



Portsmouth Health Overview Scrutiny Panel

Health and Care Portsmouth report

March 2024

Update on the Portsmouth Stroke Recovery Association

1. Reason for briefing

- 1.1. The Chair of Portsmouth Health Overview Scrutiny Panel (HOSP) has asked to include an update on the Portsmouth Stroke Recovery Association as part of the ICB finance update agenda item on 14 March.

1.2. Context

- 1.3. Portsmouth City Council have approved funding for the continuation of the Stroke information and advice service contract provided by the Stroke Association until 31 March 2025.
- 1.4. Council expectation that is that NHS Hampshire and Isle of Wight Integrated Care Board pick up this service and implement an Integrated Community Stroke Service (ICCS) with a letter in August 2023 from the Leader and the Cabinet Member to ICB requesting that this service be funded through the NHS. The rationale for this was the suggestion by NHSE that the NHS implementation of the National service model for ICCS should work with the voluntary sector to develop appropriate life after stroke and support services.

1.5. Background

- 1.6. A four-year Stroke information and advice service contract was originally awarded to the Stroke Association in 2014 funded by PCC ASC. The scope of the contract was then extended in 2017, to include support to people being discharged from the acute hospital following a stroke. This element was funded through PCCs ASC contribution from the Better Care Fund. In 2018 the contract was extended for a further two years to 30/09/20, utilizing the full extension period within the contract.
- 1.7. Due to the impact of the Covid pandemic, there was not resource available to undertake a procurement exercise at the end of the extension and two direct awards were made in 2020/21 and 2021/22. A further direct award was then agreed to cover the period 30/09/22 to 31/03/23 with the option to extend for 3 months to 30/06/23. This period was agreed to provide time to review the current service

provision, reconfirm the availability of ongoing funding and to consider if the service was still needed.

- The service received 130 referrals in the first 3 quarters of the 2022/23 year. 65% of referrals came from health practitioners, 26% were self or family referrals, 3% from adult social care and the remaining 6% from voluntary sector and other organisations. Of the 389 completed actions recorded in the first 3 quarters of the year 309 or 79% involved providing information, signposting and onward referral, 73 or 19% involved support and advice and the remaining 7 or 2% were recorded as other.
- Short term funding was agreed until June 2023 and the Council then agreed an extension in funding to December 2024, and now extended to end of the 2024/25 financial year by full council in the budget in February 2024.

1.8. Other support services are available to residents across the City as shown in annex 1.

1.9. **Next Steps**

1.10. NHS Hampshire and Isle of Wight Integrated Care Board is working with the Wessex Integrated Stroke Delivery Service to develop a detailed ICSSM service model and associated business case.

1.11. This work is already underway and will be completed in Quarter 2 / 3 of the 2024/25 financial year as part of the local care transformation programme, (Quarter 1 is on the specialist neuro pathways).

1.12. Commissioners from Health and Care Portsmouth are involved.

2. Integrated Community Stroke Specialist Services

2.1. The Integrated Community Stroke Service Model (ICSSM) is part of the National Stroke Service Model and outlines key features of successful rehabilitation services. These include a focus on integration, responsive and intensive rehabilitation, needs based services and tailored care pathways, and provision of seven day services.

