Brain Waves Stroke Education Program

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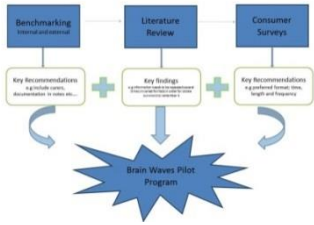
Background



Brain Waves – pilot (2015)

- An education group for stroke survivors and their carers
- Developed based upon consumer feedback
- Presentations by the multidisciplinary team on various aspects of stroke
- An adjunct to individualised education
- Pilot program was 3 x 1 hour sessions
- Morning tea to promote peer supports
- Rolled out across 3 MHCR sites (Kingston, Cranbourne and Springvale)

Evaluation and feedback:

Changes for 2016

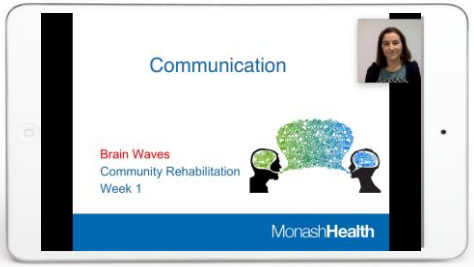
- 4 sessions
- Increased length to 1.5 hours
- Addition of an introductory activity
- Addition of dietitian talk
- Maximum of 1 interpreter per group
- Online resources updated and listed in presentations

E-Education - looking forward

Improved access and equity to standardised stroke education, in-line with the National Stroke Foundation guidelines

- Language
- Group attendance
- Service delivery mode (home VS centre based)
- Therapist experience or style.

Are NO LONGER barriers to consistent stroke education.



Advantages of videos

- If a presenter is away the education component can still go ahead.
- 1:1 education. Therapist and client.
- RITH therapists can take videos out to client's houses to deliver stroke education to family and clients.
- Interpreters can go through the videos simultaneously whilst the group is running which decreases disturbance to the group.
- Catch up sessions for clients who miss a week of the group.

Outcome measures:

What was the best thing about the program?

- Learning = 45%
- Making friends = 27%
- Carer support = 16%

Positive side effects of the group!

- ✓A client self-directed walking club
- ✓Friendships
- ✓Phone support outside of the group

Impact on our clients

- Increased insight
- Social connectedness (particularly home based clients - RITH)
- Feedback from regular therapists letting us know that the client has benefited from the group "Now he gets it"

Future Directions

- Evaluating and interpreting results and outcome measures for 2016
- Increasing the number of participants in the group
- Capturing data on possible elective sessions clients are interested in
- Having 2 x sessions at each site per year
- Looking at the role that "positive side effects" play in recovery
- Introducing e-Education to the team and educating them how and when to use them.

References

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Testimonials

from clients...

"Understanding my stroke"

"I am not alone"

"Strategies on coping"

"All my questions were answered"

"Plenty of help available"

from staff...

"had some feedback from clients who got a lot out of the group"

"It is important that carers know what has happened to their loved one"

"Limiting number of interpreters. Using videos (worked well). Having a good mix of clients and carers."

"Having clients and their carers present allows for feedback and story sharing from both perspectives, which is great "