



Contents

Team Photo	1
Directors' Welcome	1
Introduction	1
Stroke	1
Acute	2
Rehabilitation	2
TIA	2
Primary Care and Prevention	2
PPI	2
Cardiac	3
Cardiac Rehabilitation	3
Primary Care and Prevention	3
Cardiac Revascularisation	3
Heart Failure	4
Arrhythmias and Sudden Cardiac Death	4
Device Implantation	4
Cardiac Imaging	4
Network Contacts	4



The NWL Cardiac & Stroke Network Team

From top left: Jason Antrobus, Lisanne Bouma, Dr Bal Kaur, Hilary Walker, Temo Donovan, Mark Scott, Dawn Holloway, Kathryn Wickham and Antoinette Scott.

Edition 1 January 2009

Welcome to the First edition of the NW London Cardiac and Stroke Newsletter. Formed in late 2003 to initially improve cardiac services, the Network has gone from strength to strength, with 2008 seeing Stroke incorporated into its remit. It is a pleasure to look back at the past 12 months and review the significant developments and improvements of the services we have been working with.

I would like to take this opportunity to say a big thank-you to everyone who has contributed to making the last 12 months an extremely successful time for the Network.

The year ahead will, I am sure, be challenging with our additional priorities, but I am confident that we will continue to make great strides to deliver the stroke and cardiac agendas and I look forward to a busy and stimulating 2009.

Hilary Walker, Network Director

Introduction

In this edition, we meet the clinical leads for cardiac and stroke, and are briefly introduced to the project team to gain an insight into their work across NW London. It gives me pleasure to add that three projects in the cardiac section are national priority projects, with support and recognition from the NHS Improvement team. Such projects provide a showcase for highlighting areas of best practice on the national stage and we expect to bring on more priority

projects for stroke services this coming year.

You may also be aware that much has been happening across London in developing a pan London stroke strategy. This work, led by Healthcare for London, has resulted in a variety of projects and work streams being developed across the sector, which are explained in more detail later in the newsletter. I hope that by reading these project briefings you will be inspired to take part in the stroke and cardiac work streams. We welcome interest from all staff groups, whether clinical, managerial or administrative.

This newsletter aims to reach all parts of the NW London Network, and beyond. Future editions will keep you up to date with Network news, project progress, local and national developments and events in the cardiac and stroke worlds. I look forward to reporting back to you in our second edition due in April.

Antoinette Scott, Assistant Director

Stroke

Dr Diane Ames, Honorary Clinical Senior Lecturer, Imperial College Healthcare NHS Trust and Binnie Grant, Stroke Unit Co-ordinator, Chelsea and Westminster NHS Foundation Trust are the joint Clinical Leads for Stroke. "As joint Clinical Leads for the Network our priorities are:



Edition 1
January 2009

- 1) to provide expert clinical advice and leadership to the Network
- 2) to represent the NW London Network at the London Clinical Expert Panel to ensure that future plans for stroke care in London incorporate the views of the Network and local clinicians and
- 3) to ensure that there is a collegiate approach in NW London towards the implementation of the new proposals from Healthcare for London”.

There are 4 stroke work streams within the Network: Acute, Rehabilitation, Transient Ischaemic Attack, Public and Primary Care Awareness and Prevention. The requirements of the *National Stroke Strategy* and *Healthcare for London* are clearly communicated through these work streams.

Stroke Acute

Clinical Lead: Vacant

Project Lead: Antoinette Scott.

This work stream focuses on the immediate emergency care of patients admitted through A&E. A baseline assessment of stroke services across NW London revealed gaps as well as areas of good practice which informs the acute work plan. Linking in with the National Stroke Data Audit Group, which is tasked with reviewing and revising stroke data nationally, the work stream has identified several acute trusts in NW London to be national test sites, to pilot a national stroke audit data proforma designed to capture all data along the stroke patient pathway. Recently the work stream has completed several protocols for sector wide use in acute trusts, which include an A&E assessment tool, referral guidance for further investigations and interventions and a transfer of care guidance to and from a hyper-acute and stroke unit.

Stroke Rehabilitation

Joint Clinical Leads: Adine Adonis, Senior Physiotherapist, Imperial College Healthcare NHS Trust and Sue Fenwick-Elliott, Speech and Language Therapist, Brent PCT and NW London Hospitals NHS Trust.

Project Lead: Jason Antrobus.

