

## Improving access to psychological support in Croydon

### Project background overview

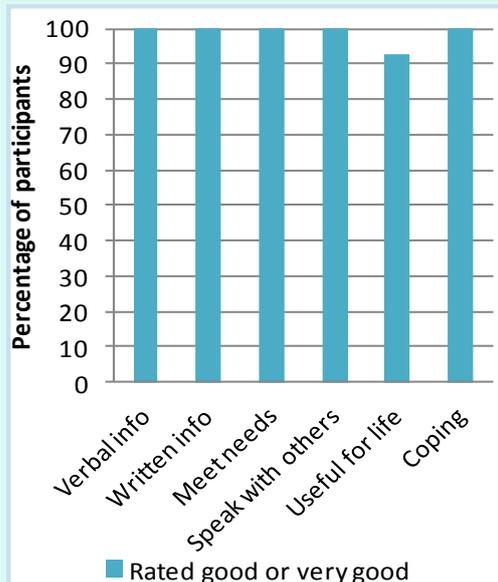
This project aimed to expand the provision of psychological support for stroke patients, from primary care through to acute services, in line with ASI metric 6. Funding was used to enable assistant psychologists to improve group sessions with patients, family members, carers and interested professional staff and increase their understanding of mood, behavioural and cognitive changes associated with having a stroke. The groups explain how the brain is affected by stroke and how this impacts on their everyday life and experience, and would teach practical coping strategies relevant to everyday life.

### Aim

To increase access to psychological support for stroke patients and to meet ASI metric 6.

### Achievements

- Increased psychology provision across the pathway.
- Development of resource materials.
- Creation of a comprehensive database to track intervention for patients.
- Increased skill sharing as other professionals access group education.



### Patient feedback

To measure the success of the group sessions, participants were asked to complete evaluations.

As the graph shows, all participants were satisfied with the written and verbal content, reported that the content met their needs and felt they had the opportunity to share experiences with others and found the groups helped them cope with stroke. Over 90

percent of the participants found that the information they got from the groups would be of use in everyday life.



### Lessons learned

- Data collection from other services was very difficult.
- Concerns about sustainability if not psychology led.
- Project was time consuming in terms of administration, marketing and evaluation.



### Patient and carer suggestions

- Following feedback, written materials are now presented in larger print.
- The pace of speech should be slower to make sure people can follow the content.
- Carers highlighted a need for more carer specific groups and support structures.

### Contact

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