The Managed Clinical Networks for Heart Disease and Stroke are now in their eleventh year. They are made up of clinical staff networking across the services with patient groups feeding through the sub groups to the MCN Steering Group/ Clinical Governance Group for each specialty. In turn, any governance issues are brought to the attention of the Health Board Governance Committee. The MCN Steering Group/Clinical Governance Groups take an overview of how services should be in the future and how to improve the pathway for patients and carers. There is an MCN Manager and staff to ensure that the networks are run efficiently and involve the wider voluntary and third sector organisations to promote and highlight the health messages associated with heart and stroke prevention and self management.

**Farewell from Denise Brown – MCN Manager for Heart and Stroke**

“After 28 years happily working in NHS Ayrshire & Arran, I, Denise W Brown, MCN Manager for Heart and Stroke Networks have begun my retirement. My career started in psychology working under Rani Sinnak for four years then I developed the new Medical Audit Department with John Currie, Paediatric Anaesthetist which evolved onto Clinical Audit and Clinical Effectiveness. Facilitating audit projects across the whole health spectrum with medical and clinical colleagues was very rewarding and established long term friendships and respect for all professions. When the new initiative for MCNs came about I was chosen to manage Heart and Stroke Networks, two biggies. Being innovative and supported by my excellent team since 2004, I have seen National, Regional and Local groups improve these services with positive outcomes for patients and carers, My passion for heart and stroke is well known and I will miss all the staff and patients involved. The Different Strokes exercise group gave me a lovely farewell lunch at Christmas and I hope that these types of groups will eventually be available across the whole of Ayrshire (see photo). My colleagues also gave me a Retiral Tea and some beautiful gifts which I am very touched by (see photos). Bye bye and all the very best to NHS Ayrshire & Arran.”
Cardiac Rehab Commonwealth Day!!

NHS Ayrshire & Arran’s cardiac rehabilitation patients proved that there is life after suffering a cardiac event at the recent Commonwealth Legacy celebration at the Ayrshire Athletic Arena.

More than 80 participants, ranging from four weeks after cardiac event and those who were still exercising 21 years later, attended and took part in tribal dance, boxing, tai chi, bowling and marathon walking, accumulating 2.6 marathons on the day – fantastic. Families, friends and staff and of course the Provost had fun and demonstrated how activity can be fun and well as good for you.

We were fortunate to have Georgi Black, weightlifter from the Commonwealth Games and David Davidson, a Clydesider along to rally the troops.

Our thanks go to Chereen Price from ASDA who provided refreshments during the day and fresh fruit to give us a boost for the next task and to the Irvine and District Pipe Band who gave us stimulating music. We raised funds for Chest Heart and Stroke Scotland and Ayrshire Sportability during the event.
Referrals and service

The Cardiac Psychology Service continues to deliver one-to-one psychological support to patients in Ayrshire and Arran. Dr Lesley Allan, the British Heart Foundation Clinical Psychologist runs three Psychology Clinics across the health board. To date the service has received over 404 referrals from cardiology, heart failure, general medicine, wider community services, and cardiac rehabilitation.

Following referral, patients are assessed by Lesley and if appropriate will be offered a person-centred, collaborative psychological intervention using a range of approaches (including cognitive behaviour therapy; solution focused therapy; acceptance and commitment therapy; and behaviour change interventions).

Satisfaction with treatment

When patients are discharged from the service they are requested to complete a “Client Satisfaction Questionnaire”. The majority of patients were satisfied with their treatment and (69%; 40/58) stated that they were “very satisfied” with the service that they had received. Similarly, most patients (95%; 55/58) agreed that the service they had received helped them deal more effectively with their problems, and that if they were to seek help again they would return to the service (98%; 57/58). Also, the majority of patients stated that they the service had met their needs (93%; 54/58).

Staff training

One of the original aims for the Cardiac Psychology Service was “To increase training opportunities for staff caring for individuals with Coronary Heart Disease.”

To help achieve this aim, we have been working closely with the wider clinical health psychology service to deliver training for Nurses and AHPs across Ayrshire and Arran. Two training packages are offered:

‘Developing Practice’ Training
- A six-month course developed by NES to provide training for staff working in physical health settings to recognise and manage psychological distress.

‘AsSET’ Training
- A two-day training course developed by NES to staff working in LTCs to address health behaviour change.

To date, five nurses and two physiotherapists from specialist cardiac services have attended these courses.

