

Summary report: Stroke Health Information Session

On the 15 March 2024 we were invited by The Healing Church of God in Christ (THCOGIC) Community, based in Paddington, to deliver an online health information session on stroke.

Background and development of the session

This was the third online health awareness session held in collaboration with the THCOGIC Community. After the success of the first two online sessions, which consisted of a two-part session focused on dementia in June 2023 ('What is dementia?') and August 2023 (management of dementia following diagnosis), we were invited to identify speakers on health-related topics prioritised by the THCOGIC Community to raise awareness through online community engagement sessions.

March's session speakers were Jennifer Crow (Clinical Specialist Occupational Therapist in Stroke at Imperial College Healthcare NHS Trust and PhD student), together with a Public Contributor who is part of the Imperial Stroke Public Involvement Group. In addition, Dr Salwa Elmamoun (Consultant Stroke Physician, Imperial College Healthcare NHS Trust) joined the session to provide a clinical perspective in case of any clinical-related questions from the audience.

Prior to the session, a planning meeting was held online with our community contact from THCOGIC, which was attended by Naomi Asantewa-Sechereh (Imperial Patient Experience Research Centre), Jenny, and the Public Contributor to agree the session content and plan accordingly. Jenny and the Public Contributor also met separately to discuss their presentations.

Format and aims of the session:

The session started with key members of THCOGIC Community welcoming the team and briefly sharing why this session was important. As this is a Church community, an opening prayer and reading was done before the main presentation started.

A 1.5 hour online session was delivered (approximately 45 mins of presentation and 45 mins of questions). The broad aim of the session was to increase awareness of stroke in this community, with the following content covered by Jenny:

- What is a stroke: signs and symptoms.
- Risk factors for stroke.
- Related conditions, such as transient ischaemic attacks (TIA).
- Care and treatment for stroke (emergency and longer term).
- How to prevent stroke (including lifestyle factors).

After Jenny spoke, the Public Contributor spoke about their experiences of having a brain bleed, their rehabilitation and what had been helpful to them during their recovery. Following this the remaining time was used for audience questions (some of which had been collated before the session from the community), which were answered by Jenny, the Public Contributor and Dr Elmamoun.

Attendees:

Approximately 52 attendees joined online, this represented individuals and families across the THCOGIC Community in Paddington but also their associated Churches in Essex and Ealing.

The audience is cross-generational and the session was attended by individuals, families and carers.

Promotion for the information session was led by THCOGIC who developed a flyer which was disseminated across their network.

Questions asked:

- I had a mini stroke in 2009. After investigation two years after they found through a bubble test that a valve in my heart (which is open when you are a baby however should have closed as you age) was open. When I was in hospital to have surgery, there were others who had a similar situation. My question is, if this is a known thing why not do screening through this bubble test for everyone at certain age as a prevention for people developing these TIA?
- As a result of my mini stroke I was advised to take 75mg aspirin to keep my blood thin. However, since doing this, it has resulted in me developing acid reflux which is not great as I have to take further medication to combat this, as there isn't a simple solution to fix it. So I feel like I am in a catch 22.
- The stroke has in some way affected my short-term memory – will this be permanent?
- How likely after having one stroke that you will get another? What can you do to prevent it happening?
- How does someone with stroke get over depression? Did you have depression?
- If you have benign paroxysmal positional vertigo (BPPV), does this mean you will have a stroke?
- During your time of recovery after a stroke, did you go back to work?
- If you have a stroke under 50, how likely is it that you will have another stroke?
- Do I have to keep taking the tablets? (i.e. if you have had an ischemic stroke and are put on blood thinners and in some cases also blood pressure medication or statins)
- Why do some people on statins get leg cramps?
- Is there any reason why I had a seizure a week before I had a stroke?
- With medication that has been prescribed by the doctor e.g. for blood pressure, statins, etc. is there a recommended name/brand that is better and can you take a cheaper version?

Round Table
Every Friday - Time 8pm

STROKES

UNDERSTANDING PREVENTION & RECOVERY

WHAT is a stroke?
WHY do people have strokes?
WHAT TO DO if someone is having a stroke?
WHAT TREATMENT is there for stroke?

Hear about Julie's recovery journey after having a stroke and how her faith has been central to her recovery.

Join Jenny, Julie and Dr Elmamoun to talk about **STROKES**

15th March 2024 - 8.00pm

Join us **ONLINE** via **ZOOM**
THCOGIC's Zoom Meeting
Download app or join via web link
Meeting ID: 723 346 4866 | Passcode: THCOGIC

The Healing Church of God in Christ
THCOGIC
Paddington