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### Edition 2 May 2009

Welcome to the second edition of the NWL Cardiac and Stroke Networks' newsletter. The launch of the Networks' first newsletter in January was very well received. A big thank you for your support and helpful feedback. Since then so much more has happened across the Network. New in the newsletter is the *Network Interview*, where we profile lead clinicians from our Network, who play a valuable leadership role for cardiac and stroke services in NW London. Our first interview is with Judith Edwards, one of our clinical leads for cardiac rehabilitation. We hope you enjoy reading it.

**Antoinette Scott, Assistant Director**

Since the beginning of the year much of the Networks' time has been taken up with the London consultation on the proposal to deliver new specialist stroke services across the capital. In July a committee of all London PCTs and NHS South West Essex will make decisions about these new specialist services. The Network will play an instrumental role in making the new stroke service a reality across NW London. Our main role will be to support implementation of the new services by working closely with our acute and community providers. Implementation timescales are tight and the new service specifications for the delivery of these new services are challenging. To prepare we have set up an implementation team in the Network and progress will be monitored through our monthly Stroke Steering Group.

Cardiac services continue to improve and develop across NWL. The priorities for 2009 are Heart Failure, Cardiac Rehabilitation and Arrhythmia. The Network will commission a cardiac health needs assessment for the sector and this will inform the workplan for 2010.

Finally you need to be aware that commissioning arrangements across the sector are changing. In July the NWL Commissioning Partnership, hosted by NHS Westminster, will take over responsibility for commissioning acute services in the sector. The Network will work closely with the partnership advising on the commissioning of

both cardiac and stroke services to drive up quality.

We have a busy year ahead and I look forward to working with you all to deliver improved cardiac and stroke services to the residents of NW London.

**Hilary Walker, Director**

### CARDIAC NEWS

**Cardiovascular Disease Launch  
Westminster PCT**

On 28 January, Lord Darzi launched an innovative community-based cardiovascular disease prevention programme in Westminster, to tackle heart disease and stroke.



Health Minister Lord Darzi said "This strategy from NHS Westminster sets a gold standard for the prevention of heart disease and stroke. The event organised by Dr Adrian Brown, Consultant in Public Health, NHS Westminster and clinical lead for the stroke primary care and prevention work stream was also attended by Prof Roger Boyle, National Director for Heart Disease and Stroke. **Dawn Holloway**

### Primary Care Prevention - Education and Training

The Network in association with Thames Valley University and Imperial College Healthcare NHS Trust have commenced the Certificate of Achievement in Post Graduate Cardiovascular Medicine. The course is an accredited masters level course, aimed at GPs and Nurse Practitioners. The Network is also providing satellite one-day training courses in April, and May, on Assessing Cardiovascular Risk in Primary Care with the Primary Care Training Centre in Bradford. For more information on this and other courses contact [Dawn.Holloway@nhs.net](mailto:Dawn.Holloway@nhs.net) or visit our website [www.nwlcns.co.uk](http://www.nwlcns.co.uk)



## Chapter 8 Sudden Cardiac Death NWL Integrated Inherited Cardiac Disease Service

The merger of both Royal Brompton and St Mary's Hospitals existing inherited cardiac disease clinics to become an integrated service, plans to provide a significantly improved standard of care to service users and their families and the Network continues to provide support in the development of the service. Future plans for the service include the linking of both hospital databases to develop a shared database across the two sites and an awareness day for key stakeholders later this year. Recent developments on a National level include the launch of the British Heart Failure Genetic Information Service (BHF GIS). This service refers family members who have had a relative die of an inherited cardiac condition to their nearest clinic. The service is being aimed initially at coroners and the Network will be working closely with local coroners to ensure the service is widely acknowledged. For more information please contact [Temo.Donovan@nhs.net](mailto:Temo.Donovan@nhs.net)

## Pan London Working Heart Failure - Demand Pull Processes

The London Cardiac and Stroke Networks have been working with the new NHS Technology Adoption Centre to assist in understanding what the 'Demand Pull' is for improved technologies in the area of Heart Failure as a long-term condition. At a recent workshop a group of multi-disciplinary teams came together to debate current technology solutions, emerging technologies and areas of unmet clinical need. The information will be circulated widely to industry and academic researchers who may have potential solutions which could respond to the unmet clinical needs. The London Cardiac and Stroke Networks will review responses to the information collated and there will be a follow up workshop to bring clinicians, industry and research groups together to discuss potential solutions.

