



## National Stroke Nursing Forum

[www.nsnf.org.uk](http://www.nsnf.org.uk) @ukstrokenursing

### NSNF News

- Interested in what is happening in your local area? Go to [nsnf.org.uk](http://nsnf.org.uk) to find out.
- NSNF Stroke Nursing Conference Date TBC
- Follow us on twitter @ukstrokenursing
- If you haven't heard from us in a while.... Do we have your correct email address? Check at [contact@nsnf.org.uk](mailto:contact@nsnf.org.uk)

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## Letter from the chair



**Rachael Jones**  
Chair NSNF  
Senior Advanced Nurse Practitioner  
Stroke Services

Hello all and welcome to our 2022 NSNF newsletter.

As another year draws to an end, I would like to say thank you to all of our wonderful nursing workforce striving to ensure our stroke patients receive the best care in our services. It feels like it's been another tough year particularly with latest news that nurses are having to resort to strikes to have the government see our worth. I sadly won't be striking because my trust did not meet the threshold to strike but I fully support all the stroke nurses who will be. It is so important to stick together and stand up for ourselves not just to receive a pay rise but because we deserve to be

valued for what we do. We and our patients deserve safe staffing levels, and we deserve better working conditions that support work/home life balance.

This year has also brought change to our steering committee. A huge thank you to Maria Fitzgerald, Paula Beech, Diana Day, Diane Gulliver and Catherine Curley who have completed their full terms on committee during the last 12 months, we are very sad to lose their wisdom and experience. But I am also delighted to welcome our new committee members Jill Horsey, Donna Berry, Joanna Clayden, Jodie Tillet, Alison McLoughlin, Lynn Naylor and Vicky Williams. Sadly, we will also be losing Louise Ward as deputy chair elect from the NSNF, and I would like to personally thank Louise for all the support she has given to myself and the committee.

If you are NSNF member and interested in becoming more involved we still have a number of committee vacancies and key roles such as deputy chair elect, treasurer and social media lead will be available at the start of 2023. We will also

be launching two new junior committee roles to encourage junior staff and support them in developing future leadership skills.

2023 will see the NSNF celebrating its 20-year anniversary and will start with the launch of our new NSNF 5-year strategy in January. Join us as we celebrate across the year!

Hopefully I will get to see lots of our members at this year's UKSF, it looks to be a great conference and the first real opportunity to see everyone face to face again. Also don't forget to join us in person at our AGM on Wednesday 30th November.

Finally, I would like to wish everyone a happy healthy Christmas and New Year from myself and all of the NSNF steering committee. Look after each other.

*Rachael*

Chair NSNF

## Vice Chair Welcome



**Louise Ward**  
*Lead Nurse for Stroke, East Kent  
Hospitals University Foundation Trust*

It seems like the last year has gone so quickly, as we are writing our annual newsletter and reflecting upon the things we have achieved this year. Undoubtedly, despite the decrease in covid numbers, our acute and community stroke teams are still reporting how busy stroke services are, and just how important it is to maintain our

focus upon looking after ourselves and each other.

This year through the National Stroke Nurse Forum, we have begun to look at our strategy for the next 5 years. Throughout Spring 2022 we asked our members what they wanted from the NSNF; to help us understand what was important to people who use the forum, and to help us shape where our priorities lie. You can see the feedback you gave us in the newsletter, and Rachael will be talking about the next steps for the strategy in the AGM – don't miss it!

We also continue to focus upon future stroke nursing careers, and our committee members have been involved in exploring leadership development opportunities and

training for our stroke nurses, alongside supporting some of the work being undertaken by Health Education England in developing the Advanced Clinical Practice stroke credential. Keep an eye on our NSNF webpage for more information about learning and development opportunities you can access!

As this year draws to a close, I will be stepping down from my NSNF vice chair post. I wanted to thank our amazing committee and members for their passion, enthusiasm and commitment since I have been part of the NSNF.... the work you all do is truly amazing.

*Louise X*

## Community Nurses Networking

Are you a Stroke Nurse working in the Community?

