

IN THIS ISSUE...

- [London Cardiovascular Project](#)
- [SLCSN stroke news](#)
- [SLCSN cardiac news](#)
- [NHS transition news](#)
- [Join us!](#)
- [Events](#)

The South London Cardiac and Stroke Network (SLCSN) works with patients, carers, clinicians and other healthcare professionals to create high quality cardiac and stroke services that focus on the patient and are available to all. Patients are always our top priority and are the driving force behind everything we do.

London Cardiovascular Project

Advancing cardiovascular care for all Londoners

The Pan-London Cardiac and Stroke Networks are currently working on the London Cardiovascular Project. This project aims to improve treatment, care and outcomes for all patients with cardiovascular disease in the capital.

A recent review looked at how to improve complex and emergency cardiovascular services in the capital. The project has three main areas of focus: cardiac surgery, cardiology, and vascular surgery. Each workstream had an associated clinical lead and a clinical expert panel that advised the project and developed the project proposals. The project was also informed by a patient panel.

The model of care was developed following a comprehensive assessment of how services are currently provided in the capital, a robust review of clinical evidence and a review of national and international best practice.

The project recommendations have now been handed over to commissioners for implementation. The London Cardiac Networks will develop many of the products and deliverables, which will be adapted and implemented locally. The networks will work closely with their respective sectors to ensure that changes are reflected and actualised in the contract for 2011/12.

If you would like more information on the London cardiovascular Project, please see our website, www.slcsn.nhs.uk/lcv or call us on 020 8812 5950.

Love your heart!

Find out what you need to do to keep your heart fit for purpose on the NHS Choices website

www.nhs.uk

WHEN STROKE STRIKES, ACT F.A.S.T

Learn about the signs of a stroke through the NHS Choices website.

www.nhs.uk

Let us know!

Submit your ideas:

e-mail -

People@slcsn.nhs.uk

phone - 020 8812 5950



Stroke news

Act FAST campaign re-launched to save more lives

The award-winning **Act FAST** NHS stroke awareness campaign launched on 1st March.

The **Act FAST** campaign has raised awareness of the importance of getting people who are having a stroke to hospital quickly through its graphic depiction of stroke spreading like fire in the brain.

More information is available on the NHS Choices website:
www.nhs.uk/actfast



London's NHS receives prestigious award for clinical service redesign



Less than a year after stroke services were centralised into eight specialist centres across the capital, called Hyper Acute Stroke Units, or HASUs, the NHS in London received the 2010 Health Service Journal (HSJ) award for Clinical Service Redesign. This award acknowledges the successful transformation of the capital's stroke services, which are now rated as the best in the country, according to the National Sentinel Audit.

The judges considered the NHS in London's project an excellent demonstration of clinical service redesign leading to better patient outcomes. Further details are available online at www.slcsn.nhs.uk/events/events-stroke-hsj-award.html.

Pictured: **Prof Tony Rudd**, Clinical Director for Stroke (*centre*), **Hilary Walker**, Director, North West and North Central London Cardiac and Stroke Network (*left*), and **Lucy Grothier**, Director, South London Cardiac and Stroke Network, comprising both South East and South West London (*right*)

Survey: Assistive technologies for rehabilitation after stroke

The University of Southampton currently has a survey open on assistive technologies (AT). The aim of this project is to identify which ATs are most useful by looking at research evidence and consulting with users. The most promising ATs will then be tested in a large clinical trial and the findings will be used to improve the care-pathway for stroke rehabilitation across the NHS.

They would like **stroke survivors, friends, relatives or carers of someone with stroke or health professionals to participate in the survey**. Further information on how to take part is available on the SLCSN website www.slcsn.nhs.uk/patient.html.

The London Stroke Action Council

A new campaigning group called The London Stroke Action Council is being formed to draw attention to the lack of community support available to people who've had a stroke across the capital. The Council will meet every two months and create campaigns that will improve community support for stroke survivors.

Further information is available on the SLCSN website: www.slcsn.nhs.uk/patient.html. To find out more about these and many other ways to get involved email: LondonStrokeActionCouncil@gmail.com.

Heart Rhythm Week (formerly Arrhythmia Awareness Week) is a national event which gives anyone with an interest in heart rhythm disorders the opportunity to raise awareness and promote better understanding of arrhythmic conditions.

