

# Changes to our stroke services



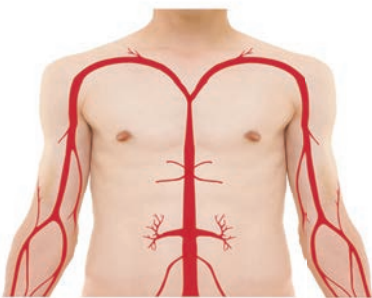
**What do you think?**



# What is a stroke



A stroke is a very serious health problem. It happens when blood cannot get to the brain.



This could be because there is a blockage in the tubes that carry blood around the body.



A stroke can change your life. It can cause you to become disabled or die.



A stroke can happen to anyone at any time. It is really important you get medical help straightaway.



## About us

We are Herefordshire and Worcestershire **Integrated Care System**.



An **Integrated Care System** is when all services involved in health and care work together.



We run health and care services for people in Herefordshire and Worcestershire.

We also support people who live in Powys in Wales.

# About our stroke services



We have stroke services that:

- help people stop strokes from happening in the first place
- treat stroke patients in hospital. It is important that people who have a stroke get treatment really quickly
- support people when they leave hospital after a stroke



We have 2 main hospitals in our area to treat people who have had a stroke.



Most people in Worcestershire go to Worcester Royal Hospital.



Most people in Herefordshire and Powys go to Herefordshire County Hospital.



We have 2 stroke wards in our hospitals. These are wards for:

- treating people in an emergency when they have a stroke. This is for the first 3 days after the stroke happened



- looking after people in hospital after they have had a stroke and are starting to recover.

People usually stay on this ward for about a week.

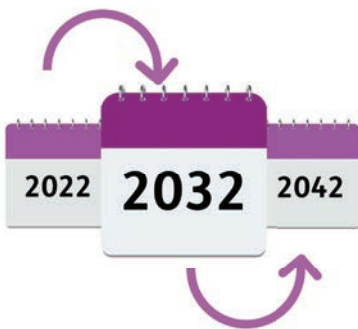




Some people may have to stay in the hospital for a long time until they are well enough to go home.



Our staff work hard to make sure everyone gets good care and support.



We want to make sure this keeps on happening in the future.



To do this, we need to make some changes to our stroke services.



## Why our services need to change

Every day, 3 people have a stroke in our areas.



More people will have strokes in the future. This is because more people are:

- being born and living longer

or



- living with long term health problems like cancer or heart problems



It is difficult to give everyone the help they need.



We do not have enough doctors who have lots of special training in strokes. These are called **specialist** doctors.



Stroke patients are not getting to see a specialist doctor quickly enough.



Our hospital stroke services do not have specialist doctors 24 hours a day 7 days a week.



We need more trained staff to be able to run a service 7 days a week.

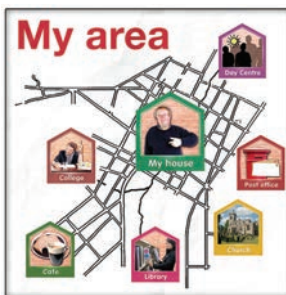


## What we want to do:



- save more lives and help more people live well after a stroke.

Having good stroke services helps patients recover quicker



- make sure everyone can use our stroke services no matter where they live



- follow the **National Standards for Stroke Care**. These are rules that make sure we are offering the best service



- work together with other services. It is really important that all services involved in a person's care talk to each other

## Other things that might help

Nearly all strokes can be stopped from happening. The best way to do this is:

- eat an healthy diet and get lots of exercise

and

- don't smoke or drink too much alcohol



Some medicines can also give you more chance of having a stroke.



We will work together with local services that help people to stop smoking and lose weight.



We will make sure people have health checks often. This will help people to keep an eye on their health and any risks of stroke.



Stopping strokes from happening will help to stop people needing to go to hospital for treatment.

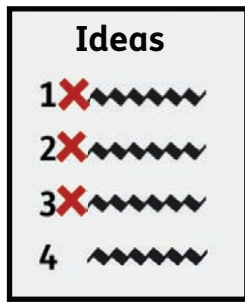


## Our ideas for change

We have looked at different ways of making the changes we need to stroke services.



Our ideas have been looked at by the **Stroke Programme Board**. This is a big group of local health groups and services.



