

## ParkLife Café and Enderley Road Patients Association – Health Information Session

### Topic: Occupational Therapy

On the 22 June 2023, we were invited by Enderley Road Patients Association (ERPA) to undertake a health awareness session. This session was on the topic of Occupational Therapy, Stroke and Transient Ischaemic Attacks (TIA; minor strokes). The session was held at the ParkLife Café in Harrow, with which ERPA has an ongoing collaboration.

#### Background and development of the session

This community engagement session was developed after being contacted by one of our Imperial Patient Experience Research Centre (Imperial PERC) Community Partners. As part of their role with ERPA they are involved in organising 'specialist talks' for the local patient base. More recently, ERPA have begun to organise gatherings at ParkLife Café which provides a relaxed and informal setting to have these sessions.



**Public Outreach Seminar by Imperial College**  
Transient Ischaemic Attack (TIA) and Occupational Therapy (OT)  
ParkLife Café, Harrow Weald (Opp. LIDL), Harrow HA3 6EJ  
Thursday 22<sup>nd</sup> June 2023 – 7.00pm to 8.30pm  
**ZOOM ID:** 923 276 6848    **Passcode:** Bipin0606

Limited Spaces – First Come First Served  
To Book & Further Details : [erpanews@gmail.com](mailto:erpanews@gmail.com)  
<https://harrowweald.co.uk/directions-to-parklife-cafe>

For the session in June, ERPA and ParkLife extended an invite to any Imperial College 'experts' to come out and deliver a talk on a relevant health topic.

This was Imperial's first collaborative event with ERPA and ParkLife and two planning meetings were held online in the lead up with ERPA and ParkLife, and a further with Jennifer Crow (Imperial speaker) to set expectations for the session and plan accordingly.

From this we developed a 1.5-hour face-to-face and online session focusing on Occupational Therapy and TIAs. The session was led by Jennifer Crow (Clinical Specialist Occupational Therapist in Stroke at Imperial College Healthcare NHS Trust and PhD student).

#### Agenda:

The agenda of the session was:

- 7.00pm Mingle and refreshments
- 7.30pm Presentation on Occupational Therapy and TIA
- 8.00pm Q&A and Discussion
- 8.30pm Summary and Close

### **Aims of the session:**

The aims of the session were as follows:

- Increase awareness of occupational therapy, strokes and TIAs (what it is, identification, who is affected, symptoms)
- Increase awareness of management at home and in the community after stroke and how occupational therapists help

The session was hybrid which meant that some people were in the room and others joined on Zoom. A PowerPoint presentation was used for visual aids and to get key information across.

### **Attendees**

Promotion for the information session was led by ERPA who developed a flyer which was disseminated across their patient network. It was agreed when planning the session that we would not disseminate too widely across the community as this was the first session we would be doing together in this format. We intend to review attendance numbers and dissemination strategies after each session to make sure we are maximising our attendance numbers, but still allowing enough time and ability for good discussion with those attending.

At this session there were approximately 15-20 attendees in person and 6-8 attendees on Zoom.

Those in attendance included members of the ParkLife Café Community and ERPA, and their friends and family, and the Chairman of the Harrow Patient Participant Network.



### **Overview of the session:**

Broadly, the session included the following content:

- An introduction to Occupational Therapy: who it's for, why is it needed, what Occupational Therapists do
- What is a Stroke: the different types, signs/symptoms and risk factors
- How does a Stroke compare to a TIA

### **Questions asked:**

- If you have been prescribed blood pressure tablets, do you now have to take them for life?
- I'm interested in technology and how it can be used for prevention. Are there any smart watches or apps, that work for tracking health, and would you recommend any?
- Do you think seeing your GP every six months is enough to get your blood pressure checked?
- Does the Stroke Association have support groups in every borough?
- What are some of the recent advancements in research around stroke, and how can they benefit us?
- How can family members engage with the professionals to know how they can best support their family at home?

- Doctors always say, 'do exercise' but what is the optimum or recommended regular exercise you should do after a stroke?

