

Developing a Holistic Stroke Survivors and Carers Programme for Secondary Stroke Prevention

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The Stroke Prevention Team: Our Story

The BCUHB Community Stroke Prevention Team aims to reduce the incidence of stroke

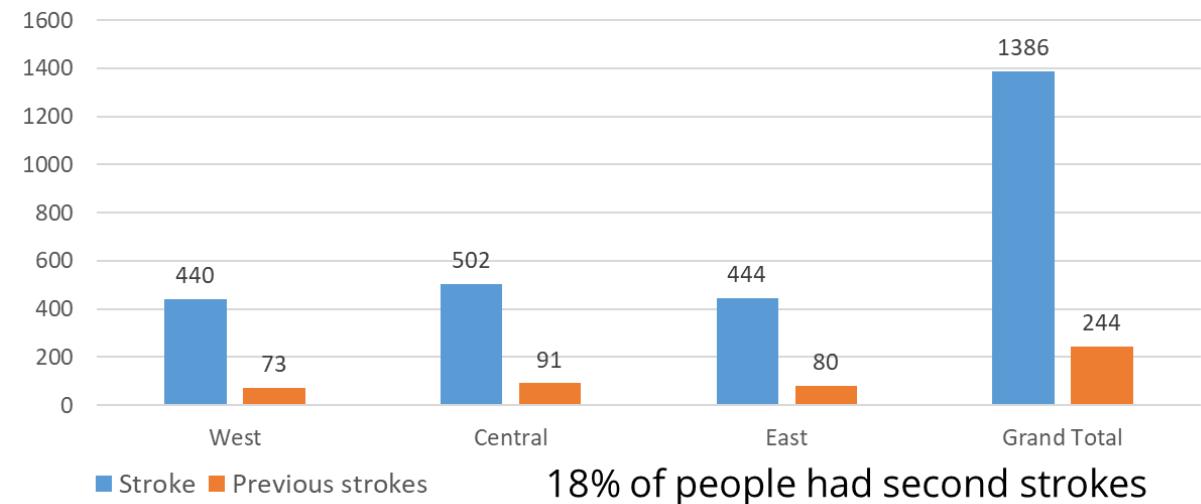
- Attend/organise **public health** events to opportunistically identify risk factors of stroke and offer lifestyle factor education and referrals to appropriate support networks
- Staff and public **education**
- **Support stroke survivors** in the community



Why Stroke Prevention Matters

- In the UK, around **100,000** strokes occur each year
- **30%** of stroke survivors experiencing another within 5 years
- Around **80 - 90%** of strokes are preventable
- Survivors often lack support timely, ongoing support to manage risk
- Targeted education and support reduces reoccurrence and anxiety

Number of Strokes in North Wales between Sept 2023 – Sept 2024 on SNAPP



Approach



Aims:

- **Reduce** the incidence of secondary stroke in North Wales and **improve** patient experience and support following their stroke
- **Empower** stroke survivors and carers to manage stroke risk factors

Objectives:

- **Improve patient knowledge** regarding stroke prevention and improve patient experience
- To ensure that the stroke multidisciplinary team have a **clear stroke prevention pathway**
- To **develop** the Stroke Prevention teams **scope** to deliver high quality secondary prevention education



Action

Co-design of Programme

- **Feedback** was gathered from stroke survivors, carers and partners
- Input was sought on programme content and delivery

Delivery

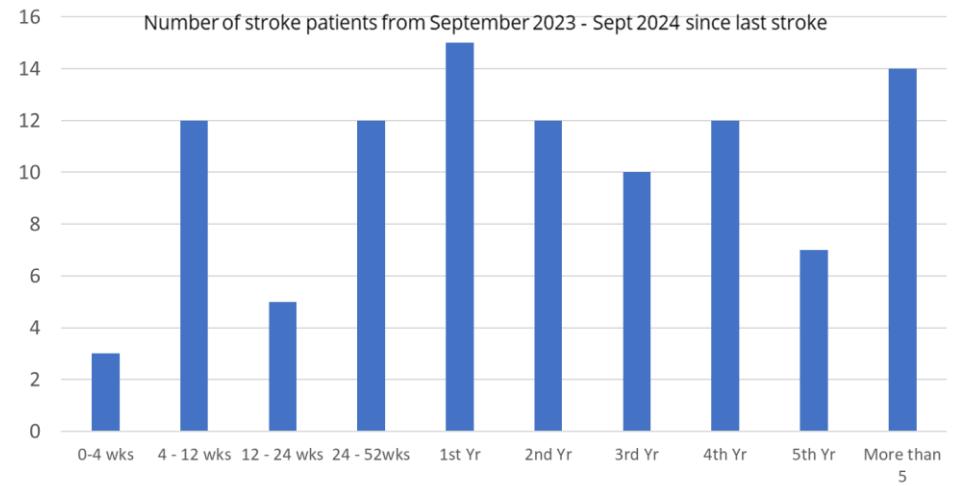
- **x4 weekly sessions** (1.5 hours each) delivered in June–July 2025
- **Seven** patients and carers attended
- Sessions were held in an **accessible** community venue
- Patient were referred from the **East** Integrated Health Community stroke pathway

"(Wish I was) told more about my stroke Hard on other people. First 12 months hardest"

Stroke survivor

"Didn't want to know information at that point (at discharge). Months and years after until ready to get information and look to future."

