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Background

- 78% of stroke survivors in the UK are discharged home from hospital and are managed in primary care (Intercollegiate Stroke Working Party, 2016)
- Their longer-term care needs are often not adequately addressed
 - 49% report unmet needs (McKevitt et al., 2011)
 - 42% feel abandoned after leaving hospital (McKevitt et al., 2011)
 - 41% require help with activities of daily living (RCP, 2015)
- Research has focussed on improving access to acute stroke services rather than considering the role of primary care in stroke management



Study aim

- To explore changing care needs across stroke survivors' trajectories and identify how these needs could be addressed by primary care

Methods

Data collection and analysis

- 22 stroke survivors were recruited from five GP practices in the East of England and participated in audio and video-recorded semi-structured qualitative interviews
 - Inclusion criteria** - confirmed diagnosis of stroke from survivors' records, good understanding of English, capacity to provide written informed consent, carers of survivors with post-stroke dementia were sampled
 - Exclusion criteria** - survivors with terminal illness, severe depression or with other severe comorbidities
- Verbatim data was transcribed and analysed using a Framework approach

Sample characteristics

Survivors	No/Score
Male	11
Female	11
Age range	49 - 93 years
Mean, median age	73, 70 years
Time since stroke range	3 months - 22 years
Mean, median time since stroke	7 years, 3 years
Barthel Index range	50/100 - 100/100
Median BI	100/100
IMD range	3/10 - 10/10
IMD median	7/10

Results

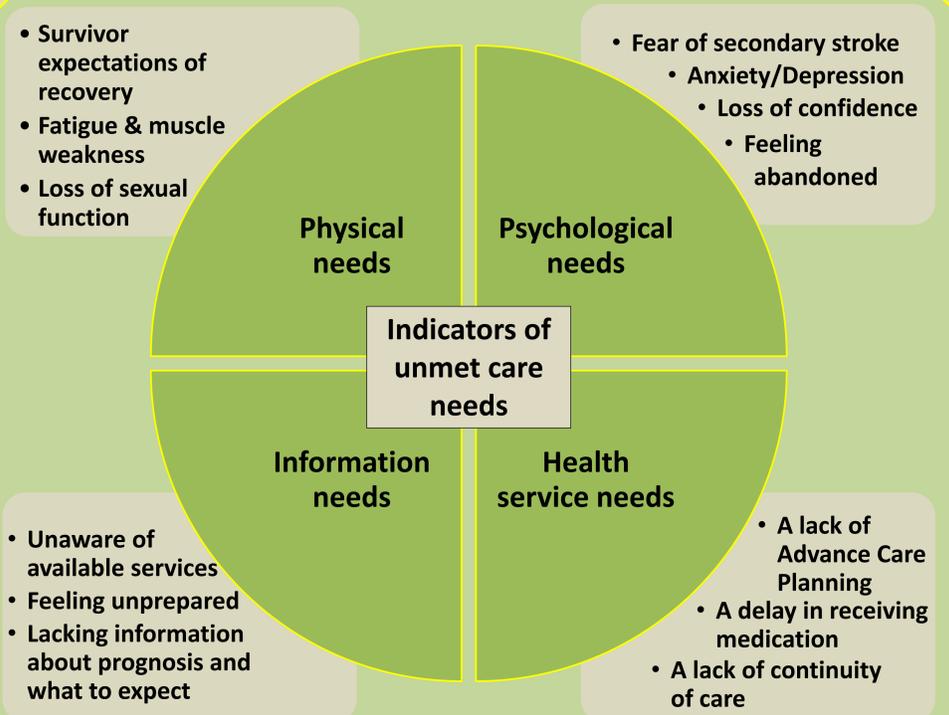


Figure 1. Indicators of unmet care needs

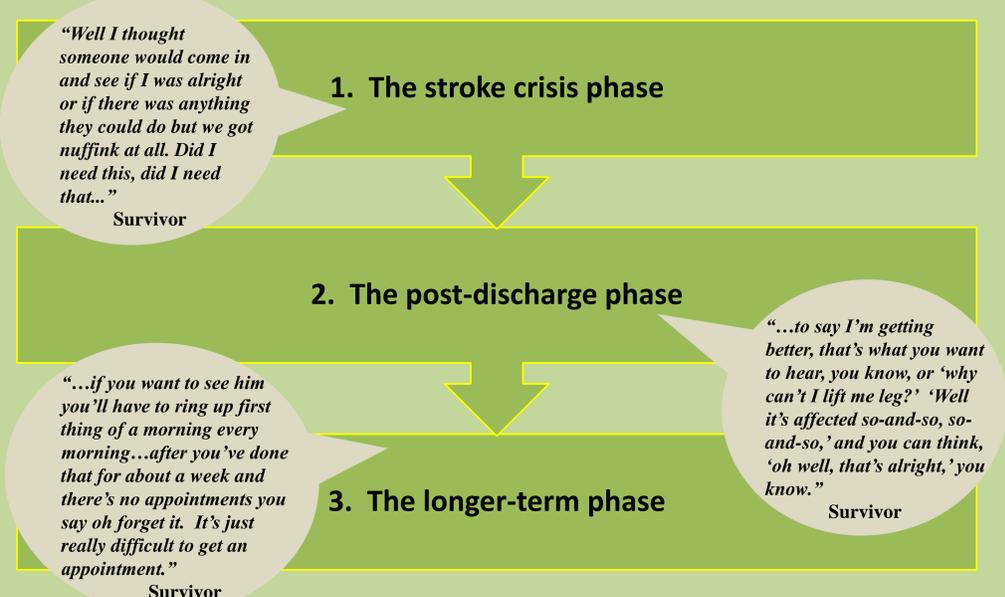


Figure 2. Changing care needs characterised at three different phases of post-stroke recovery

- Key unmet needs identified across all phases of recovery included **health service and information needs**
- Psychological needs (anxiety and feelings of abandonment) were most apparent at the post-discharge phase while the importance of meeting physical needs was identified in the longer-term phase by some survivors
- It is notable that some survivors who had physical health needs in the longer-term phase viewed their changed health needs in the context of their other co-morbidities and by making comparisons with other stroke survivors

Conclusion

- Indicators of unmet care needs were identified & changing care needs of stroke survivors were characterised across the recovery trajectory
- These findings will inform a new model of primary care which includes an annual structured person-centred review of patient physical & psychological needs and a practice-based single point of contact



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