

Patient
 Information

The Stroke Patient Journey

Arrival at hospital



You will be taken by ambulance to the **Hyper Acute Stroke Unit (HASU)** at **Cheltenham General Hospital**.

This may be from home, from Gloucestershire Royal Hospital or from one of the community hospitals in Gloucestershire.



On arrival at the **HASU**, you will be seen by the **Stroke Specialist Nurses** and the **Stroke Doctors** to help identify your needs.

You will have investigations to help find out the cause of your stroke.



You may be given **medications** to **reduce** your **risk** of having another stroke.

After the investigations have been completed, you may be moved to **Woodmancote ward** or **another medical ward** for treatment.

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Treatment and care

Treatment will be given by the multi-disciplinary team. This team includes Physiotherapists, Occupational Therapists, Psychologists and Speech and Language Therapists.



The **Physiotherapists** and **Occupational Therapists** will work with you to try and **improve your movement, thinking skills and involvement in everyday activities.**



A **Psychologist** will **support** you and your family with any changes to your **thinking skills**. They can also provide support if you are feeling low or depressed.

The **Speech and Language Therapy** team will work with you to try and **improve your communication** and/or your **swallowing** abilities (if needed).



The multi-disciplinary team will work with you to set **goals** based on your needs.

We encourage you to practice and complete any exercises you have been given, on your own or with the help of your family or friends. The exercises will help with your recovery.

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For formal medical and treatment updates, please ask the Nurse in Charge to arrange a meeting with the relevant team at an agreed date and time.

Your nurse may be able to answer any informal questions you may have.

Discharge

Stroke affects people in different ways. Some people have mild symptoms allowing them to quickly return to their usual level of activity. Other people may need more treatment in order to help them achieve their goals.



You will remain in hospital until you are medically stable.

Once you are medically fit, you may be considered for further treatment either at the **Community Stroke Rehabilitation Unit** or at home.


Therapy at the Community Stroke Rehab Unit

- If appropriate, the therapy team can refer you for further goal-focused therapy at **The Vale Specialist Stroke Rehabilitation Unit** at Dursley.
- **The Vale Specialist Stroke Rehabilitation Unit** is for people needing ongoing treatment in a community hospital setting.
- **The Vale Specialist Stroke Rehabilitation Unit** has **14 Stroke beds** and can offer a **short period** of in-patient rehabilitation before discharge from hospital.
- **The Vale Specialist Stroke Rehabilitation Unit team** is made up of nurses, health care assistants, therapists and rehabilitation assistants.



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Onward therapy

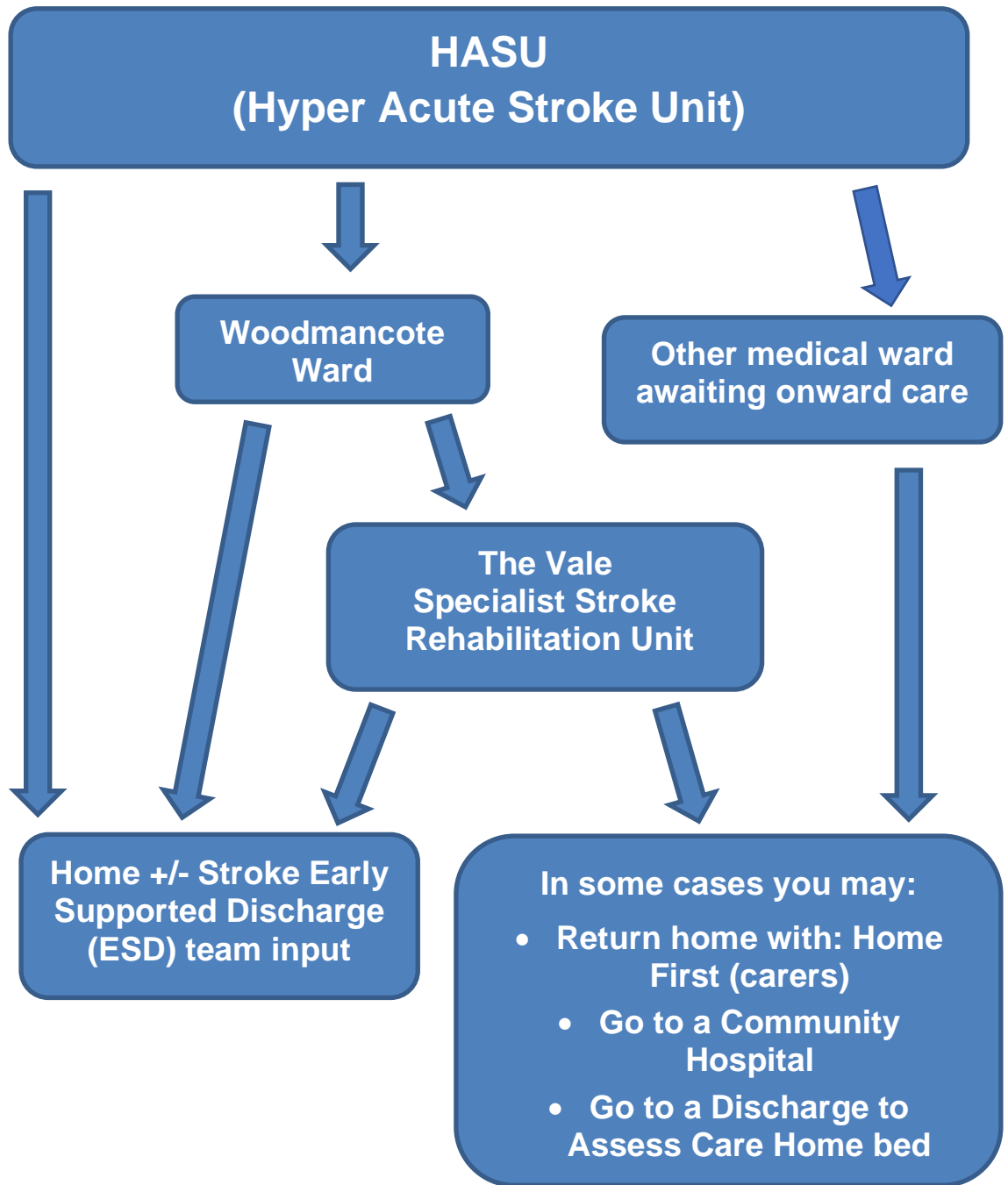
- If appropriate, the **therapy team** can refer you to the stroke **Early Supported Discharge team (ESD)** or another **community** team such as the **Community Neurology Service (CNS)**.
- The **ESD team** is made up of **therapists** and **rehabilitation assistants** who can visit you at home as needed. They will provide **treatment in your home for up to 6 weeks**.
- Stroke symptoms often last beyond the 6 weeks of ESD support. This means that you **may also need reablement**, a team to **assist you with daily activities** while you are improving or a **package of care** alongside your treatment.

Community Stroke Nurses

Before discharge, **you** will be **given** the **contact** details for the **Community Specialist Nurses**. They will get in contact with you when you are discharged from hospital. You can contact them if you need support.

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Diagram of the patient journey



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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>