

Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



NHS

**Bristol, North Somerset
and South Gloucestershire**
Clinical Commissioning Group

Our plan to make stroke services better

in Bristol, North Somerset and South Gloucestershire



Easy read booklet

Tell us what you think before
Friday 3 September 2021

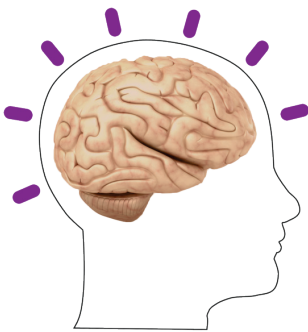
Who we are and what this booklet tells you about



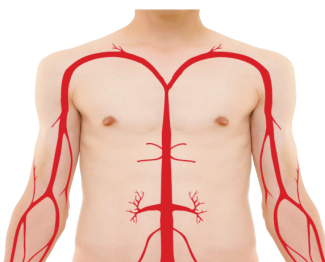
We are **Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group** (called **BNSSG CCG** for short).



We look after health services for all the people who live in our area. We want to make **stroke** services in our area better.



A **stroke** is a bad health problem that happens when the **blood supply** to your brain is stopped.



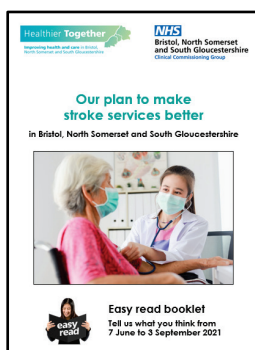
Blood supply means how blood flows to different parts of your body.



A stroke can change how your body works and how you think, feel and **communicate**.



Communicate means how you talk, write, listen or read.



This booklet tells you about our plan to make stroke services in our area better.



We want you to tell us what you think about our plan. What you tell us is important. It helps us make decisions about stroke services in our area.



We have written some questions for you to answer. The questions are in our booklet called **Tell us what you think about our plan to make stroke services better**.

About strokes



A stroke is a **serious life-threatening condition**. This means it is a very dangerous illness that might kill you. In our area about 5 people have a stroke each day.



1 person in every 8 people who have a stroke will die in less than a month.



Lots of people who have a stroke will have a disability after they have a stroke.



We want people in our area to have the best chance to live a good and healthy life after they have a stroke.

About our plan



We want to change stroke services in our area so that people who have a stroke

- get the right care and support for them.
- get the best treatments as soon as they need them.
- get help and support at any time of day wherever they live.



We want to change stroke services in our area so that less people die from a stroke and people spend less time in hospital.



We want to change stroke services in our area so that everyone has the best chance to live a good and healthy life after they have a stroke.



To make our plan we looked at the newest information about strokes.



In the last 2 years we have worked with lots of different people, like

- people who have had a stroke and their carers and families.
- doctors, nurses and health and social care workers.
- councils in our area.
- charities like **The Stroke Association** and **Bristol After Stroke**.
- other people from our area.



We learned a lot from the people we worked with. We used what we found out to write this booklet.

How the NHS looks after people who have had a stroke



Prevention

This means trying to stop a stroke from happening.



Emergency treatment

This means the first treatment that takes place very quickly.



Ongoing acute hospital treatment and care

This is treatment and care at a hospital. **Ongoing** means care that happens for as long as you need it. **Acute** means looking after illnesses that are bad and happen suddenly.



Live-in rehabilitation

Rehabilitation (called **rehab** for short) means support to help people live good and healthy lives. **Live-in** means you live where you can get support 7 days a week.



Community care

This is ongoing care you can have at home or at a care home or in community places like gyms.

How we look after people who have had a stroke in our area



Stroke services like hospital treatments and rehab are not the same everywhere in our area and they can't be used all the time.



National guidelines say everyone should be able to get emergency treatment straight away at a **Hyper-Acute Stroke Unit** (called a **HASU** for short).



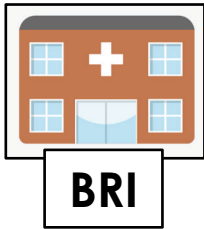
National guidelines are a set of ideas that should be followed.



A **HASU** is an emergency unit with health workers who have special training in strokes and special equipment and technology for strokes.



We don't have a HASU in our area. People who have had a stroke or might have had a stroke are taken to the nearest hospital.



- **Bristol Royal Infirmary** (called **BRI** for short) in **Bristol**. Open 8am to 11pm, every day.