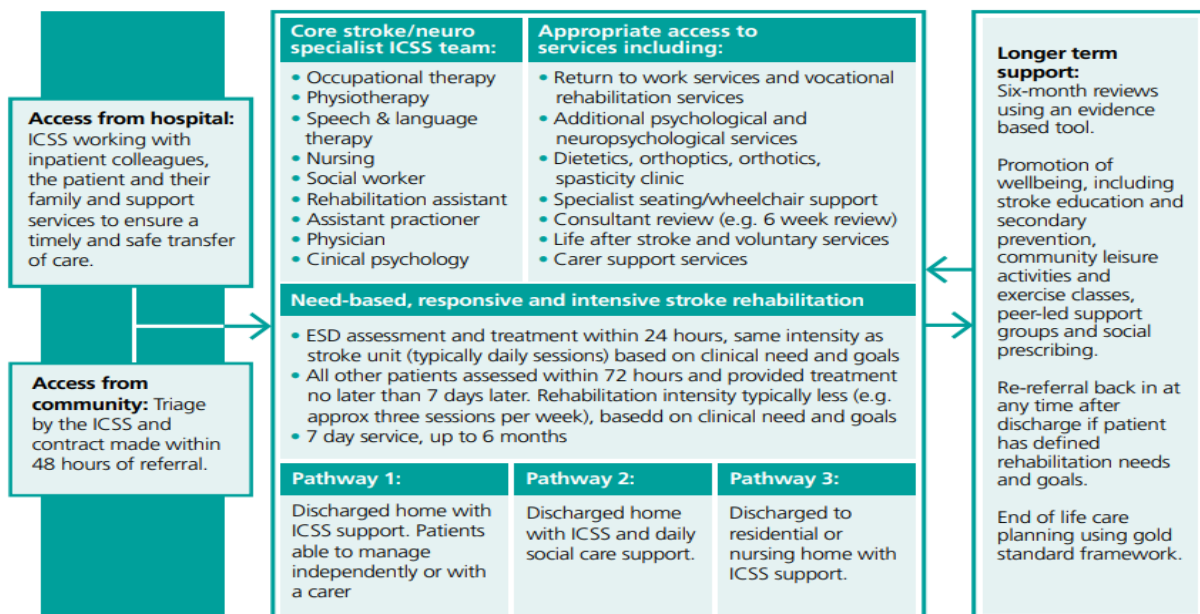
2.2. Current stroke guidelines outline the need for community stroke rehabilitation services to provide specialist stroke rehabilitation following transfer home from hospital, including access for those going into residential or nursing homes. There is strong evidence for the effectiveness of early supported discharge (ESD) for those who have mild-to-moderate disability, with trials and observational studies demonstrating that ESD can reduce long-term dependency and admission to institutional care and reduce the length of hospital stay. ESD is only suitable for a

proportion of the stroke population (up to 40% of patients) so the others (usually those with more complex disabilities), and also those going into residential, or nursing homes need access to community stroke rehabilitation within 72 hours of discharge.

- 2.3. The Integrated Community Stroke Service (ICSS) model, published by NHS England in February 2022 describes a service providing for all discharged stroke patients to be seen in a timely way by an integrated multidisciplinary team (MDT), regardless of their disability. It builds on the principles and practice of ESD as well as the available evidence and guidelines.

National service model for an integrated community stroke service

6: Integrated community stroke service model



3. Stroke Rehabilitation Pathways in Hampshire and Isle of Wight

- 3.1. There are currently significant inequities in specialist stroke community rehabilitation in Hampshire and Isle of Wight due to historical commissioning arrangements being put in place across multiple providers and pathways. In some areas providers already deliver a comprehensive stroke and neurological rehabilitation pathway, meeting many of the expectations of the Integrated Community Stroke Service Model (ICSSM) whilst in others specialist provision is limited to Early Supported Discharge (ESD) Services only. Each of these services experience varying degrees of demand/capacity gaps, (see annex 2 for detail).
- 3.2. Current provision means that stroke survivors in Hampshire & the Isle of Wight receive inequitable services dependent on address and age.

3.3. The SSNAP Post-Acute Organisational Audit 2021 assessed current providers against components of the ICSSM and provides further detail of this inequitable service distribution and compliance with the model. The outcomes of this are represented here:¹