## Temo Donovan Cardiac Rehabilitation - Vocational rehabilitation referral pilot

Vocational Rehabilitation is under represented in rehabilitation, with little information on what to do, where to access information and who to contact. By this summer, we will have evaluated a Network supported pilot scheme where appropriate cardiac rehabilitation patients are referred to vocational training. If

successful, plans will be developed to roll this service out across NWL and possibly across stroke rehabilitation pathways. For more information please contact [jason.antrobus@nhs.net](mailto:jason.antrobus@nhs.net)

## Network Interview



Judith Edwards  
Senior Clinical Nurse Specialist

Judith Edwards is a specialist cardiac nurse, and the lead nurse for the cardiac prevention and rehabilitation (CP&R) services at Charing Cross and Hammersmith Hospitals (CXH/HH). As a CP&R nurse, Judith together with the CP&R team, are involved in prescribing a treatment programme to help cardiac patients manage their condition, improve their health and recover their quality of life after a cardiac event. We recently interviewed Judith to find out more about her role and what motivates her.

## Tell us a little bit about your career as a CR nurse and your interest in cardiac rehabilitation

It was whilst working at Queen Mary's Roehampton ITU that I became interested in the aftercare of patients who had had a heart attack, having noted a lack of patient information and poor availability of on-going support. I developed an interest in the wider health needs for cardiac patients and as a consequence, I became involved in the *Healthy Eastenders* programme, a project that facilitated the development of clinical guidelines and protocols for the prevention of heart disease in primary care. From there I moved to King's College Hospital where I set up the cardiac rehabilitation (CR) services. These were awarded a Charter Mark in 1997 for providing excellent, high quality care. My next job was with Westminster PCT, where I set up the community CR services. I joined CXH/HH 2 years ago. At the start of my career, there was less involvement and input from CR nurses into cardiac policy. Seizing the opportunity, I became involved in the King's Fund project on promoting action on clinical effectiveness (the PACE Project). This focused on facilitating change within General Practice regarding CR, secondary prevention medication and physical activity.



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This was prior to the NSF for Coronary Heart Disease. I am currently the secretary for the British Association of Cardiac Rehabilitation (BACR) and was a member of the steering group that developed the recent National Minimum Standards and Core Components for CR.

**Could you describe the 4 phases of care a CR patient will undergo at CXH/HH**

At CXH/HH all CR patients will go through the following programme of care: Phase 1 the inpatient phase, the initial phase where the patient is seen and an action plan is put together. Phase 2 the discharged phase, where the patient is reviewed in the clinic 2 weeks' post discharge. The patient is seen by a specialist nurse, dietician and exercise specialist and undergoes a full assessment. Each patient is discussed at a MDT meeting which includes a consultant cardiologist and clinical psychologist and a tailored CR and prevention programme is prescribed. In Phase 3 cardiac classes are held weekly at a local social club. Continuous risk factor monitoring, exercise and health education are the key components of this phase. Those patients who cannot/do not wish to attend the classes are given a home exercise programme or a pedometer programme and are seen monthly for risk factor monitoring. Phase 4 is a continuation of the classes phase but is based in the local community. The classes are run jointly by the Hammersmith and Fulham PCT and the local heart support group.

**What changes have you seen within CR since you joined CXH/HH and what changes are in the pipeline**

There have been huge improvements since I joined. When I joined there was only one nurse running the service. Today the CR team consists of 2 specialist nurses, a dietician, an exercise specialist, and a psychologist. We have four out-patient clinics every week. We are also in the process of setting up a weight management clinic for CR patients. With the increase in obesity this will have a knock-on effect on coronary heart disease.

**What other interests do you have**

I recently contributed to *Destination 2020*. This is a new plan for the future of heart health developed by charities for the British Heart Foundation. I am also a mother of two very energetic teenage sons. I consider myself to be quite sporty and enjoy playing

tennis. I am currently reading *The Reader* by Bernard Schlink and *The Book Thief* by Markus Zusak.