Goodbye Ingrid

The service was sad to say goodbye to Ingrid Hawkins, the BHF Assistant Psychologist. Ingrid was with the service for a year and among other things, was integral in working to increase patient awareness of mental health complications by presenting a number of psycho-education talks during the cardiac rehabilitation program. Ingrid has returned to Australia where she has recently commenced Clinical Psychology doctoral training to become a qualified clinical psychologist.
Ayr Flower Show – 22, 23 & 24 August 2014

The Managed Clinical Network Team welcomed the chance to promote the FAST Campaign and raise awareness of the symptoms of Stroke at the Ayr Flower Show, along with colleagues from Chest, Heart and Stroke Scotland.

The Flower Show was held in Rozelle Park, Ayr with its feature trees, ponds and nearby woodland walks. It provides a great opportunity for gardening enthusiasts to admire the flowers and to purchase plants and other gardening items. The three day festival is popular to a much wider market where the food and fun compliment the flowers and fruit.

The team were located in the home and garden section with an exhibitors stall full of useful information on Heart Disease and Stroke, and some “freebies”. Chest, Heart and Stroke Scotland provided a variety of information booklets and factsheets which were available for visitors to take away with them. There were also FAST cotton bags, magnets, pens and balloons for the kids.

NHS staff, Chest, Heart and Stoke Scotland staff and patient representatives were on hand to give advice and answer any questions.
The challenge was set by the British Heart Foundation, called March Dechox, the staff and some of the patients of cardiac rehabilitation decided to rise to it. Giving up chocolate for the month of March was easier for some than others, but due to the generosity of the patients attending University Hospital Crosshouse, Ayrshire Central and Ardrossan Cardiac Class, a final grand total of £415 was raised, making it all worthwhile.

The British Heart Foundation supports all people with heart conditions and Cardiac Rehabilitation uses many of its publications and literature to support our service users with information and education.

A BIG THANK YOU to all who supported the fundraising, we hope your waistline benefitted!

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**Ticker Talk Heart Support Group**

❤️ **What is Ticker Talk?** We are a local voluntary self support group which was set up in 2009 by heart patients and carers in Ayrshire. We are supported by Chest Heart and Stroke Scotland and the NHS Ayrshire & Arran Managed Clinical Network for Heart Disease who are involved with helping improve our local heart service and would like to hear your views.

❤️ **Who is the group for?** Anyone in Ayrshire who has experienced an event related to their heart is welcome. Also carers and families are welcome to become members.

All held at the Northwest Area Centre, Western Road, Kilmarnock, KA3 1NQ
Second Tuesday of the Month from 2pm – 4pm

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<tr>
<th>Date</th>
<th>Speakers</th>
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<tr>
<td>13 January</td>
<td>Annual General Meeting (AGM)</td>
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<td>10 February</td>
<td>Reshaping Care for Older People with Caroline Scott, CVO</td>
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<td>10 March</td>
<td>Talk by Bill McConnell/ Health &amp; Wellbeing Information with Angela Cunningham</td>
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<td>14 April</td>
<td>Gardening with Kenny Milne</td>
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<td>12 May</td>
<td>Arthritis with Jane Argyll, Rheumatology Clinical Nurse</td>
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<td>9 June</td>
<td>Fire Safety and Household Issues with Scottish Fire and Rescue Service</td>
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❤️ **Would you like to join us?** We hope that you will become a member of the group and find membership worthwhile and enjoyable. Thank you taking the time to read about us and hopefully you will spread the word.

For further information please contact: Denise Hudson on 01563 825686, Managed Clinical Network for Heart Disease, Denise.Hudson@aapct.scot.nhs.uk
Stroke Autumn Meeting – 20 November 2014

The Managed Clinical Network held its Stroke Annual Meeting and invited patients, carers and staff to the evening at the education centre in University Hospital Ayr.

The guests were invited to sample the buffet while Janey Anderson from South Ayrshire Leisure provided a Stroke exercise demonstration. This consisted of a circuit class with stations to represent the exercises available such as, ball, bands, bike and step.

[Left - Pauline Cuthbert demonstrates the techniques with the ball.]

There was an attractive programme put together for the evening which included:

- Welcome by Dr Sandip Ghosh, Lead Clinician for Stroke
- New Spasticity Service by Dr Claire Copeland, Consultant Stroke Physician and Audrey Campbell, Advanced Stroke Physiotherapist
- Self Directed Support by Kim Holmes and Clare Smith, Occupational Therapists
- Visual Impairment Following Stroke by Darren Brand, Senior Orthoptist
- Vision Champion Development by Linzi Sansum, RNIB

Dr Sandip Ghosh, the Lead Clinician for MCN Stroke gave an overview of developments in the last year and what the future developments are for 2014-2015.

