

A scoping and mapping exercise for the successful implementation of the Accelerating Delivery of Psychological Therapies after Stroke (ADOPTS) programme.

Annette O' Donoghue¹, Cheryl Simmill-Binning². ¹University Hospitals of Morecambe Bay NHS Trust; ²Lancaster University
annette.odonoghue@mbht.nhs.uk

Introduction

This project is a 'baseline assessment' that is intended to lead to a future implementation project. It relates to a scoping and mapping of services, which will be set in the context of the whole Accelerating Delivery of Psychological Therapies after Stroke (ADOPTS) programme developed in 2015 by Dr Elizabeth Lightbody, Reader in Health Services Research, University of Central Lancashire..

Due to time and resources constraints it is only proposed to implement Stage 1 ("scoping and mapping") of the larger ADOPTS programme. This stage is essential to explore existing psychological support pathway and to establish a baseline to provide a benchmark for a possible future roll out of the full ADOPTS project which would include stage 2 developing a psychological care pathway, and stage 3 a feasibility study. The ADOPTS programme is needed because the National Clinical Guideline for Stroke (2016) highlights national audit findings that show inadequate psychological service provision and calls for assessment of mood of all stroke survivors and appropriate referral for psychological treatment where necessary.

Background

Setting: North West England NHS Trust where there is no specialist stroke unit. It is based in an isolated and deprived area.

Challenges: Health inequality, there is no specialist stroke unit. Waiting list for an appointment with a clinical psychologist is 6 months, and not the 10 week national average.

Aim

To explore the existing psychological support pathway to establish a baseline and provide a benchmark for a possible future roll out of the full ADOPTS project.

Rationale

- There are 1.2 million stroke survivors in the United Kingdom. One third experience mood disorders such as anxiety and depression which negatively impact on their lives.
- Psychological treatment of stroke survivors varies between two sites within the Trust, which is a health inequality as ideally every stroke survivor should receive good quality psychological treatment regardless of where they are being treated.
- The ADOPTS programme has already been successfully implemented in four hospitals in the North West, and is a well-developed training programme.
- According to the National Clinical Guideline for Stroke (2016) a clinical psychologist should be a core member of a stroke multi-disciplinary team, however in the absence of a clinical psychologist it is still possible to make improvements in psychological care.

Method

Mixed method approach used:

- Quantitative data obtained by retrospective patient electronic notes analysis of a sample of patients, those admitted in the first 3 months of 2019, looking at the number of stroke admissions, if mood has been assessed, what treatments were provided, and any onward referrals to a clinical psychologist.
- Qualitative data was gained through holding two groups of semi-structured stakeholder interviews.

Gantt Chart of Scoping & Mapping Exercise

	February 2019	March 2019	April 2019	May 2019	June 2019	July 2019
Create information sheet & Consent form	█					
Gain approval to access patient notes	█					
Book meeting room	█					
Audit patient notes		█	█			
Send meeting invite			█			
Prepare questions for meeting			█			
Seek ethical approval & Hold meeting				█		
Analyse data					█	
Disseminate findings						█
Present at CLAHRC						█

"I feel that I would benefit from training in giving psychological support"
Rehabilitation Assistant

"We need to improve the psychological service we offer to prevent health inequalities between sites"
Stroke Consultant

"Many stroke patients receive no psychological support as an in-patient"
Public Advisor

Results

- Quantitative: 62 patients were admitted to Furness General Hospital during the first 3 months of 2019, 92.7% were assessed for mood, 6 patients were treated for mood disorders and 1 patient was referred to a clinical psychologist.
- Qualitative: Stakeholders agreed that psychological support can be improved, and are fully on-board to help make the necessary changes. Stakeholders were willing to undergo further training to improve their skills in offering psychological support, to help improve patient outcomes.

"We need to be doing more to meet patients psychological needs"
Physiotherapist

"A mental Health Champion is needed"
Speech and Language Therapist

Conclusion/recommendations

The scoping and mapping exercise was successful in establishing a baseline regarding psychological provision for stroke survivors. The semi-structured meetings with stakeholders and the public advisor resulted in a general willingness to develop and improve psychological services, and to undertake further training in providing psychological support. The next step in implementing ADOPTS would be to develop the clinical psychological pathway, including developing a business plan for a part-time counsellor in the stroke service.

References

- National clinical guideline for stroke (2016) Royal College of Physicians. Available on line at: <https://www.rcplondon.ac.uk/guidelines-policy/stroke-guidelines>
State of the Nation: Stroke Statistics (2018) Stroke Association Available on line at: <https://www.stroke.org.uk/resources/state-nation-stroke-statistics>
Sentinel Stroke National Audit Programme (SSNAP) (2018) Kings College London. *Royal College of Physicians*. Available on line at: <https://www.strokeaudit.org>