

Freedom of Information request 326-18

Request

A) Rehabilitation

- To provide all plans of deployment methods for rehabilitation resources for stroke patients?
- To provide information on how the Health board will ensure that stroke patients are given the opportunity to achieve their full recovery potential
- To provide all current plans that will develop and build capability for stroke rehabilitation over the next 1 year and 5 years?

Response

- There is a designated stroke ward within BGH where the rehabilitation process is commenced by all Allied Health Professionals (AHPs- Physiotherapists and Occupational Therapist). There are options to continue the rehabilitation journey within a variety of care settings including community hospitals, day hospitals, Transitional Care facilities, and a community rehab team. There is also close collaboration with social care partners, 3rd sector in particular Chest Heart & Stroke Association, Stroke Association and our tertiary partners for example SMART/Astley Ainslie Hospital services in Lothian.
- NHS Borders has a Community Health Team in the Cheviot Locality that provides rehabilitation locally. Patients within the other localities have referrals made to the BGH service. Patients can also refer themselves to the Physiotherapy Service
- Provision of Exercise after Stroke and Community Stroke Rehabilitation Services remains a difficult issue due to the rurality of the Borders. Although there are not stroke specific services the rehabilitation teams in all areas of the Borders are aware of referrals pathways and the resources that are available. They are principally Day Hospital rehabilitation, shared exercise programs with cardiac and respiratory patients, LIVE Borders gyms and third sector organisations.
- NHS Borders is focussing on building capacity for all staff to ensure that they have the knowledge, skills and attitudes necessary to deliver high quality services. Scottish Stroke Care Audit data, which informs the Scottish Stroke Improvement Plan, is used to identify where improvement is required.
- NHS Borders is currently pursuing the following actions to improve the service in respect of patients transitioning to the community.
- **Access to Stroke Therapy: Enhancing** Speech and Language Therapy input consistently by day 3 post stroke
- **Access to stroke rehab services:** Improvements here would include improved early supported discharge.
- **Goal Setting:** National goal setting workshops exist and these will be delivered for community hospitals and AHPs to ensure consistency of approach in Border's Hospitals.
- **Access to Specialist Clinical Neuro-psychological Services:** This is a challenging area for NHS Borders given lack of available expertise. This gap in service is being considered as part of planning in respect of developing services locally for patients with head injuries.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **326-18** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.