Stroke survivor



Impact

A **mixed-methods** approach was adopted, incorporating:

- Feedback from patients and carers
- Feedback from referring professionals
- Reflections from the Stroke Prevention Team on programme delivery and participation

The average cost of a stroke patient from admission to discharge is estimated at **£23,315**. Preventing just two strokes annually through this programme could save the health board approximately **£46,630**, demonstrating both health and economic benefits.

"I've just spoken to a client who attended your sessions. She thought it was brilliant and enjoyed meeting the other people and has lots of numbers to contact people if needed."

Referrer

"Meeting others with the same problem helps. I enjoyed your kind helpful meetings, it helps our partners understand what we are living through! It's a shocking shock to become a stroke survivor."

Service User

"Telling others with the same problem, helps you understand you are not alone. Your kind meetings helped me gravely. So a big huge thank you."

Service User

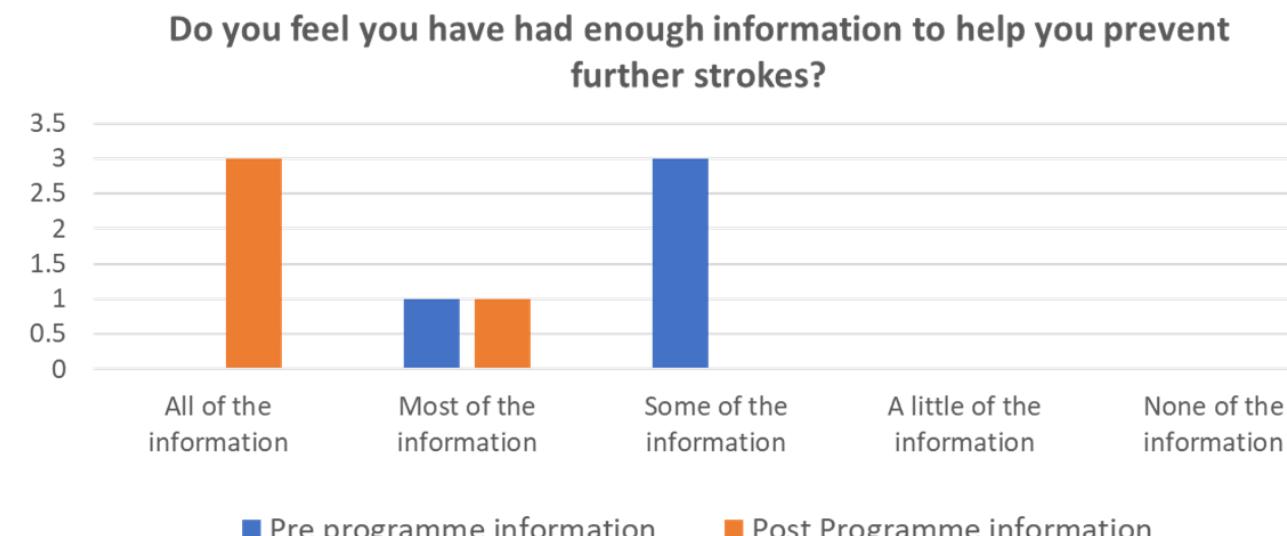
"These meetings we're invaluable much as meeting other stroke survivors as for the excellent information we received."

Service User

Feedback Analysis

Seven participants (four patients and three carers) took part in the programme. Feedback was collected verbally and via Microsoft Forms

- **100%** agreed the content and duration were appropriate and clearly presented
- **75%** reported feeling equipped with the knowledge to reduce their future stroke risk, with timing judged appropriate post-stroke (Figure 2)
- **100%** valued the face-to-face format and found the venue suitable and accessible



Reflection

- The project was well **received**
- With an estimated 17,000 stroke survivors in the region, targeting those at greatest risk of recurrence offers the **greatest community benefit**
- **New areas for future focus highlighted** —sleep and stress management
- **Challenges** include; team capacity, vast geography of North Wales and number of attendees
- **Template can be readily** implemented across North Wales

NEXT STEPS

- The programme will **continue** within the current IHC and be **expanded** across North Wales
- The team will be commencing a pilot of the use of *Attend Anywhere* to offer **online sessions**, providing greater flexibility for those unable to attend in person
- We plans to **share learning** and promote the programme nationally

“It's a shocking shock to become a stroke survivor.”



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