If so, the NSNF wants to know how we can support you.

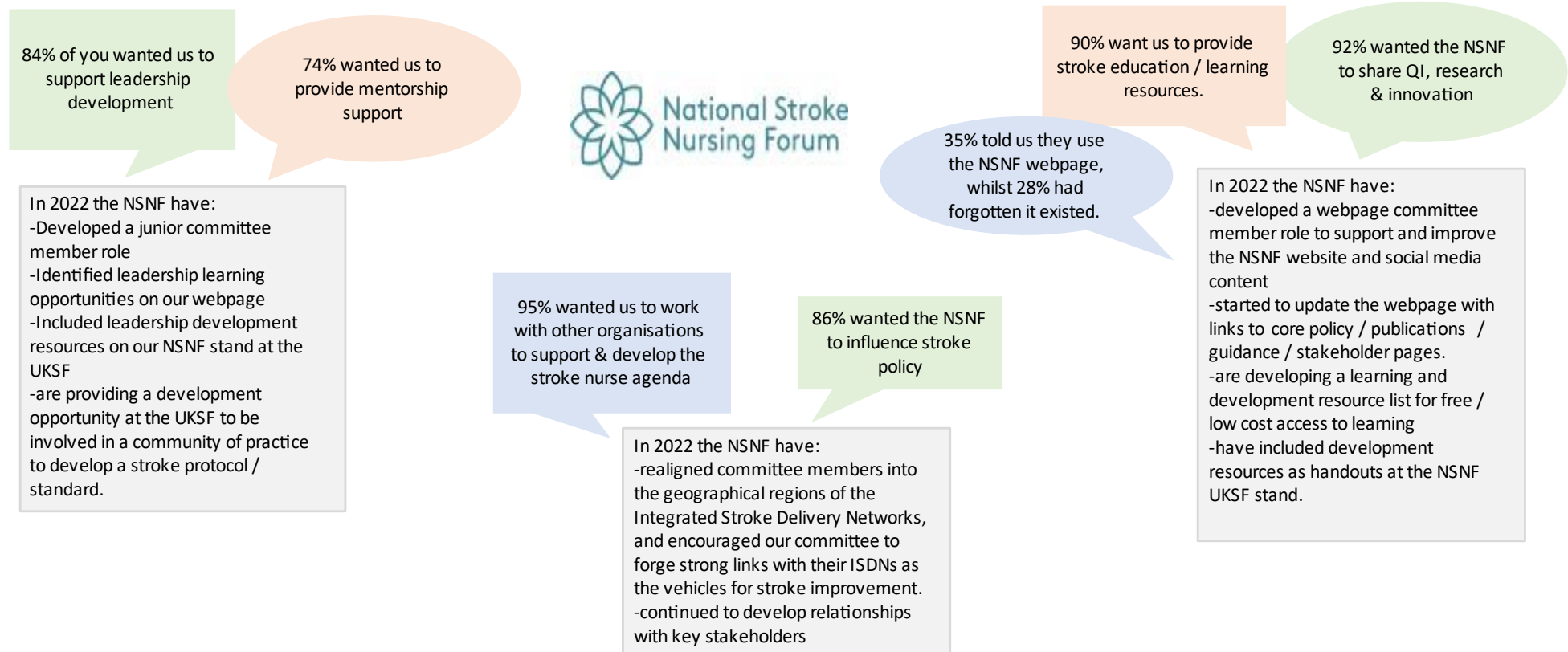
Would you like to meet up with other Community Stroke Nurses for peer support, sharing practice and to support with developing practice?

If so, please email [Carolyne.dawson@nhs.net](mailto:Carolyne.dawson@nhs.net) and an initial meeting will be arranged.

## You said...we did.....

In Spring 2022 we asked you what you thought was important for the NSNF.

We have used your feedback to help shape our strategy for the next 5 years, but have also made some changes already....



