Self-management skills after stroke: What is the role of the hospital stroke team?

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Introduction

With an ageing population and improving acute care, increasing numbers of Australians are surviving stroke\(^1\). However, 87% of stroke survivors face limitations to their activities of daily living\(^2\), and over 30% are under 65 years of age\(^3\), and potentially face decades living with the effects of their stroke.

To help stroke survivors navigate life after stroke, Stroke Guidelines recommend the use of generic or stroke-specific self-management programs in the community\(^4\). However, there is currently little literature exploring the impact of incorporating aspects of self-management into hospital services. Recent research recommends that ‘Research is required to explore a new model of stroke self management which is integrated across secondary, primary and community care and adopts a whole systems approach.’ (Parke et al. 2015, p 20)\(^{4}\)

Expected Results

We expect to better understand how hospital stroke services contribute to a stroke survivor’s self-management journey.

We also hope to identify whether any changes to the hospital stroke services could optimise self-management outcomes for stroke survivors.

Methods

- A descriptive, qualitative design will be used across 2 studies.
- Purposive sampling will be used to recruit staff (study 1), stroke survivors and carers (study 2) across three hospital stroke programs at the Princess Alexandra Hospital: the acute stroke unit, geriatric and rehabilitation unit, and the day hospital service.
- Semi-structured focus groups and interviews will explore elements of self-management represented in figure 1. Interviews will be recorded, transcribed and thematic analysis will be used to identify key themes.

Planned studies

### Study one: Staff perspectives across hospital stroke services

- **Acute**
  - MDT interviews
  - What is self-management? How do / could you impart this?
- **Rehab**
  - MDT interviews
  - What is self-management? How do / could you impart this?
- **Day Hospital**
  - MDT interviews
  - What is self-management? How do / could you impart this?

### Study two: Patient / carer perspectives across hospital stroke services

- **Acute**
  - Reflections on self-management interventions in the acute service.
- **Rehab**
  - Reflections on self-management interventions in acute and inpatient rehabilitation services.
- **Day Hospital**
  - Reflections on self-management interventions across hospital and community experiences.
- **6 months follow-up**
  - Reflections on self-management interventions across hospital and community experiences.

Progress

- Partnership developed with Griffith University School of Occupational Therapy.
- Ethics application commenced for study 1.

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Literature Cited