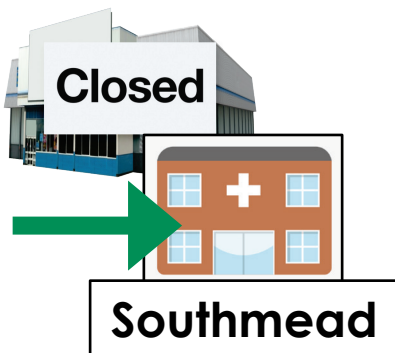
Southmead

- **Southmead Hospital** in **South Gloucestershire**. Open all day, every day.

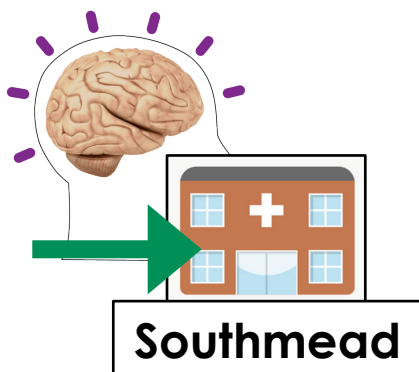


Weston General

- **Weston General Hospital** in **North Somerset**. Open 9am to 5pm, Monday to Friday.

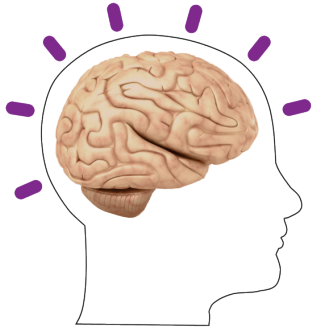


People who have had a stroke or might have had a stroke are taken to Southmead Hospital if their nearest hospital is closed.



People who need serious emergency treatments like brain surgery are taken to Southmead Hospital.

Why we want to change stroke services in our area



We want to change stroke services in our area because

- more people are likely to have a stroke because people live for a longer time.
- the changes would help us save more lives.
- we want to give everyone the best chance to live a good and healthy life after a stroke.
- special stroke units would mean everyone could get help and support at any time of day wherever they live.
- we want to give the best care possible to everyone in our area. This includes new treatments that help people after a stroke.
- we want to follow National guidelines.
- we want to spend the money we are given in a better way.

Our plan



We want to make some changes. You can read more about the changes we want to make on the coloured pages of this booklet.

How we want to make emergency treatment better

We know that having special stroke services in 1 place is best for people's health and lives.

HASU
Southmead

We want to have 1 HASU at Southmead Hospital.

We think Southmead Hospital is the best place to have the HASU because

- it already has good equipment for the types of brain problems that might happen when you have a stroke.
- it can look after more people who have a stroke.

How we want to make ongoing acute hospital treatment better

ASU

We want people to get ongoing acute hospital treatment and care in an **Acute Stroke Unit** (called an **ASU** for short).

An **ASU** is a special stroke unit where people are supported in hospital after emergency treatment. We want to have 1 or 2 ASUs in our area.

We think Southmead Hospital is the best place to have an ASU because

- it already has good equipment and the newest treatments.
- people can move easily from the HASU.

We think Bristol Royal Infirmary is the best place for a second ASU because

- people who have some illnesses treated there are more likely to have a stroke.

How we want to make rehabilitation services better

SSARU

We want to give everyone stroke rehab every day if they need it, either at home or at a special place called a **Stroke Sub-acute Rehabilitation Unit** (called an **SSARU** for short).

An **SSARU** will have services that can help with

- movement and exercise.
- speech and language.
- learning to do things for yourself.
- living with a disability.

We want to have 2 **SSARUs** in our area:

- 1 at **Weston General Hospital** in North Somerset. This will have between 12 and 15 beds.
- 1 in Bristol or South Gloucestershire. This will have between 27 and 30 beds.

About the Integrated Community Stroke Service

ICSS

We want to make a new **Integrated Community Stroke Service** (called **ICSS** for short) to help people with rehab after they leave hospital or a live-in rehab unit.

This service will have a team of people who work together to help with things like

- learning to do things for yourself.
- movement and exercise.
- speech and language.
- healthcare.
- your diet and what you eat.
- how you think and feel.
- living with a disability.

This will help people in our area to get the support they need at home and in the community every day.

Emergency treatment

We want to have 1 **HASU**.

Ongoing acute hospital treatment and care

We want to have 1 or 2 new units called **Acute Stroke Units**.

Live-in rehabilitation

We want to give everyone stroke rehab every day if they need it. We want to have 1 or 2 new units called **Stroke Sub-Acute Rehabilitation Units**.

