



Barking, Havering and Redbridge
University Hospitals
NHS Trust

STRIVE Project

Stroke Team Recovery Improvement through
Volunteer Engagement



Background



In April 2023 new stroke guidance was announced, informing us that stroke patients should partake in 6 hours of activity a day.

It was also identified that patients following a stroke spent a significant amount of time in the hospital where boredom and low mood during their stay is a key factor.

Following the new guidelines we spoke with our stroke patients to ask them about their experience and whether there was enough for them to do on the ward. Patients reported boredom outside therapy/doctor visits.

Harvest B staff saw an opportunity to provide more engaging activities to improve stroke patient experience during their lengthy (1-2 month) stays.



The Planning

To improve on stroke patients' experience whilst on the ward, the STRIVE project was set up.

This group is made up of

- Clinical Experts: Stroke Improvement Lead, Speech Therapist, Neuropsychologist, Occupational Therapist, Physiotherapist, Therapy Assistants, Therapy Lead
- Support Staff: Patient Experience Lead, Patient Partner, Volunteers
- Ward Management: Head of Nursing, Matron, Ward Manager, Nurses, and Healthcare Assistants

This collaborative approach ensured the activity sessions effectively complement each patient's recovery journey.



The aim of STRIVE



We have aimed to increase the patient activity on Harvest B, allowing patients to socialise with others to promote some normality back into their lives by

- Increasing patients' activity whilst on the ward.
- Getting out of bed.
- Increasing their social interaction.
- Support their emotional wellbeing.
- Promote self-management in recovery.
- Reduce patients' boredom.
- Inclusion of family and friends in their recovery.
- Improving patient experience.

STRIVE Activity Groups

The program offers group activities designed to promote social interaction, communication, and a positive outlook.

Patients can enjoy games, creative art and craft projects led by volunteers, and even participate in relaxation sessions.

The session would be 2 hours long in 2 bays with 6 patients per group led by volunteers and supported by our therapy team.

Each group has 2 volunteers to lead the activities. For more complex patients a volunteer will hold a 1:1 session with the patients so that they are included.



Our Volunteer's



Barbara



Anna



Ellen



How we receive the feedback

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Date	Patients Information/Patient Sticker	
Activity Session		
Is there enough to do on the ward during the day?	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>	Not at All Totally
Did the group help?	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>	Not at All Totally
How did you feel after the session?	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>	Much Worst Same Much Better
Overall, how was your experience of the session?	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Neither good nor poor <input type="checkbox"/> Good <input type="checkbox"/> Very good <input type="checkbox"/> Don't know	
Any comments		

After each activity group volunteers complete a feedback questionnaire with the patients. This questionnaire asks patients to rate their experiences, on a scale from 1 to 5, this enables us to monitor the impact of the groups, ensuring we continue to meet our objectives.

An aphasic-friendly version has been designed by our speech therapist to ensure we can get feedback from all the patients who attend the activity groups. Volunteers help support these patients by completing the feedback questions by using the thumbs up, and thumbs down tool for patients to react to.

Breakdown of the feedback



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Since February 2024, STRIVE has held over 45 activity sessions, with 3-5 patients attending at a time, meaning we have been able to have a positive impact on approximately 180 patients.

Q1.

“Is there enough to do on the ward during the day?”

60% of the patients we spoke to said that there wasn't enough to do.

Q2.

“Did the group help?”

84% agreed that the group helped.

Q3.

“How did you feel after the session?”

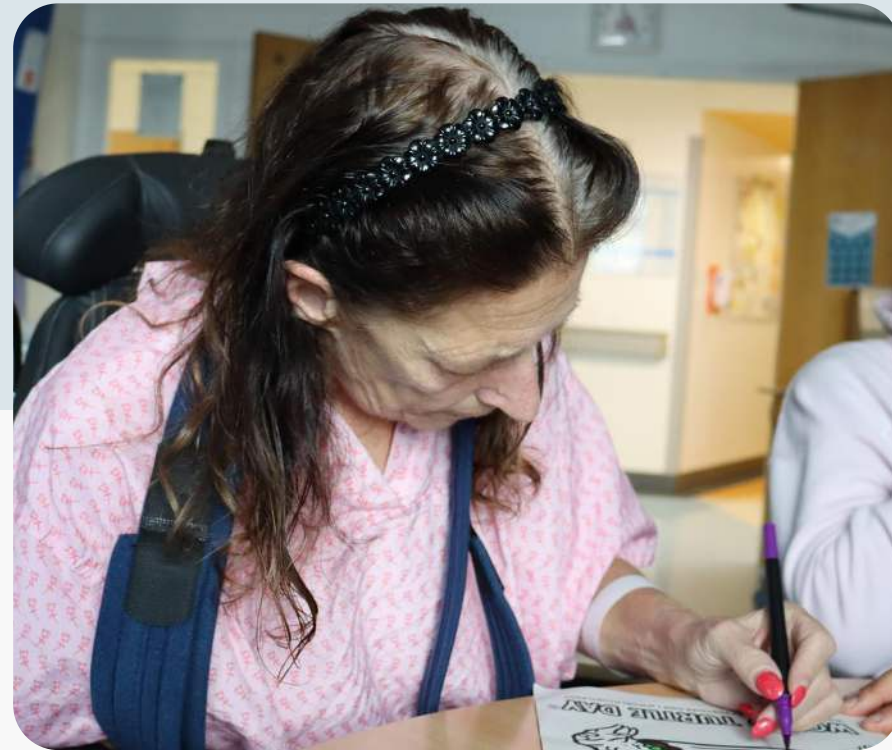
82% of patients felt better after the session.

Q4.

“Overall, how was your experience of the session?”

98% of patients have said the session was either good or very good.

Our Patient's Feedback



Tracy

Only enough to do on the ward when the volunteers on the ward, was lovely to chat to different people.



Arthur

The activities are amazing as it get people out of bed and talking with each other.



Betty

Daughters Feedback
Amazing to see what Mum is still able to do after everything she has been though.



Ensuring the continued

success

The STRIVE team are planning to increase the frequency of the sessions allowing more patients to benefit from this programme.

We will continue to gather feedback from patients who attend the activity groups to ensure that we are still achieving a positive impact on our patients.

Utilising our volunteers to conduct structured activity on Harvest B has allowed our therapy teams to focus more on goal-driven activities.

Stroke rehab continues at Daisy Ward, where our patient partner leads a Wednesday activity group. STRIVE will develop new sessions to seamlessly complement these existing efforts.





Thank you

Any questions?