## Courses

ONLINE				
Provider	Course/Module Name	Duration	Cost	Level of Study
University of Edinburgh	Anatomy: Neuro	Flexible	£266	N/A  CPD credits available
	Acute CTA in thrombectomy (ACTATS)	Flexible	Free	
Health Education England:  E-learning for Health Care	<u>Relevant Modules</u> <ul style="list-style-type: none"> <li>Fundamentals of Acute Care and Treatment in Stroke (FACTS)</li> <li>Dysphagia e-learning</li> <li>Stroke Prevention in AF</li> <li>Transient Ischemic Attacks</li> <li>Stroke Rehabilitation for the Non-Registered Workforce</li> <li>Mental Capacity Act</li> <li>Mouthcare Matters</li> </ul>	Flexible	Free	
Chest Heart and Stroke Scotland E-learning  Stroke Training and Awareness Resources	Core Competencies <ul style="list-style-type: none"> <li>Advancing Modules</li> </ul>	Flexible	Free	NA
British Medical Journal Learning	ECG skills	Flexible	£13.99 per month or £83 per year to unlock full BMJ benefits including access to other online courses	14 CPD points
Future Learn	ECG Assessment and Interpretation	Flexible	£64 one off payment to unlock a range of courses or £19.99 a month	NA
Grey Matter Learning	Dysphagia and Choking Training	Flexible	£3 per month to unlock range of courses	Certificate on completion

Higher Education Institutes					
Provider	Course/Module Name	Duration	Cost	Level of Study	Contact
Anglia Ruskin University:  Cambridge	Management of Acute Stroke and Rehabilitation	12 weeks	£2,312.50 (Level 6)  £1,583 (Level 7)	Level 6/7  30 credits	diana.day@aru.ac.uk
Anglia Ruskin University:  Chelmsford	1) Acute Stroke Image Interpretation and Selection for Thrombectomy  2) Acute Stroke Treatment (Available individually)	1 day per module	£500 each module	NA  CPD credits available	medevents@aru.ac.uk
University of Hertfordshire: Hatfield	MSc/ PG Cert Cardiology and Stroke  (Single modules available)	Full MSc flexible up to 5 years  Individual Modules 12 weeks	£1580 per 30 credit modules	Level 7  30 credits per module	Bellal.rajasekaren@herts.ac.uk
Kings College London	Stroke Masterclass	Pending further information for 2023	Pending further information for 2023	Level 6 TBC	hanson.raju@nhs.net
University College London	MREs Stroke Medicine  MSc Clinical Neuroscience: Stroke  *Single modules are available to be taken on MSc programme: <ul style="list-style-type: none"> <li>Stroke Risk factors</li> <li>Clinical manifestations of Stroke</li> <li>Treatment, HASU and Service delivery</li> <li>Neurorehabilitation</li> </ul>	1-year full time  1-year full time or, 2 years part time	£12,500  £16,500	Level 7  Level 7  Full MSc 180 credits  Single Modules 15 credits each	m.khanom@ucl.ac.uk
Manchester Metropolitan University	Multi Professional Approaches to Stroke Rehabilitation	8 weeks	£800	Level 7 20 Credits	neil.wilson@mmu.ac.uk
University of Central Lancashire: Preston.	Principles of Stroke Practice  Neurologic Emergencies	12 weeks	£867	Level 6 or 7 (7 with a degree) 20 credits	CPD@uclan.ac.uk
Cardiff Metropolitan University-	Research and Practice in Stroke Short Course Master of Research Stroke (MRES/PG cert)	13 weeks	£1120	Level 6/7	aseckam@cardiffmet.ac.uk

## Power of Attorney

Did you know you can find out WHO has Power of Attorney (if anyone!)?

This may be particularly helpful to you in situations where relatives are in dispute etc.

This service is available from the Office of the Public Guardian in which you can email for details of a patient's Power of Attorney.

[Local authorities, police and NHS staff can find out about the information we have on our registers in England and Wales and how to ask for it.](#)

It is simply an email service and can be done from any NHS email address, either your own or a ward one.