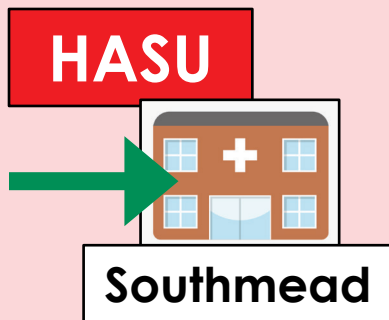
Community care

You can read more about our **Integrated Community Stroke Service** on the **green pages** of this booklet.

How we want to make emergency treatment better



We know that having special stroke services in 1 place is best for people's health and lives.



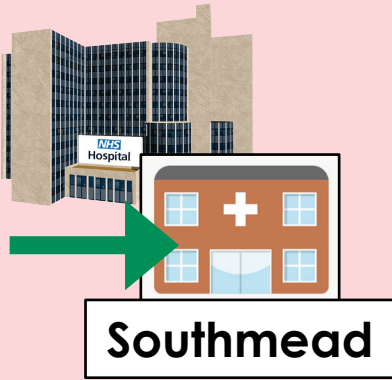
We want to have 1 HASU at Southmead Hospital.



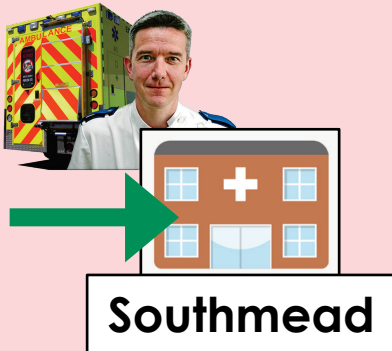
We think Southmead Hospital is the best place to have the HASU because

- it already has good equipment for the types of brain problems that might happen when you have a stroke.
- it can look after more people who need emergency treatment.
- 7 people out of every 10 people in our area can get to Southmead Hospital in 30 minutes.
- ambulances can get to Southmead Hospital quickly.

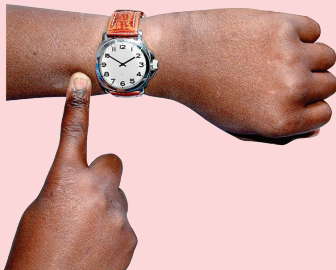




Anyone who has a stroke while they are at a different hospital in our area will be moved to Southmead Hospital.



Anyone who goes to a different hospital will be checked and treated there but if they have had a stroke they will be moved to Southmead Hospital.



We know it might take some people longer to get to Southmead Hospital but they will get the best care straight away when they arrive.



We know it might take friends and family longer to get to Southmead Hospital but we hope people will be in hospital for less time because of the special care they get at the HASU.



If we have a HASU in Southmead Hospital everyone who has a stroke in our area will be able to get the best emergency treatment.

How we want to make ongoing acute hospital treatment better

A yellow square with a black border containing the letters 'ASU' in white, bold, sans-serif font.

ASU

We want people to get ongoing acute hospital treatment and care in an **Acute Stroke Unit** (called an **ASU** for short).

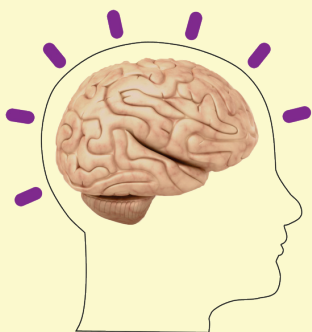


An **ASU** is a special stroke unit where people are supported in hospital after emergency treatment. We want to have 1 or 2 ASUs in our area.



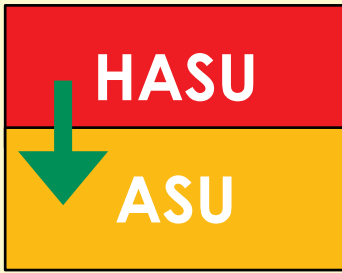
We think Southmead Hospital is the best place to have an ASU because

- it already has good equipment and the newest treatments.
- people can move easily from the HASU.



We think Bristol Royal Infirmary is the best place for a second ASU because

- some illnesses treated there mean people are more likely to have a stroke.



This plan means everyone will get emergency treatment in a HASU followed by ongoing treatment in an ASU.



All health workers who work in the ASUs will have special training in strokes. This means stroke services will be open all day every day.



A team of health workers will work in 1 ASU at Southmead Hospital, or will be shared between 2 ASUs at Southmead Hospital and Bristol Royal Infirmary.



It will cost more money to have 2 ASUs instead of 1 ASU.



Some health workers who have special training in strokes will stay at the Bristol Royal Infirmary even if there is no ASU there. They will help anyone who has a stroke while they are in hospital for another illness.

