

# Stroke Specific Nurses

Community nursing is an important part of the multidisciplinary team (MDT) within stroke rehabilitation following discharge from hospital. Our nurses treatments, techniques and interventions are specifically designed to aid stroke rehabilitation.

## Our nursing team assist stroke survivors by:

- ✓ Discussing carers concerns
- ✓ Providing emotional support to patients and families
- ✓ Helping patients and families understand physical and social changes
- ✓ Advising on further stroke prevention strategies
- ✓ Monitoring and giving advice on blood pressure in a home environment
- ✓ Promoting a healthy lifestyle, giving information on our Exercise Groups
- ✓ Providing strategies for sleep, relaxation and managing anxiety
- ✓ Supporting with continence issues, making referrals to external services
- ✓ Providing management strategies for fatigue post-stroke
- ✓ Advising how to manage a good rest/sleeping pattern
- ✓ Helping patients and family ensure medication is managed safely
- ✓ Liaising with the MDT to support pain management
- ✓ Assessing mood – giving advice and support
- ✓ If necessary, referring to our Psychologist for further mood support
- ✓ Liaising with a patients GP for any further support required