### What do you have to do?

Email [OPGurgent@publicguardian.gov.uk](mailto:OPGurgent@publicguardian.gov.uk) putting the subject line as 'Initial safeguarding enquiry' or 'Urgent enquiries' as needed, using this email template

Dear OPG

*I am requesting a search of the OPG registers to help safeguard an adult at risk. I cannot get the information from the individual as they do not have mental capacity.*

*Please search the OPG registers for any information about this person:*

Name:

Date of Birth:

Address:

Sign it with your email signature including your job title and team name

There are different requirements for a [COVID patient enquiry](#)

In the unlikely event that you are trying to find this information out when there is not a safeguarding concern, you should [use their form](#)

### What will they do?

Aim to respond to requests within 24 hours, Monday to Friday. Requests made over the weekend will be dealt with on Monday as a priority.

You will be told whether there is an LPA, EPA or deputyship court order in place. If there is, you will be told:

- if it is for health and welfare (some relate only to property and finances)
- the date it was registered (LPA or EPA) or the date of the court order
- names and contact details of attorneys or deputies
- if there are restrictions on the powers of the attorney or the court order
- if an attorney has authority over life-sustaining treatment for the donor
- how the attorneys or deputies are appointed to act, where there is more than one
- if the LPA, EPA or deputyship has been registered, cancelled, revoked or expired
- the expiry date of any court order

**Enduring power of attorney searches** may take longer as the documents have not been stored digitally

## Neurological Assessment Practices after Stroke- Update and thank you



My name is Alison McLoughlin and I have been a member of the NSNF for many years and have always found it to be an invaluable forum. It helps stroke nurses and peers to be supported through education, research, and other professional development opportunities. It has helped me in multiple ways in both my clinical and research careers and I have made some good friends along the way. I have recently joined the committee in order to provide leadership and support to the forum and its members and to give something back to other members.

Inspired by observed variation and lack of guidance in relation to neurological assessment and monitoring after acute stroke I applied for a NIHR (National Institute for Health and Care Research) Doctoral Research Fellowship to complete a PhD. My aim was to develop a more consistent approach to neurological monitoring to identify change and

### £ STROKE FORUM 2021

#### NSNF (National Stroke Nursing Forum) Poster Prize

This certificate is awarded to

Mrs Alison McLoughlin,  
University of Central Lancashire

David J. Werring

Professor David Werring  
Professor of clinical neurology and honorary consultant neurologist at the Stroke Research Centre,  
UCL Institute of Neurology, Queen Square, and the National Hospital for Neurology and Neurosurgery (NHS),  
University College Hospital NHS Foundation Trust

£ STROKE FORUM

specifically Early Neurological Deterioration (END). The work included a series of mixed methods studies including a series of reviews that identified scales available for neurological assessment and monitoring in acute stroke and compared their clinimetric properties.

Another phase involved a UK-wide survey to confirm current neurological assessment and monitoring practice, the variation within it, and a desire for change amongst clinicians. The NSNF, the SSNF and the WSNF helped me engage with their membership to support this data collection and I will always be grateful to all participants who helped by completing the questionnaires especially as they were facing additional pressures due to the COVID-19 pandemic. Semi-structured interviews across some sites allowed further exploration of practice and identification of barriers and facilitators for implementation of a new standardised assessment.

The key findings were reviewed by an expert group which utilising consensus

techniques developed the Standardised Neurological Observation Schedule for Stroke (SNOBSS) and an associated decision flowchart that could be used quickly and easily by a range of staff. The development of the SNOBSS represents a move towards more consistent and stroke specific monitoring to identify change, specifically Early Neurological Deterioration (END) in an acute stroke population. More work is needed to test the SNOBSS but the work developed recommendations for clinical practice and future research to reduce current variation and progress the development and implementation of standardised responsive monitoring that reflects important clinical scenarios.