This group composed mainly of primary care professionals, recently completed a process mapping exercise of the patients' journey following discharge from hospital

to either home or a rehabilitation centre across the sectors' 8 PCTs. With the engagement of local patient and public involvement groups, they reviewed and evaluated the process maps and shared their experiences on how the Network can improve the services. The outcome of this will inform our baseline assessment of services to coincide with the new rehabilitation performance standards from Healthcare for London.

Transient Ischaemic Attack (TIA)

Clinical Lead: Dr Harri Jenkins, Consultant Neurologist, Imperial College Healthcare NHS Trust.

Project Lead: Lisanne Bouma.

The focus of this work stream is on specialist assessment, investigations, secondary prevention, information and advice to patients who have had a TIA. The group has developed an evidence-based GP and A&E referral form to TIA clinics which will be launched across the sector shortly. Future areas of development include review of out of hours cover for TIA patients and carotid endarterectomies (a surgical procedure used to correct narrowing of the carotid artery).

Primary Care and Prevention

Clinical Lead: Adrian Brown, Consultant in Public Health, Westminster PCT

Project Lead: Dawn Holloway.

This group aims to raise awareness of associated risk factors for stroke, looks at stroke prevention programmes and develops appropriate actions with emphasis on giving advice, information and ongoing support. Core to this group is staff development, raising professional awareness through training programmes. The group has representation from the Stroke Association and plans to include other charitable, voluntary and social care professionals.

NWLCSN Numbers

1 Academic Health Science Centre

4 Tertiary Cardiac Centres

Patient and Public Involvement

Central to the activities of the Network are the **Patient and Public Involvement Groups**. *Project Lead: Lisanne Bouma.*

The Network has two patient and public forums: For Stroke the recently formed Stroke Involvement Group and for Cardiac, the established Heart2Heart Group. Both forums meet bi-monthly



Edition 1
January 2009

where members are encouraged to actively participate in the improvement of services. Linking with local PPI and PALS teams across NW London, a recruitment initiative to recruit patients and members of the public is currently underway to expand the patient forums.

Cardiac

Peter Smith, Consultant Cardiothoracic Surgeon Imperial College Healthcare NHS Trust, is the Clinical Lead for Cardiac. "As Clinical Lead my role is

- 1) to integrate the clinical and medical communities in NW London for the cardiothoracic service
- 2) to address inequalities in coronary heart disease by ensuring quality and equality across all fields and
- 3) to provide expert clinical advice and leadership to the Network".

For the year ahead I am looking forward to maintaining and increasing the standards of surgical invasive management of coronary artery disease, continue to improve the quality of cardiac imaging and remain at the cutting edge of advances in the use of new technologies which includes percutaneous arterial valve replacement.

In line with the National Service Framework for Coronary Heart Disease, the 7 cardiac work streams cover Cardiac Rehabilitation, Primary Care and Prevention including Medicine Management, Cardiac Revascularisation, Heart Failure, including End of Life, Arrhythmias and Sudden Cardiac Death, Device Implantation and Cardiac Imaging.

Cardiac Rehabilitation

Clinical Leads: Dr Amarjit Sethi Consultant Cardiologist, Ealing Hospital NHS Trust, Judith Edwards, Senior Clinical Nurse Specialist, Imperial College Healthcare NHS Trust.

Project Lead: Mark Scott.

This work stream ensures that national standards and guidelines are implemented and that examples of best practice are shared across the Network. Meetings for this work stream are held four times a year for all rehabilitation staff across NW London. There are two national priority projects taking place:

Rehabilitation for Primary Angioplasty Patients'

Project Leads: Mark Scott and Judith Edwards.

This project is taking place with the rehabilitation team at Charing Cross Hospital and aims to introduce a system for referring primary angioplasty patients across hospitals in NW London for all phases of cardiac rehabilitation.

Vocational Rehabilitation Referral Project.

Project Lead: Jason Antrobus.

This innovative project is developing and piloting a new referral scheme which aims to interlink cardiac rehabilitation with external vocational rehabilitation. This is a national priority project, which is piloted with Imperial College Healthcare NHS Trust, Ealing Hospital NHS Trust, together with the Shaw Trust, a national charity which works with employers, social services and the disabled to help people with disabilities find employment. There is positive interest from the Department of Work and Pensions as well as the Department of Health.

Primary Care and Prevention

Clinical Lead: Dr Bal Kaur, Senior Clinical Teaching Fellow in Public Health, Imperial College London

Project Lead: Dawn Holloway.

