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Conference abstract

Successful implementation of stroke early supported discharge services. Collaborative leadership in applied health research and care (CLAHRC), Nottinghamshire, Derbyshire and Lincolnshire, UK

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Abstract

A Cochrane systematic review demonstrated that ESD services can reduce long-term dependency and admission to institutional care as well as reducing the length of hospital stay. No adverse impact on the mood or well-being of patients or carers was reported. This ongoing study aims to facilitate and evaluate the successful implementation of Stroke Early Supported Discharge (ESD) services across Nottinghamshire, Derbyshire and Lincolnshire, UK. This study is being conducted to ensure that the health and cost benefits are still in evidence when ESD services are implemented into local areas.

We have conducted a modified Delphi technique with ESD trialists to reach expert consensus on the component parts of a successful ESD service. We have created an ESD consensus document that can be used by commissioners and service providers in implementing evidence-based ESD services. We are currently evaluating whether benefits of ESD outlined in the research literature are evident in practice. Stakeholder interviews and qualitative research techniques are being used to investigate approaches and models used to implement ESD services. We are also evaluating activities of daily living, mood and quality of life of patients who are admitted to ESD services and eligible patients who are not. Cost effectiveness data are also being captured.

The findings from our research will help inform the setup and delivery of evidence-based ESD services in the UK and abroad.

Keywords

stroke, early supported discharge, rehabilitation, service evaluation, implementation

Powerpoint available from: <http://www.integratedcare.org/Portals/0/uploads/congresses/Fisher%20Walker%20stroke%20early%20supported%20discharge.pdf>