



CLAHRCBITE

Brokering Innovation Through Evidence

May 2019

Support for stroke survivors in care homes – development of the GM-SAT



The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester is a partnership between providers and commissioners from the NHS, industry, the third sector and the University of Manchester.

We aim to improve the health of people in Greater Manchester and beyond through carrying out research and putting it into practice.

What was the aim of the project?

The Greater Manchester Stroke Assessment Tool (GM-SAT) supports delivery of six month stroke reviews. You can read more about how the GM-SAT was developed, evaluated and implemented on the [project page](#).

The GM-SAT was designed for use in the community, but we learned that it needed some more development for use with stroke survivors that live in care homes. This project adapted the toolkit and evaluated its value, acceptability and feasibility in care home settings.

Why was it important?

Post-stroke reviews help ensure that stroke survivors and their families continue to feel supported after stroke. Stroke is a long term condition and survivors are likely to experience changes in their needs over time, so reviews provide the chance to access any advice, support, information and rehabilitation that may be needed.

The National Clinical Guideline for Stroke recommends that all stroke survivors should be offered a review at six months and 1 year after the stroke, and annually thereafter.

Unfortunately, only about a third of stroke survivors are offered a review (according to the 2017 Sentinel Stroke National Audit Programme) and this proportion can be even lower for stroke survivors living in care homes. CLAHRC GM wanted to ensure that the GM-SAT worked well in care homes and we also wanted to explore the barriers and facilitators to delivering reviews to this population in practice.

What did we do?

We worked in partnership with stroke professionals from across Greater Manchester who had experience of delivering GM-SAT in care homes to make the tool appropriate for use in this setting. A mixed-methods evaluation study then explored the value, acceptability and feasibility of delivery of a modified GM-SAT in this setting.

What did we find?

We found that the modified GM-SAT was an acceptable and valuable tool for supporting reviews in all locations including care homes. These reviews can be successfully delivered by

professionals from a variety of clinical and non-clinical backgrounds; as long as they have stroke-specific knowledge and training.

We also found several barriers and facilitators to the feasibility of delivering reviews in these settings. More locally-specific resource and commissioning is required to support implementation of reviews: from identifying all stroke survivors due a review through to ensuring robust mechanisms for communicating and following up review outcomes.



Who did we work with?

This work was undertaken in partnership with, and funded by, the [Stroke Association](#). Other organisations involved include [Pennine Care NHS Foundation Trust](#), [Wrightington, Wigan and Leigh NHS Foundation Trust](#) and [Central Manchester University Hospitals NHS Foundation Trust](#).

What next?

The updated GM-SAT2 was launched at the UK Stroke Forum in December 2018 and is available for free download on [our website](#). Since its launch, the Stroke Association and other organisations have been using the updated GM-SAT2 tool for their 6-month post stroke reviews. In addition, CLAHRC GM recently presented on post-stroke reviews and GM-SAT2 at the All-Wales workshop on stroke care. NHS Wales hope to use this knowledge shared when developing their own review processes, in light of new Quality Improvement Measurements being introduced across the country.

What is NIHR CLAHRC GM?

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Find out more

www.clahrc-gm.nihr.ac.uk/projects/gm-sat-2

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