

Stroke Rehabilitation Services Review Summary

Case for Change

This document describes:

- What is happening?
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- What is a stroke?
- What are the Stroke Rehabilitation services?
- The needs of the population
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Please note: An Aphasia-friendly version of this document and the full Case for Change document can be found online on the [Engagement Platform](#) (the full website address is on the last page).

What is happening?

A review is taking place of the Stroke Rehabilitation services available for adults across all of Derby and Derbyshire.

Why is a review being done?

Community stroke services are very busy because many people need their help. They have a lot of patients to care for, which puts a lot of pressure on the service.

Getting specialist help at the right time for a person's needs can be difficult and there can be a long wait.

In 2022, the East Midlands Integrated Stroke Delivery Network reviewed the current services and recommended the following:

- Review the commissioning of stroke services.
- Improve access for all stroke patients.
- Address gaps in the Integrated Community Stroke Service.

We are reviewing Stroke Rehabilitation services. We aim to improve them and address the inequities.

What is a stroke?

A stroke happens when blood can't reach part of the brain, which damages brain cells. This can change how someone's body works, thinks and feels. Strokes can happen to anyone at any age, making life very different. Getting help and therapy soon after the stroke can make things better for stroke survivors.

There are many different factors that can cause and increase the risk of stroke. You can find out more about this on the [NHS website](#).

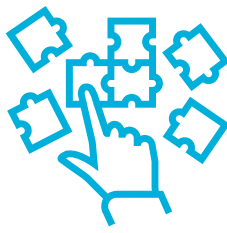
What are the Stroke Rehabilitation services?

To help people who have had a stroke feel better, there are special guidelines set out called the [NICE Stroke Rehabilitation Guidelines](#). These guidelines explain how hospitals and local services should team up to provide care. They focus on rehabilitation, which is support to help people recover as much as they can after their stroke, making sure they get the right therapy and support. Quick and organised care after a stroke can prevent more strokes and reduce trips to the hospital, disabilities, and death from a further stroke.

Rehabilitation (rehab) can help people get back skills they lost after a stroke. It includes:



Physiotherapy:
to help with
movement



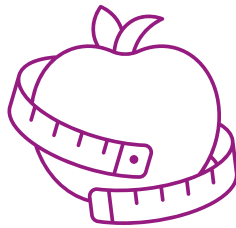
Occupational Therapy:
to help with daily tasks



**Speech and
Language Therapy:**
to help with talking



**Psychological
Support:** to help
with feelings



**Diet and Nutritional
Support:** to help with
eating well



Nursing Support:
to help with medical
needs

The needs of the population

Around 100,000 people have a stroke each year. There are over one million stroke survivors in the UK. Most survivors leave hospital with a form of disability.

One in six people will have a stroke in their lifetime. The percentage of people that have had a stroke in Derbyshire is 2.3%, which is higher than the England average of 1.8%.

There are not enough stroke doctors, and many stroke units need more staff. People with stroke often have other health issues, such as high blood pressure or diabetes, and therefore require care from different medical teams.

Rehabilitation can help stroke survivors live well and reduce hospital visits. Some stroke survivors can fully recover with help. One-third of stroke survivors will experience long-term disability. This could affect their movement, thinking, seeing or talking. Recovery can take many years, so long-term care is important.

Stroke Rehabilitation Services in Derbyshire

Stroke Rehabilitation services in Derbyshire are complicated and are not the same throughout the county.

When leaving hospital after a stroke, patients may follow one of four pathways:

1. **Early Supported Stroke Discharge (ESSD)** lasts about six weeks and helps people with mild to moderate stroke effects.
2. **Community Rehabilitation Services:** For moderate to severe stroke effects.
3. **Life After Stroke Support:** For moderate to severe stroke effects.
4. **No Further Rehabilitation Needed:** For patients who don't need more help.

1. Early Supported Stroke Discharge (ESSD)

Early Supported Stroke Discharge (ESSD) is for those with mild to moderate disabilities to recover faster and stay out of the hospital. This six-week program helps 40 percent of stroke patients. The goal is to provide care at home, improve independence, and reduce hospital stays.

This service is available over all of Derbyshire except the High Peak area.

2. Community Stroke Rehabilitation

This is for patients with more severe strokes or those needing longer support. It includes services like:

- **Specialist Rehabilitation:** To support the effects of stroke, including outpatient rehabilitation (continued care once patients are home).
- **Non-specialist Rehabilitation:** For general support.

3. Life After Stroke Support – for specialised appointments within hospitals

Stroke Association Services – Support Services

There are three services that support stroke patients in Derbyshire:

- North Derbyshire Stroke Recovery Service: For personalised stroke support. This service is available across North Derbyshire.
- Communication Support Service: To help patients improve their communication following their stroke. This service is available across South Derbyshire and Derby City.
- Glossopdale Stroke Recovery Service: For personalised stroke support. This service is available across Glossopdale

Glossopdale

The NHS in Greater Manchester provides stroke-related services in Glossopdale. Because of this, Stroke Rehabilitation services for Glossopdale residents are different from the services available to the rest of the Derby and Derbyshire population. However, the NHS in Derby and Derbyshire is now responsible for providing healthcare for the people of Glossopdale. Therefore, the views and opinions of Glossopdale residents will be included in the review.

What are the current inequalities and inequities around the current service offer?

Providing enough care, especially at home, is challenging. Services don't always meet national standards, so patients might not always get the best care.

Across all health services, people in the poorest parts of Derby and Derbyshire have the hardest time getting good healthcare. They often have worse health, struggle more to get care, and don't have as good results from treatment.

There are differences in Stroke Rehabilitation service delivery across Derby and Derbyshire, which means not all patients have the same access to services and the same treatment. For example, not all areas offer Early Supported Stroke Discharge.

Full details of the differences within the Stroke Rehabilitation services can be found in the full Case for Change.

What do we already know? Current patient feedback about Stroke Rehabilitation services

Current patient feedback shows the importance of:

- Personalised care.
- Communication.
- Fair access to services.
- Support for patients and their families.
- The need for a community stroke service and better integration of stroke services.
- Addressing health inequalities.
- Engaging with GPs.
- More mental health support.
- Quicker community therapy after hospital discharge.
- Health improvement programs.

Gaps have been highlighted in ongoing support and rehabilitation services for stroke survivors.

How you can get involved: Join the conversation

We want to hear from people across Derby and Derbyshire, especially stroke survivors, friends, family, and carers. Your voice, ideas and views are valued as they can help shape the service in the future.

You can do this by looking at the involvement opportunities which are on our Engagement Platform: <https://derbyshireinvolvement.co.uk/strokerehabservices>

Some of the ways you can get involved include:

- Completing our survey
- Signing up for your nearest face to face or online workshops

If you would like to receive a printed copy of this document or the survey, please use the contact details below. We can send it to you with a freepost envelope.

For assistance with completing the survey or signing up for workshops, or if you have any accessibility needs, please email us at ddicb.enquiries@nhs.net or leave a voicemail on 01332 981 601.