Pulse checks are not currently routine practice in GP surgeries. Many people are unaware that 'Knowing Your Pulse' is the easiest way to detect an underlying heart rhythm problem early. Many more are unsure how to check their pulse correctly, and when pulse rates may need further investigation.

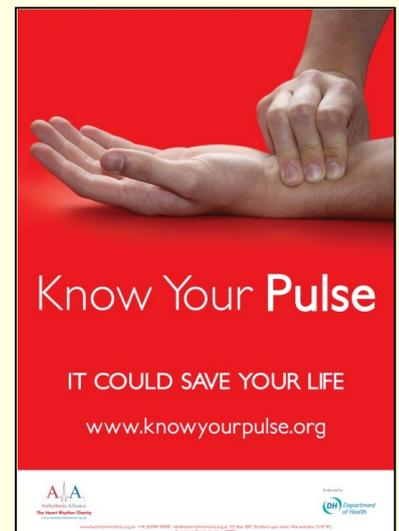
The theme for Heart Rhythm Week 2011 is '**Putting Pulse into Practice**'. We will be using the week to promote routine pulse checks in GP surgeries.

Get involved

Order an Awareness Pack to help raise awareness about 'Know Your Pulse' and improve early detection of heart rhythm problems. There are several different packs to choose from. Packs may include pulse check guides, posters or checklists, all designed to spread the word about heart rhythm.

Share your Awareness Pack with your local GP surgery, hospital, medical centre, care home, school, work place, or community centre. Packs may be ordered online at www.heartrhythmweek.org or by calling Joanna on 01789 451 823.

Help us keep track and demonstrate how effective this campaign is and **let us know** if you share a pack by emailing people@slcsn.nhs.uk or calling 0208 812 5950.



Lucy Grothier to speak at Westminster Heath Forum

On 31st March, Lucy Grothier, Director of the SLCSN, will be speaking at *Heart disease: Next steps for policy and care*, a CPD certified event hosted by the Westminster Health Forum. The seminar will consider the next steps for heart disease care in England, look at what areas need new focus and evaluate developments in treatment and the patient experience.

Cardiac rehabilitation: Providing a high quality service

Michelle Bull, Assistant Director of the SLCSN, was recently published in the British Journal of Cardiac Nursing (BJCN) with *Cardiac rehabilitation: Providing a high-quality service*. This article, co-authored with the national clinical lead for CR, gives an overview on the new cardiac rehab (CR) commissioning pack from the Department of Health (DH).

Further information on the CR commissioning pack can be found on the DH website at www.dh.gov.uk.

Communications Champions across London

A joint project between the North East London Cardiac and Stroke Network, the South London Cardiac and Stroke Network and Connect - the communication disability network aims to improve access to services for people with communication disabilities including stroke survivors with aphasia.

A group of 25 Communications Champions received training from Connect, providing them with the confidence and practical tools to improve the quality of communication for all service users. The Champions are committed to cascading this training to their colleagues, raising awareness and encouraging them to act.



The group of 25 Communications Champions who received training

Over the next 12 months the project aims to train 600 healthcare professionals on how they can alter their documents, environment and interactions to accommodate all patients with communication disabilities.

From sectors to clusters

NHS London requires Primary Care Trusts (PCTs) to make management cost savings of an average 54% by March 2012, as set out in the Operating Plan issued in July 2010.

The overall aim is to ensure that patients continue to receive safe, high quality services, whilst the commissioning system is re-shaped, in preparation for changes signalled in the White Paper, *Equality and Excellence* and the Health and Social Care Bill.

On 31st January the Department of Health published 'PCT Cluster implementation guidance'. The guidance sets out expectations that PCTs will be merged into clusters across England by the end of June 2011. During the transition, the clusters will keep a tight grip on performance and quality in order to hand over a strong platform to GP consortia.

Appointed cluster chairs

The Chair Designates of the commissioning clusters in London for our sectors are: Caroline Hewitt, South East London and Sian Bates, South West London cluster.

GP pathfinders

GP pathfinders are early implementers, leading the way for the Government's vision for GP commissioning. Currently the total number of pathfinders in the capital is 25. This means that well over half of London's population are now covered by pathfinders.

