

# Specialist Stroke Therapy Groups

Presented by: Katie Alcorn & Sarah Finan

An Improvement Project completed by the Stroke &  
Rehab Therapy Team at Princess Royal Hospital,  
Telford



# The Aim of the Project

To increase socialisation, well-being and therapeutic opportunities of our patients on the Stroke Ward

Initially, as a response to the COVID pandemic infection guidelines, exercise groups on the stroke ward were Bay Based. These were predominantly led by the Therapy Assistants and tended to be chair based. There were however limitations to these groups.

We introduced taking the patients off the ward to the gym on a Friday morning with each profession (Physiotherapy, Occupational Therapy and Speech and Language) hosting a group on a 3 week rolling rota.

We could immediately see the benefit that this new way of running groups was having on patients so we made the move to increase the frequency of groups to 3x per week (1 group per profession per week).

To determine whether we had met our aim, we launched a service improvement project to measure the impact of these groups. We measured Patient Satisfaction, Direct Therapy Contact Time and Staff Feedback.

# Examples of the Variety of Groups



Seated Tai-Chi

Music Quizzes

Painting

Mock-Cocktail Making Class

Parachute Games

Play Your Cards Right

Tuck Shop Style Tasks

Patient Education

Paper Aeroplane Races

Team Obstacle Course

Say it, Write it, Mine it, Make it

# Improvement to Specialist Stroke Therapy Groups

## Patient Satisfaction

After each group, we asked 6 statements and surveyed patient responses using a Likert scale with incorporated VAS faces to include patients with communication or cognitive difficulties.

We were able to record 142 data sets to groups.



Overall, satisfaction scores were:

**PT = 91%**    **OT = 90%**    **SLT = 90%**

The highest scoring parameter across all 3 therapies was **'I enjoyed time off the ward'** with 93.4% positive response.



Painting Self Portraits to convey their emotions in that moment



Musical Bingo with music and patient's were encouraged to shout out and sing along



Table Top Air Hockey to encourage use of affected upper limb and improve reaction time





The Shrewsbury and  
Telford Hospital  
NHS Trust



# Improvement to Specialist Stroke Therapy Groups

## Staff and Family Feedback



'Patients get to see others in similar situations which helps them feel less alone on their road to recovery'



'Helps develop skill sets for new therapists who are in charge of running the groups'



'Allows for rehab to be more "fun" rather than transfers / mobility'



" The group was amazing and helped (my wife) to socialise again. It made a difference to her day.

It gave me a better outlook for her recovery seeing other patients doing so well"



# Improvement to Specialist Stroke Therapy Groups

## Direct Therapy Contact Time

As identified in the line graph, an **increasing** trend was seen once 3x groups per week was implemented.

For **OT** and **PT**, there was an initial **decrease** seen at 1 group per week which can be linked to the stopping of the non-specific bay groups and only having 1 x group every 3 weeks.

For **SLT**, and **increase** is seen at 1 group per week as there had not been SLT dedicated groups before this





# Improvement to Specialist Stroke Therapy Groups

## Future Plans

We will **continue** providing Specialist Therapy groups as we have received **encouraging** feedback from patients and colleagues that groups have made a **positive** impact.

Our patients have some of the longest length of stays within the Trust due to the complexity of their rehabilitation – the groups provide a break away from a medical environment into a more relaxed environment where they can see people on the same path as them.

We are continuously adapting and producing new ways to enrich our groups – as the weather improved in the summer, we took the opportunity to start a gardening group which was well received.



Thank you to the Stroke & Rehab Therapy Team for collecting the data and constantly thinking of new ideas for the Groups.

Thank you to The SaTH Improvement Team for their support in completing this project. Thank you to Ruth Smith with supporting our PENNA Application.

All participants photographed or videoed as part of this project have given written consent for them to be shared