Please watch out for further dissemination and follow up work but if you have any questions, please contact me at [asrmcloughlin1@uclan.ac.uk](mailto:asrmcloughlin1@uclan.ac.uk)

I presented some of my results at the UKSF in Dec 2021 and was honoured to receive the NSNF Poster Prize for one aspect of my work. If any members would like advice or support in terms of professional development opportunities, including research, I recommend that you contact the committee via [NSNFEnquiries@uclan.ac.uk](mailto:NSNFEnquiries@uclan.ac.uk)



## Member Photos



Stroke team at New Cross Hospital supporting world stroke day!



The Stroke Unit team at Oxford, celebrating a GOLD OxSCA (the OUH's departmental accreditation scheme)





Oxford Stroke Research team celebrating Clinical Trials days May 20th, 2022

## Treasurers Report

After the last few years, I think we are all delighted to be attending the UKSF again. It will be lovely to celebrate the start of our 20th Anniversary year by meeting our members – and future members – face to face at the conference once more.

This year, we funded two UKSF conference places along with accommodation. As part of an ongoing drive to raise the profile of our community stroke nursing staff, one place was specifically for community staff and the other for hospital staff and were delighted by the number of entries to the prize draw. We hope that the winners find it a rewarding experience, and we look forward to hearing from them in a future newsletter about what they gain from this year's conference.

We know our members are always keen to develop the workforce and enable training and support of junior staff, so we are delighted to be sharing details soon about our new projects to support the leaders of the future.

This year we are running a training session at the UKSF as well as having our normal stall. We have invested in more goodies this year to

tempt attendees to visit us – as 'everyone likes a freebie', and we hope our members love them!

For several years, we have been funding a poster prize at the UKSF (which the organisers judge for us). You can find an article in this newsletter by the winner of last years' poster prize, and we are delighted she has recently joined our committee.

Over the last few years, we realised that we were losing contact with some members as we only had one email contact for them, so if that was changed or stopped being used and we were not notified then the emails are bouncing back or getting lost in 'hyper-space'.

To avoid this happening in the future, we have asked current members to provide a wider range of contact detail, on the basis that we will continue to contact members by e-mail, but other contact details will be used if contact appears to have been affected. If you haven't already done this, then you can update your details at our stall.

This year, to raise our national profile, we have sent Christmas Cards and invitations to our

AGM to all Stroke Unit sites named in SSNAP. Please let us know if you are visiting our stall because you heard about the NSNF due to that card, we would love to know how effective it is at raising our profile. We thank ward clerk Liz for locating the majority of the addresses for us, and Jane - our lovely NSNF administrator for organising the production of the cards and postage.

We hope to see you at the conference- AGM, teaching session or stall (hopefully all three!) and please share your ideas with us for what can be done for stroke nurse support in the future.

Hope you have a lovely 2023- our 20th anniversary year!

Best Wishes,

*Rachel Teal*

Lead Stroke Research Nurse, Oxford,  
NSNF Treasurer.





## National Stroke Nursing Forum

Chair: Rachael Jones  
Vice Chair: Louise Ward  
Treasurer: Rachel Teal  
Email: [NSNFenquiries@uclan.ac.uk](mailto:NSNFenquiries@uclan.ac.uk)  
Twitter: [@ukstrokenursing](https://twitter.com/ukstrokenursing)

The NSNF is an organisation run by nurses for nurses with a vision to support high quality, evidenced based stroke nursing across the UK.

It has close links with stroke nursing forums in all countries of the UK to represent the national agenda for stroke nursing.

The NSNF is here to support stroke nurses and aims to represent your views in all its work and form links with all other nursing forums.

*Representing your voice in stroke nursing*

## Join online at [nsnf.org.uk](https://nsnf.org.uk)

### Solo membership

**[ £12 p/a ]**

**Membership benefits:**

- Access to all NSNF members to share information on practice and service developments
- Widen your stroke nursing networks locally and nationally
- Regular email updates on latest developments in stroke care
- Access to NSNF events

### Team membership

**[ £85 p/a ]**

**Membership benefits:**

- Joint membership for 10 members of your stroke team
- Discounted rate compared with individual membership
- Ensure your nursing team is kept up to date with latest developments that impact stroke nursing
- Form clinical and research networks across the UK to enhance your team's practice

