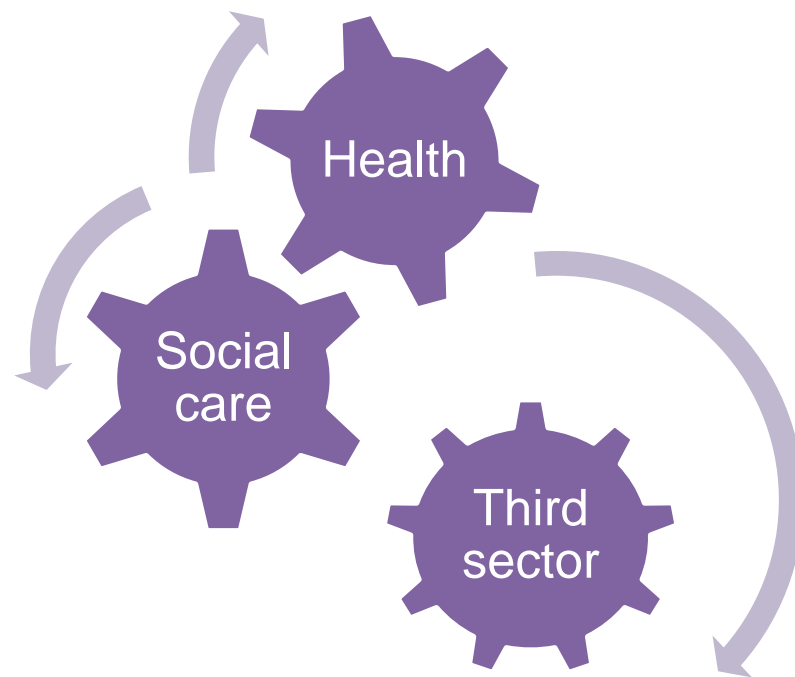
...

**‘Abandonment’**



# Working as One

Joined-up  
working leads to  
better outcomes,  
independence  
and wellbeing  
for the survivor  
and their carer



‘...but stroke is a medical matter’

is it?





# Stroke can have a sudden and unexpected effect on working people's finances

Income goes down, and not just for stroke survivors

Expenses go up, for the whole family

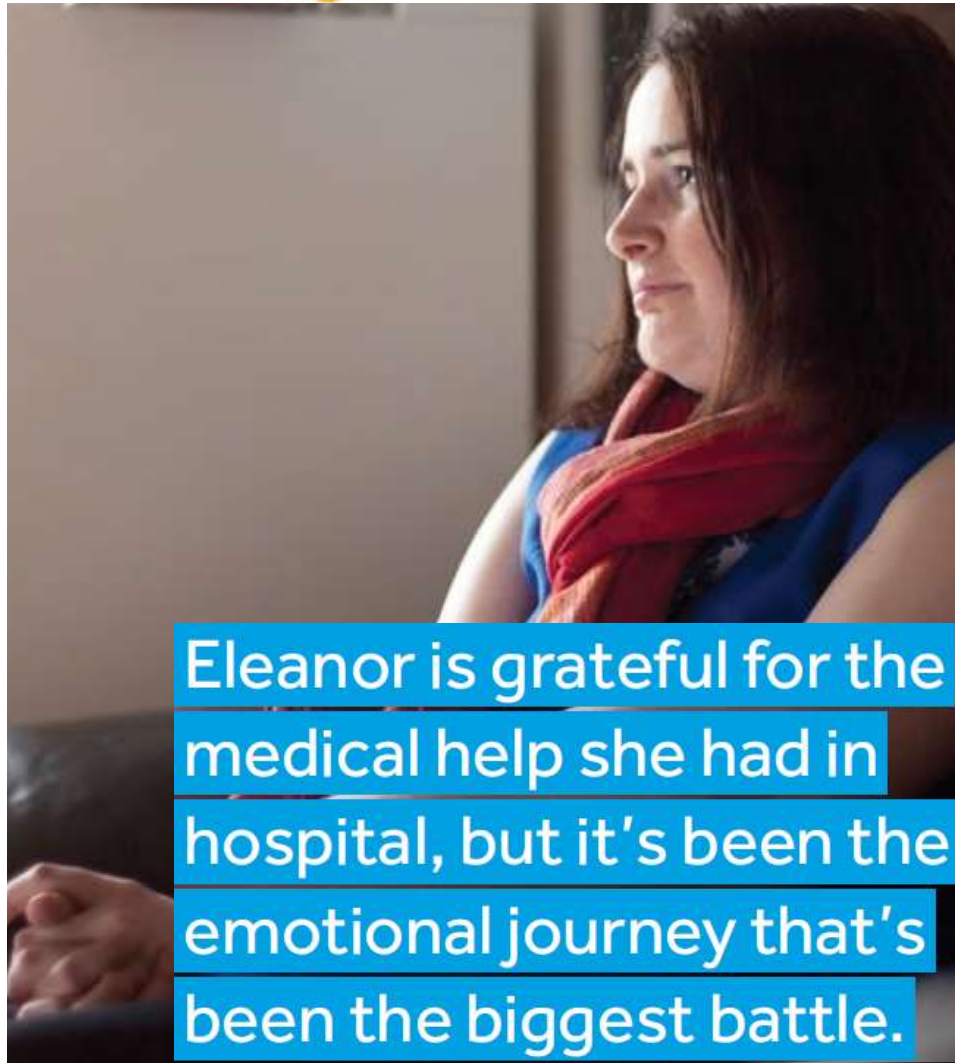
‘We eat less; turn off the lights and heating...  
Use less of everything.’



# Eleanor's story

...

‘The stroke meant that I couldn’t work. It took weeks before I received any help applying for benefits’.



Eleanor is grateful for the medical help she had in hospital, but it's been the emotional journey that's been the biggest battle.

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‘...but stroke is a medical matter’

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# How relationships feel the pressure

Carers put the needs of the stroke survivor above their own needs.

Difficulties in personal relationships with partners, including breaking up, or considered doing so.

Caring gets harder as time goes by.



**‘My husband’s stroke has been the most devastating experience of my, and his life. First you have the survivor and their life. Then your joint lives together and, if you have any energy left, you can have a go at remembering who you are.’**



# Ann and Donald Dunlop's story

...

It is easy to  
see that Ann  
brings  
quality and  
hope to  
Donald's life.



**More people need to  
recognise carers as  
partners in care**

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# Ditch outdated assumptions

Assumptions are sometimes made too early about stroke survivors' recovery potential;

this can lead to a lack of ambition in their care and negatively influence service decisions.

...

## Working as One





# Lafrance Gordon's story

‘...and then I went on to climb Pen y Fan in the Brecon Beacons... later I reached the summit of Snowdon.’



# Survivors can help design smarter health and social care

A more confident and assertive community of stroke survivors;

by involving stroke survivors and their loved ones;  
health and social care services will be better designed.



# Working as One





- ✓ Social Services and Wellbeing Act
- ✓ Together for Health
- ✓ Stroke Delivery Plan
- ✓ Neurological Conditions Delivery Plan
- ✓ Prudent Health Care

...

**Without the leadership to achieve a cultural shift that enables Working as One, the spirit of innovative legislation and policy in Wales will remain aspirational.**



# Lynda Guest's story



**"I'm more determined  
now than ever before.  
My survival has made  
me re-prioritise what  
matters."**

‘...but stroke is a medical matter’

is it?



Stroke care is a  
matter of social  
justice!



**Diolch**

**Thank You**



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