

# My Life After Stroke (MLAS)

## BACKGROUND

The “My Life after Stroke” (MLAS) course is part of a larger research programme which aims to develop a new model of primary care services for stroke survivors living in the community. This new model of care involves a practice based intervention which includes a structured review of stroke needs. The new model is going to be tested using a cluster randomised controlled trial in GP Surgeries in the East of England and East Midlands.

MLAS is one component of this new model of care. MLAS is a self-management course for stroke survivors and their carers. The course aims to enable stroke survivors and their carers to be better informed about stroke, how to cope with its effects, and how best to reduce risk of further stroke.

## PATIENT INVOLVEMENT

Patients will first attend a structured review of stroke needs at their GP surgery as part of the new model of primary care. At the end of the review the patient will be given information about the MLAS programme. If the patient wishes to take part they will be invited to attend:

- One 45 minute individual preparatory session.
- Four weekly 2.5 hour group-based sessions. These sessions cover topics under the categories of stroke prevention, information, social needs and psychological issues.
- One final 30 min individual session 4 weeks after the last group session.

Each MLAS session will be run by two trained facilitators. All sessions will be held at a suitable local community facility.

## FACILITATOR ROLE

### 1. Main purpose

- To facilitate regular groups for people with stroke, their family members, friends or carers, as part of the MLAS programme.
- To facilitate groups in a safe and secure environment, offering appropriate support based on client need.

## 2. Duties and key responsibilities

- To attend 3 days of specialised facilitator training as well as refresher courses and mentoring sessions where necessary.
- To facilitate regular group sessions as outlined in the MLAS programme curriculum.
- Responsible for liaising with programme staff to enable safe, secure and timely management of the programme.
- To ensure that each session is appropriately organised, and any necessary arrangements communicated to enable co-ordination with other facilitators and MLAS staff.
- To set-up the room and ensure that the group meeting place remains safe and secure and that group sessions work within their time allocation.
- To assist the group members to understand the purpose and benefit of the group, and its ground rules.
- To ensure that group members feel at ease, and that all are able to participate equally, as they wish.
- To support the group to explore experiences and share strategies for health-related behaviours and self-management.
- To support individuals within the group to identify personalised goals relating to health-related behaviours.
- To seek and record feedback at every session to understand whether needs are being met, and support programme development.
- To undertake regular reflection and development to support high quality and consistent delivery of the programme.

## WHO CAN BE A FACILITATOR?

Facilitators will either be health care professionals (e.g. Practice Nurses) or lay people (e.g. people from the voluntary sector such as the Stroke Association).

You do not need to be clinically trained to become a facilitator. If you would like to become a facilitator you will be asked to attend 3 days of specialist training. You may also be asked to ensure that your core skills such as Manual Handling and Basic Life Support are up-to-date if you do not already have these.

## WANT TO FIND OUT MORE?

If you would like to find out more about the MLAS programme or you are interested in becoming an MLAS facilitator please contact us.

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