#### **Recommendations for clinical care raised during the session:**

- As part of the discussion, it was raised that there was currently a gap in community stroke services in Harrow and that work needed to be done to facilitate more services for patients in this borough who leave hospital after a stroke.
- It was felt that there was a greater role that the family could play in care and management of a family member after stroke, recognising that the NHS is stretched and under-resourced and may not be able to provide adequate care. If clinicians upskilled family to provide some support e.g., learning how to do simple memory tests with their family member to improve cognitive function, this could be a win-win situation.
- It was felt that more guidance and support was needed after a patient leaves hospital following a stroke. Co-develop an action-plan for patients when they leave hospital after a stroke – which can be used by communities and families to support others.
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#### **Recommendations for education raised during the session:**

- It was raised that there was more of a need for community education around stroke, similar to the diabetes programmes that are currently running in North West London. Instead of just NHS staff educating and looking after patients, they emphasise the role of Communities to educate and support others (e.g., Diabetes Community Club). Through these programmes, people in the community are trained about what diabetes is, how they can help themselves and then share that with others.

#### **Immediate impacts from the session**

- A key impact from the session was to continue a discussion around Stroke services in Harrow. Jenny has followed up with ERPA and Kevin Mahon (Chairman of the Harrow Patient Participant Network), to discuss the lack of stroke services in Harrow and what can be done about this and have connected them to lead stroke therapist at Northwick Park Hospital and the North West London Lead Stroke Rehab Practitioner to take this work forward. These discussions have now led to an application for stroke funding monies to run a stroke prevention programme in Harrow that links in with some of the existing health prevention services already in place.

“Whether this is funded or not it is a great example of how working together has impacts greater than the initial event and there are now new and important connections in Harrow between key people which will hopefully lead to improved services for people and their families after stroke.”- Jenny Crow

- Local stroke support group related to Stroke have been shared with those in attendance and the wider community through the ERPA and ParkLife websites.
- There was increased awareness and knowledge of occupational therapy, stroke, and TIA which will now be shared more widely with friends, family and other members of the community.

**Feedback from attendees:**

<b>Q1. Overall, how would you rate the session?</b>					
No response	Very bad	Bad	Average	Good	Excellent
2	0	0	0	0	14

<b>Q2. What did you like most about the session? (multiple choices)</b>		
Information about Occupational Therapy	Information about Stroke and Transient Ischaemic Attacks (TIAs)	Being able to ask questions about the topic
12	14	7

Other (free-text):
<ul style="list-style-type: none"> <li>• Next step is to prevent/group activities opportunity</li> </ul>
<ul style="list-style-type: none"> <li>• The lovely interaction afterwards</li> </ul>
<ul style="list-style-type: none"> <li>• Finding out about services in adjoining borough – and about the structure – ‘ICB/PCNs’ etc.</li> </ul>
<ul style="list-style-type: none"> <li>• The session was very informative</li> </ul>
<ul style="list-style-type: none"> <li>• The ability to share good ideas with other PPGs to improve the quality of provision across the region</li> </ul>
<ul style="list-style-type: none"> <li>• Very informative session</li> </ul>
<ul style="list-style-type: none"> <li>• A most informative and helpful meeting</li> </ul>

<b>Q3. Do you think the information presented at today's session will help you, or your family/friends?</b>		
Yes	No	Not sure
16	0	0

<b>Q4. What worked well and what could be done better next time?</b>
<ul style="list-style-type: none"> <li>• Next session date - want to know what next?</li> </ul>
<ul style="list-style-type: none"> <li>• Brilliant presentation, perfect level for this audience. I would like to keep in touch please.</li> </ul>
<ul style="list-style-type: none"> <li>• Excellent first session. The discussion highlighted a gap in the provision/co-ordination of stroke services in the Harrow area</li> </ul>
<ul style="list-style-type: none"> <li>• Everything was fine. The café area worked well and felt very friendly and less conference type like other sessions</li> </ul>
<ul style="list-style-type: none"> <li>• Good informal venue. Friendly atmosphere. Good pace to the evening. We didn't need everyone to say hello though.</li> </ul>
<ul style="list-style-type: none"> <li>• This has been a refresher session for me</li> </ul>
<ul style="list-style-type: none"> <li>• It was very good, when is the next session?</li> </ul>