**To conclude, from your experience what words of wisdom would you like to share with the Network**

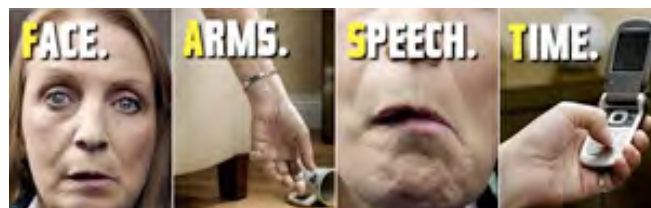
I cannot stress the importance of giving up smoking, taking up exercise and eating a healthy balanced diet.

We would like to thank Judith for this interview and for continuing to provide leadership for CR services across NW London. **Antoinette Scott**

**STROKE NEWS**

**Stroke Primary Care and Prevention**

In February, the Department of Health and the Stroke Association launched the national campaign for raising awareness on how to spot the signs of stroke by using the FAST test. In response to this, the Network has organised a local postal leaflet drop to every single residential household across NW London. All 667,970 households will receive a leaflet over the coming weeks **Dawn Holloway**



The stroke primary care and prevention work stream, in March launched a *Commissioning for Awareness and Prevention in Stroke*. With contributions from the Blood Pressure Association and the Stroke Association, this evidenced-based document, acts as a guide for commissioners to improve awareness and prevention of stroke when commissioning and redesigning stroke services. A copy has been sent to all commissioning leads. An e-copy is also available on our website at [www.nwlcsn.co.uk](http://www.nwlcsn.co.uk)

**Sector wide stroke unit to community referral proforma**

The stroke rehabilitation work stream has developed a new proforma which will act as the only method of referring a stroke patient to community rehabilitation services outside the stroke unit. The proforma can operate as either a referral form or a discharge summary and was

**NWLCSN Numbers**

6 Acute Trusts

1 Foundation Trust

8 Primary Care Trusts



designed using the Single Assessment Process (SAP) and contains the information required for stroke rehabilitation referrals. This proforma will be launched by the Network in the Autumn. For more information please contact [jason.antrobus@nhs.net](mailto:jason.antrobus@nhs.net)

**London Stroke Service Directory** The Network is developing a web based Stroke Service Directory to support healthcare professionals, patients, carers and the public increase their knowledge on stroke and access information about stroke services For more information please contact [jason.antrobus@nhs.net](mailto:jason.antrobus@nhs.net)

**Network membership update** Diane Ames and Binne Grant, stroke clinical co-leads for the Network, welcomed Dr Mark Weatherall, consultant neurologist at Ealing Hospital and Imperial College Hospital NHS Trust, as the new joint lead for the Acute and TIA work stream. Mark, who has a special interest in headache, hopes to be able to investigate the links between stroke and migraine. Mark added, "I look forward to contributing to the development and implementation of new stroke services in NW London".

**Three Project Managers join the Network** The Network also welcomes Bryonie Roberts, Larry Koyama and Johnathan Kelly who joined the Network in February. They are graduates from the University of East Anglia and have all taken posts within the Network as project managers.

Bryonie is the project lead on scoping for diagnostic services for stroke and cardiac services. Larry leads on stroke rehabilitation gap filling working with the sector PCTs. Johnathan leads on two projects: The first is a training and development rehabilitation programme for sector wide rehabilitation staff. The second is a post acute stroke exercise and education pilot. For more information on each of these projects please contact the leads directly.

**Dates for your Diaries**

**Network Board Meetings 2009**

3 June 11 – 1pm  
Room 4.1 Hammersmith & Fulham PCT  
21 October 11 – 1pm  
Boardroom, Westminster PCT

**Stroke Steering Group Meetings 2009**

19 May 3.30 – 5pm Room 4.1  
23 June 3.30 – 5pm Room 4.1  
21 July 3.30 – 5pm Room 4.1  
All the Stroke Steering Group meetings will be at Hammersmith & Fulham PCT

**Cardiac Steering Group Meetings 2009**

8 July 9 – 1pm  
Boardroom Hammersmith & Fulham PCT

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

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