We had a few ideas about how to change our services. Some of the ideas would not work well.



The Board looked at all of the ideas. They decided that Idea 4 would be the best idea.



## Idea 4

We will only have a special stroke ward at 1 hospital.



The ward will run 24 hours a day 7 days a week.

The ward may be at Worcester Royal Hospital.



There will be a specialist doctor working all of the time.



## How this idea will work

If someone has a stroke they will be sent to their nearest hospital.

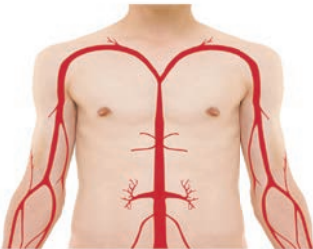
They will:



- have an **assessment** and any scans they might need.



- An **assessment** is a check to see if the person has had a stroke



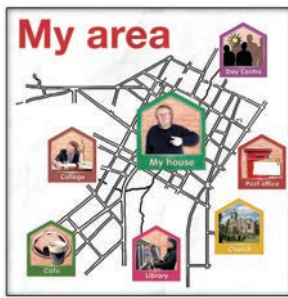
- have any clots removed from their blood if needed



- be moved to the stroke ward at Worcester Royal Hospital.

This means if you go to Herefordshire County hospital first you might have to move hospital





When a person goes home from hospital, they will use community stroke services in their local area.



## Good things about Idea 4

Stroke staff will all be in one unit rather than spread over two hospitals.



We can have services 7 days a week and local specialist doctors 24 hours a day.



We will have stronger staff teams. The teams will be able to cope with any changes to staffing.



Patients will still be seen first at their nearest hospital.

## Not so good things about Idea 4



People from Powys and Herefordshire will have to travel further for treatment.



People cannot always afford to pay for transport to get to health appointments.



Family and carers will have to travel further to visit people in hospital.

## What patients and the public have told us so far



We have talked to lots of patients to find out what they think about our ideas.



We put everything that people told us in a Patient Feedback Paper. You can read the paper here:

**[www.hwics.org.uk/get-involved/involvement-opportunities/stroke-services](http://www.hwics.org.uk/get-involved/involvement-opportunities/stroke-services)**



You will need to click on the green word that says **here** at the bottom of the page. It is under the bit where it says **previous engagement**.

## Have your say



We want everyone in our area who uses our stroke services to have their say.

A survey form titled "Questions" with two speech bubble icons. The first question is "1. What do you think about it?". Below the question are three checkboxes: "Good", "Bad", and "Not sure". The "Not sure" checkbox is marked with a blue checkmark. A hand is shown holding a pen, ready to fill out the form.

We have some questions for you.



Please answer these questions and send your answers back to us.



The Stroke Programme Board will listen to everything people say.



Then they will decide about making the changes to stroke services.

## Questions for you



1. Have we explained why we need to make our stroke services better?



2. Have we thought about the right ways to make our stroke services better? Is there anything else we could do?



3. Is there anything else we should think about to help people understand how to avoid having a stroke?



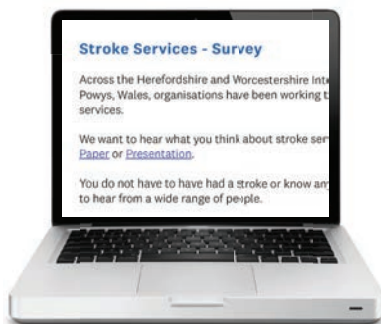
4. Is there anything else you would like to tell us about our stroke services?





5. Would you like to work with us again in the future to have your say?

You can tell us what you think by:



Filling in a questionnaire online using this link:

**[www.surveymonkey.co.uk/r/strokeservices2022](https://www.surveymonkey.co.uk/r/strokeservices2022)**



**Emailing us at:**  
**[hw.engage@nhs.net](mailto:hw.engage@nhs.net)**



**Phone us on:**  
**0330 053 4356**



You can read the full information in Welsh here:

**[www.hwics.org.uk/get-involved/involvement-opportunities/stroke-services](http://www.hwics.org.uk/get-involved/involvement-opportunities/stroke-services)**



If you need this information in another language or printed, please tell us.



**You can phone:**

**0330 053 4356**