| Service name | Stroke/ neuro specific | Appropriate level of staffing all core disciplines | Appropriate access to all relevant disciplines | Provides rehab everyday | Access to clinical psychology | In-patient nurses trained in stroke az and mg | Provides rehab to people in care homes | Regularly attends inpt Community-based MDTs | Service provision is not time-limited | Has at least weekly formal MDTs | Offers stroke training for all disciplines | Commence rehab within expected dags from discharge | Participate in SSNAP clinical audit | Actively involved in research |
|---|------------------------|--|--|-------------------------|-------------------------------|---|--|---|---------------------------------------|---------------------------------|--|--|-------------------------------------|-------------------------------|
| University Hospital Southampton | Met | Not Met | Not Met | Not Met | Met | Met | N/A | N/A | N/A | Met | Not Met | N/A | Met | Met |
| Lymington New Forest Hospital | Met | Not Met | Not Met | Not Met | Not Met | Met | N/A | N/A | N/A | Met | Not Met | N/A | Met | Not Met |
| Isle of Wight Stroke Early Supported Discharge Team | Met | Not Met | Not Met | Met | Not Met | N/A | Met | Met | Met | Not Met | Met | Met | Met | Not Met |
| Lymington New Forest ESD | Met | Not Met | Not Met | Met | Not Met | N/A | Met | Not Met | Not Met | Met | Not Met | Met | Met | Not Met |
| Hampshire Hospitals NHS Foundation Trust ESD Team | Met | Not Met | Not Met | Not Met | Met | N/A | Met | Met | Not Met | Not Met | Not Met | Met | Met | Not Met |
| Solent Stroke ESD Team (Southampton) | Met | Not Met | Met | Met | Met | N/A | Met | Met | Not Met | Met | Not Met | Met | Met | Met |
| Snowdon at Home Neuro | Met | Not Met | Met | Met | Met | N/A | Met | Met | Not Met | Not Met | Not Met | Met | Not Met | Met |
| Portsmouth Community ESD Team | Met | Not Met | Not Met | Partially Met | Not Met | N/A | Not Met | Met | Met | Met | Met | Met | Met | Not Met |
| Portsmouth Community Neuro Service | Met | Not Met | Not Met | Not Met | Met | N/A | Met | Not Met | Met | Not Met | Not Met | Not Met | Not Met | Not Met |
| Solent Community Neuro Rehabilitation | Met | Not Met | Not Met | Not Met | Met | N/A | Met | Not Met | Met | Not Met | Not Met | Not Met | Not Met | Not Met |

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¹ National Service Model for an Integrated Community Stroke Service Feb 2022, NHSE

Annex 1

Support available to Portsmouth residents through a variety of other organisations and services:

- Think ahead stroke - a charity providing support, advice and information.
- National stroke association - Helpline, online support group, information and advice
- Different strokes - Portsmouth based support group, providing support and activities.
- HIVE - provide a directory of services and support organisations.
- Age UK - advice information and support for older people
- Citizens advice - support with various issues including work, housing and finances
- Carers service - information, advice, and services for carers
- Community connectors - support people to connect to local resources.
- Social prescribers and primary care support
- Mental health hub - support for people experiencing issues with their mental health.

Annex 2

Current services that support the stroke pathway in HIOW include:

Acute hospitals, providing hyper acute & acute care plus inpatient stroke rehab:

- QAH (Portsmouth)
- UHS(Southampton)
- RHCH (Hampshire)
- SMH (Isle of Wight)

Specialist Rehabilitation Beds:

- Deerleap (Southern Health -Lymington) West Hampshire/New Forest
- Snowdon Neuro Rehab Unit (Solent- HIOW)- Complex Neuro Rehab Level 2B
- Lotus Rehab Unit (PHT-Portsmouth)- Complex Neuro Rehab Level 2A
- Kite Unit (Solent-HIOW) – Neuro Psychiatric Brain Injury Rehab
- Non-NHS provider units: e.g. Peartree (slow stream rehab)

Early Supported Discharge Teams (ESD), some managed within acute and others within community providers:

- CSRT (Portsmouth- Combined ESD and CRT)
- Solent Neuro ESD (Southampton & parts of West Hampshire –Combined Stroke/Neuro)
- Lymington ESD (Southern Health) – West Hampshire/New Forest
- Winchester ESD (HHFT) – Mid and North Hampshire
- Isle of Wight ESD

Supporting specialist services:

- Spasticity clinic – ITB/Botulinum
- Vocational Rehabilitation Service
- Community Psychology services