There are nine GP consortia with pathfinder status in South London:

South East London

Bexley Clinical Cabinet - London Borough of Bexley

Southwark Health Commissioning - London Borough of Southwark

Lambeth Commissioning Collaborative - London Borough of Lambeth

South West London

Kingston Consortium - London Borough of Kingston

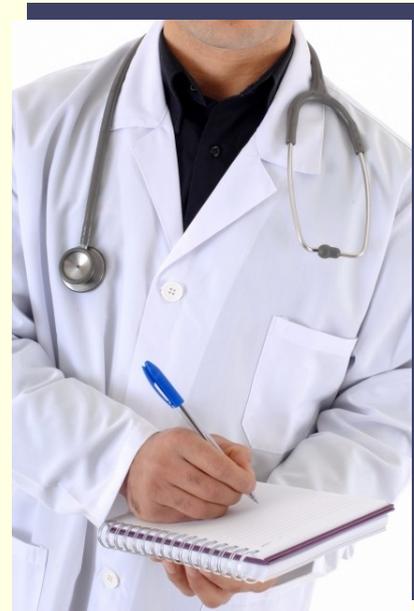
The Sutton Consortium - London Borough of Sutton (not the entire borough)

The Federation - London Boroughs of Sutton and Merton (not the entire boroughs)

Richmond & Twickenham GP Consortium - London Borough of Richmond

Wandsworth - London Borough of Wandsworth

Croydon Healthcare Consortium - London Borough of Croydon



Join us!

SLCSN People Bank

If you know of others who would like to improve cardiac and stroke services in South London, please encourage them to sign up to our People Bank by emailing People@slcsn.nhs.uk.

People Bank members receive our newsletter and are invited to join events and participate in projects. There are several levels of involvement to accommodate every schedule.



Events

The **Royal College of Nursing is seeking patients' views** and opinions about the care they receive from clinical nurse specialists and nurse consultants, and also their ideas about the best ways of assessing or measuring nurse performance.

They are particularly keen to obtain the views of patients who have accessed specialist or advanced nursing care within the last 12 months for treatment and/or advice across a wide range of health related issues or disease-specific treatment.

They will be inviting participants to attend focus group meetings which will take place in London and will last no longer than two hours.

If you would like more information about the project please contact Mehreen Chandan on 020 7647 3649 or mehreen.chandan@rcn.org.uk.

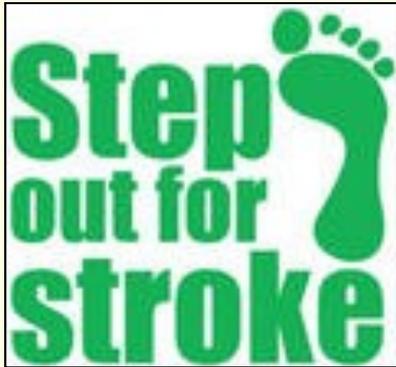
Speak Up Workshop - 24th September

Speak Up is the British Heart Foundation's fun, one day workshop for young people aged between 13 and 19 who are living with heart conditions.

The Speak Up workshop is completely free. The BHF will pay for your travel to and from the workshop.

For more information and registration details go to the BHF's website for young people www.yheart.net or call 020 755 40404.

"I think the workshop taught me that you need to talk to people, tell them about your heart condition. Otherwise, you're not being fair on them and you can't expect them to understand..."



Step out for stroke in London's Richmond Park

Step out for stroke is a series of sponsored walks encouraging thousands of people across the UK to join together to help us conquer stroke.

We'd love you to join us for our walk in Richmond Park on Saturday 14th May. Entry is just £5 and you will receive a special **Step out for stroke** t-shirt to wear on the day.

All participants will receive a fundraising pack, route map and t-shirt.

Further details are available on the Stroke Association website www.stroke.org.uk or request an entry pack by contacting Katie Hammond on 020 7940 1342 or katie.hammond@stroke.org.uk.

Ideas and inspirations for work and play - 6th April

Organised by Connect, this day aims to inspire people with aphasia and their family and friends by looking at ideas for new interests, inspiring stories from people who work and volunteer and steps to doing something new or different. There will also be support and advice from 'aphasia experts' – people with aphasia themselves.

For more information or details of other events organised by Connect please go to their website www.ukconnect.org.

South London Cardiac and Stroke Network

84 Kennington Road London SE11 6NL

020 8812 5950

www.slcsn.nhs.uk

info@slcsn.nhs.uk