How we want to make rehabilitation services better

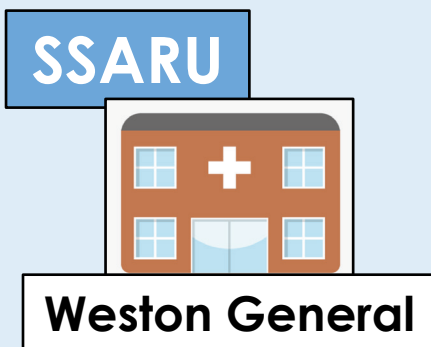


We want to give everyone stroke rehab every day if they need it, either at home or at a special place called a **Stroke Sub-Acute Rehabilitation Unit** (called a **SSARU** for short).



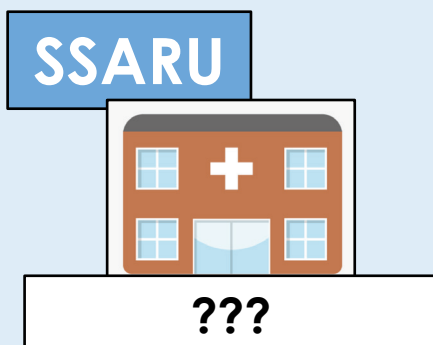
A SSARU will have services that can help with

- movement and exercise.
- speech and language.
- learning to do things for yourself.
- living with a disability.

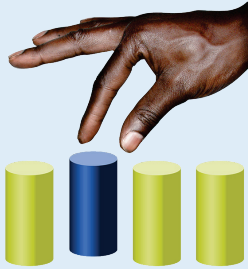


We want to have 2 SSARUs in our area

- 1 at **Weston General Hospital** in North Somerset. This will have between 12 and 15 beds.



- 1 in Bristol or South Gloucestershire. This will have between 27 and 30 beds.



**Elgar Unit
at Southmead**

**Frenchay
in North Bristol**

**Skylark Unit
in Yate**

**South Bristol
Community
Hospital
in Hengrove**



The choices for the SSARU in Bristol or South Gloucestershire include

- **Elgar Unit at Southmead Hospital.** This is in North Bristol and already has some **rehab facilities**. It has lots of space but having stroke rehab would mean other types of rehab would have to move.
Rehab facilities are special buildings or rooms made for rehab.
- **Frenchay.** This is in North Bristol but has not been built yet. It could be built with good facilities for stroke rehab but it won't be ready soon.
- **Skylark Unit at The Meadows Care Home in Yate.** This is in South Gloucestershire and already has some rehab facilities. It doesn't have much space and there isn't much parking.
- **South Bristol Community Hospital in Hengrove.** This already has stroke rehab facilities and has lots of space but it is in South Bristol which means it is further away from North Bristol and South Gloucestershire areas.

The SSARUs will mean that more people can move back home more quickly.

About the Integrated Community Stroke Service



We want to make a new **Integrated Community Stroke Service** (called **ICSS** for short) to help people with rehab after they leave hospital or a live-in rehab unit.



This service will have a team of people who work together to help with things like

- learning to do things for yourself.
- movement and exercise.
- speech and language.
- healthcare.
- your diet and what you eat.
- how you think and feel.
- living with a disability.



This will help people in our area to get the support they need at home and in the community every day.

What will happen if you have a stroke

Bristol

If you live in Bristol our new plan means you will go to

1. the HASU at Southmead Hospital
2. an ASU at Southmead Hospital or Bristol Royal Infirmary
3. a SSARU
4. your home, with help from the ICSS.

North Somerset

If you live in North Somerset our new plan means you will go to

1. the HASU at Southmead Hospital
2. an ASU at Southmead Hospital or Bristol Royal Infirmary
3. the SSARU at Weston Hospital
4. your home, with help from the ICSS.

South Glos.

If you live in South Gloucestershire our new plan means you will go to

1. the HASU at Southmead Hospital
2. the ASU at Southmead Hospital
3. a SSARU
4. your home, with help from the ICSS.

What to do next



We want you to tell us what you think about our plan.

We have written some questions for you to answer. The questions are in our booklet called **Tell us what you think about our plan to make stroke services better.**



Find out more on our website www.bnssghealthiertogether.org.uk/stroke-services/



If you have any questions, or if you want to tell us what you think

- Send an email to this address bnssg.strokeprogramme@nhs.net
- Call this telephone number **0117 900 3432**
- Write to us at this address **Freepost STROKE CONSULTATION**



You don't need to put a stamp on the envelope.