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<th>Developments in the last year</th>
<th>Developments in 2014 - 2015</th>
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<td>• FAST campaigns.</td>
<td>• 24/7 thrombolysis service</td>
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<tr>
<td>• Satisfaction surveys for stroke services in collaboration with patient consultation group.</td>
<td>• Post stroke exercise classes across Ayrshire</td>
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<tr>
<td>• Spasticity service.</td>
<td>• Rehabilitation focus</td>
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<tr>
<td>• In collaboration with RNIB stroke vision awareness training /stroke vision champions and stroke vision passports.</td>
<td>• Focus on Stroke Improvement Plan implementation</td>
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<td>• Stroke exercise training for leisure services.</td>
<td>• Stroke service review</td>
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<tr>
<td>• Stroke learnpro - swallow training module.</td>
<td>• Collaborative working with Integrated Health &amp; Social Care.</td>
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This evening was a huge success with around 80 people attending, which proves this is a very important yearly event. We received very positive feedback from the evaluation forms completed by guests on the night.
**Look Out For The STROKE FAST Campaign**

The main aim of the Think FAST and Save a Life campaign is to raise awareness of the symptoms of stroke. We have more than 700 new strokes / TIA cases a year in NHS Ayrshire & Arran and it is vital that we see these patients urgently.

The recent NHS Ayrshire & Arran FAST Campaign focused on the following areas:

- Pharmacies
- Pubs
- Libraries
- Health Promotion
- DVD in clinics
- Radio
- Ambulance Transport
- GP surgeries
- Nursing Homes
- Community Talks

**New improvement plans for Heart Disease and Stroke**

The Heart Disease and Stroke Improvement Plans identify the key priorities and set out why these issues are important. They identify the key actions which if delivered will contribute towards improvement. The Plans also emphasize the importance of being able to measure the impact of what we do and thereby demonstrate that change has happened.

The Heart Improvement Plan identifies six priority areas for improvement. These priorities are:

1. Prevention of Cardiovascular Disease
2. Mental Health for Heart Disease
3. Secondary and Tertiary Care Cardiology
4. Heart Disease Management and Rehabilitation
5. Heart Failure
6. Arrhythmias

The Stroke Improvement Plan identifies eight priority areas for improvement. These priorities are:

1. Early Recognition of Transient Ischaemic Attacks (TIA) and Stroke
2. Rapid Admission, Early Diagnosis and Treatment
3. Stroke Care Bundle
4. Skilled and Knowledgeable Workforce
5. Early Diagnosis and Treatment for Non-admitted Patients
6. Secondary Prevention
7. Transition to Community
8. Supported Self-management and Living with Stroke
The Managed Clinical Network held its ‘Love Your Heart’ Annual Meeting and invited patients, carers and staff to the evening at the education centre in University Hospital Ayr.

The programme for the evening:

- Welcome by Christine Tod, MCN Manager
- Stress Echo and CT Angio by Dr Vera Lennie, Consultant Cardiologist
- Branching out: the growth of Keep Well by Carolyn Wyper, Keepwell Manager
- Patient Reported Outcome Measure (PROMS) by Aynsley Cowie

This evening was a huge success with around 50 people attending, which proves this is a very important yearly event. We received very positive feedback from the evaluation forms completed by guests on the night.

**Dates for your diary:**

- Action on Stroke Month, May 2015 – Make May purple for Stroke
- UK Stroke forum in La Mon Hotel and Country Club, Castlereagh, Belfast - 20 May 2015
- Chest Heart and Stroke Scotland and The Carers Trust invite you to a picnic - information stalls from partner organisations and some fun activities and games. Bring along a packed lunch! – Monday 22 June 2015, 12.30pm to 3pm.
- Stroke Awareness Nursing/Care Home Training – 18 August 2015

**And lastly...**

**A warm welcome to the New MCN Manager for Heart Disease and Stroke, Christine Tod**

In my new role as MCN Manager for Heart Disease and Stroke, I’m really looking forward to working in partnership with all those involved with the networks to develop and improve services. Over the next few months, I’ll be out and about meeting people in the networks and learning about heart and stroke services.

I would like to take this opportunity to wish Denise Brown all the best in her retirement.

If you wish to contact the Managed Clinical Network (MCN) for Heart Disease or Stroke:

- 01563 825818 / 825686 or email Christine.Tod@aapct.scot.nhs.uk; Nicola.Dow@aaahct.scot.nhs.uk; Denise.Hudson@aaapct.scot.nhs.uk

- This report is available on the Athena site and on the public website [www.nhsaaa.net](http://www.nhsaaa.net)

- 49a Lister Street, University Hospital Crosshouse, Kilmarnock, KA2 0BE