This work stream co-ordinates activities to improve cardiovascular prevention and awareness in primary care and to reduce inequalities. The group also co-ordinates and leads on educational and training programmes for GPs and nurses across the sector. Recently this group successfully completed two training programmes: a cardiovascular programme for GP's and an Introduction to Cardiac Care for Nurses. In addition the group leads on supporting the 8 PCT's to implement the national initiative to offer Vascular Risk Checks to everyone between the ages of 40 and 74 starting in April 2009.

Cardiac Revascularisation

Clinical Lead: Dr Iqbal Malik, Consultant Cardiologist, Imperial College Healthcare NHS Trust.

Project Lead Mark Scott.

The revascularisation group works on improving the delivery of acute cardiac care across NW London, with a principal focus over the coming year on reducing non-elective waiting times of interhospital transfers for cardiac surgery patients.

NWLCSN numbers

6 Acute Trusts

1 Foundation Trust

8 Primary Care Trusts



Edition 1
January 2009

This work stream makes use of the Network's Inter-hospital Transfer System, developed in collaboration with Dr Iqbal Malik. Within the area of revascularisation, the Network has also participated in a national priority project with the Royal Brompton and Harefield NHS Trust, looking at **Sustaining the 18 Week Wait in Cardiac Surgery**, Project Lead Mark Scott. This project has involved working with the Brompton and Harefield and its referring secondary care centres to agree models of pre-assessment, reduce diagnostic waits and improve data transfer across the cardiac surgery pathway.

Heart Failure

Clinical Lead: Mark Dancy, Consultant Cardiologist, North West London Hospitals NHS Trust.

Project Lead: Temo Donovan.

The main aim of this group is to make recommendations on a minimum level of service provision for Heart Failure services across the sector. One example of the many projects that have been produced through this work stream is the **Early Discharge for Heart Failure Patients** project that demonstrated a reduction in the length of stay in hospital through early discharge and minimising hospital readmission through support and continuity of care both in hospital and the community. The third national priority project, **End of Life Care Programme** Project Lead: Temo Donovan, aims to address the shortfall in referrals to specialist palliative care within culturally diverse communities, by developing an evidence-based care pathway that works across care boundaries, ensuring that end stage heart failure patients are assessed appropriately and are provided with choice at the end of life.

Arrhythmias and Sudden Cardiac Death Clinical Lead: Nick Peters, Consultant Cardiologist, Imperial College Healthcare NHS Trust.

Project Lead: Temo Donovan.

This work stream is looking at improving services for arrhythmia patients by supporting Trusts and PCTs to implement the requirements of the NSF Chapter 8. This project is currently exploring the existing integrated cardiac disease service and developing a single joint database to increase awareness of this service for relatives and families. An evaluation of the Networks arrhythmia traffic light system, a simple tool designed to support the diagnosis, triage and referral of arrhythmia patients presenting within primary care, will be conducted across the sector and published on the website later in the year.

Device Implantation

Clinical Lead: Vias Markadis, Consultant Cardiologist, Royal Brompton and Harefield NHS Trust. Project Lead: tbc.

This is a new work stream set up in January 2009. The group will review device implantation rates across the Network and will develop strategies to increase rates to meet the national targets and reduce inequalities.

Cardiac Imaging

Clinical Lead: tbc Project Lead: tbc

This group will investigate perceived inequities of access to imaging across the Network and develop strategies to address them. The group will also consider workforce issues and quality of reporting within cardiac imaging departments and produce recommendations for the future development of these services.

NWLCSN numbers

1.9m population of which 35% is culturally diverse

Network Project Team Contact List – Or visit us at www.nwlcsn.co.uk	
Dr Bal Kaur	b.kaur@nhs.net 07931 350270
Dawn Holloway	dawn.holloway@nhs.net 07931 350271
Jason Antrobus	jason.antrobus@nhs.net 07957 712195
Lisanne Bouma	lisanne.bouma@nhs.net 07931 350268
Mark Scott	markscott3@nhs.net 07946 670276
Temo Donovan	tdonovan@nhs.net 07931 350269
Kathryn Wickham	kathryn.wickham@nhs.net 01895 452 883
Hilary Walker	hwalker3@nhs.net 07930 535430
Antoinette Scott	antoinette.scott@nhs.net 07852 168764

*We welcome your views. This is an interactive newsletter so if there is something you would like to see included from a Cardiac and Stroke Network perspective, please contact **Antoinette Scott**.*