

Improving access to psychological services after stroke in Southwark

Project background overview

NHS Southwark used the funding to employ an assistant psychologist based within the community neuro-rehabilitation team, whose job was to identify:

- The unmet post-stroke psychological needs in the Southwark community, i.e. the scale of the problem
- How meeting these needs would affect recovery/outcome indicators
- Whether these needs can be met through current local services
- How to increase access to current services and fill the service gap

Aim

To design a model for sustainable provision of psychological services which is accessible for stroke survivors in Southwark.

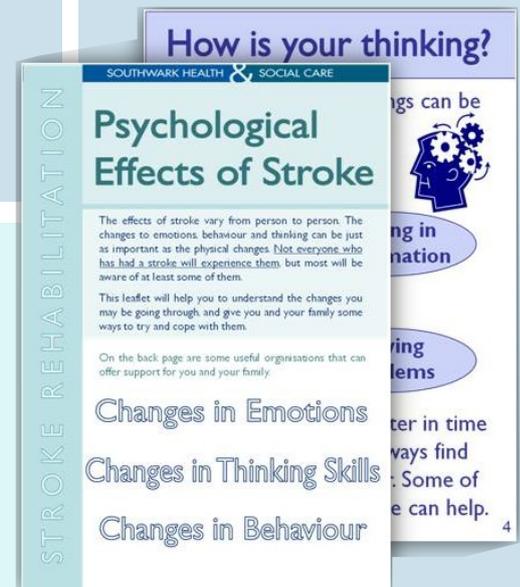
Achievements

- Case studies showed a range of unmet psychological needs which could be relatively easy to deal with within existing resources
- Services in Southwark were mapped and a new flow diagram was devised to aid health professionals signpost patients to the correct service
- Existing resources used
- Multi-disciplinary approach
- An information leaflet, with an easy read version to reach those with communication difficulties and cognitive impairment, was developed during the project. This will be given to all patients and their carers by a therapist. It should also be distributed to GPs and across the care pathway (e.g. stroke units, care homes, rehabilitation centres) to ensure all patients receive a copy. The leaflet is available online: www.slcsn.nhs.uk/stroke-patient.html.



Lessons learned

The number of stroke survivors receiving appropriate assessment and intervention can be increased by introducing a sustainable and phased model of care. In this way, appropriate support can be provided directly and indirectly throughout the pathway.



Work is continuing to improve access to the neuropsychiatry service for those who need it.

Contact

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