

1st European Life After Stroke Forum 12 March 2021 Programme

Plenary 1: Be inspired and share control: the added value of self-management support

Chair: Avril Drummond

Speakers:

1. Lisa Kidd (UK)
2. Fiona Jones (UK)
3. Hanne Pallesen (Denmark)
4. Stroke survivor tbc

Session overview:

Self-management is an important concept for all of us living with, caring for and working in stroke care delivery, policy and research. However, it is also a term that can be misunderstood, particularly in relation to what it is, how to do it and who it is suitable for.

This opening plenary aims to challenge commonly held misconceptions about supporting self-management after stroke. Self-management support works best when it is grounded in, and tailored to, patients' and families' priorities, ideas and solutions for self-managing and their voices will be central in this plenary. Speakers will cover areas relevant to everyone working in stroke from a range of settings and stages post-stroke and focus their experience of the most successful methods, challenges and emerging areas of practice, theory and research.

Plenary 2: Reacting the to the COVID 19 pandemic/new learning

Chair: Bo Norrving

Speakers:

1. Caterina Pistarini (Italy)
2. Liam Healy (Ireland)
3. Stroke survivor tbc

Session overview:

This session is dedicated to showcasing how stroke services reacted during the pandemic and how this may change the future and the way we work. We will share good practice developed during the pandemic and evaluate how this has led to change in clinical guidelines. We will learn about new and creative ways of supporting stroke survivors.

Parallel 1A: Understanding post stroke care - making life meaningful

Chair: tbc

Speakers:

1. Bo Norrving (Sweden)
2. Juliet Bouverie (UK)

Session overview:

This session will underline the need to strengthen current rehabilitation and life after stroke support services for stroke survivors and their carers by presenting data from the Swedish Stroke Register (Riksstroke) and market research from the UK Stroke Association. Both will highlight

disparities, lack of structured follow-up services, suboptimal use of secondary prevention, and considerable constraints on carers.

Parallel 1B: Brag and steal session- focus on service and community initiatives

Chair:

Session overview:

In this session we will showcase the highest scoring abstracts of service developments in Life after Stroke where these original ideas and innovative practice could be used by others.

Parallel 2A: Sexuality and Intimacy after stroke

Chair: Juliet Bouverie

Speakers:

1. Doug Youngson (UK)
2. Diana Wong (Portugal) - stroke survivor

Session overview:

Sex and intimacy are important aspects of life. However, many people find their sex lives or feelings around intimacy change after a stroke, and this can have knock-on implications for physical and emotional health. This session will share insights from several perspectives and suggest how we begin conversations about sex.

Parallel 2B: Communication in everyday life

Chair: Harriet Proios

Speakers:

1. Jean-Marie Annoni (Switzerland)
2. Alexia Kountouri (Cyprus) - stroke survivor
3. Jürg Schwyter (Switzerland) - stroke survivor

Session overview:

Communication is the cement that makes partnerships successful on personal, professional, societal, and political levels. Clearly communicating thoughts, ideas and expectations is a challenge in the lives of stroke survivors. In this session, two stroke survivors will share autobiographical stories as they relate to communication dilemmas and successes. We will show that even without aphasia, communication failures are common and can result in confusion and distress. This session will address the cruelty of struggling to communicate in life after stroke with and without aphasia. In conclusion, we will address ways to overcome communication barriers.

Parallel 3A: High scoring abstracts - hot topics in life after stroke

Chair: tbc

Session overview:

In this session we will showcase the highest scoring scientific/research abstracts. These will include completed or ongoing trials and studies in the broad area of life after stroke.

Parallel 3B: Secondary prevention: a focus on community-based interventions in reducing the risk of stroke recurrence

Chair: Liam Healy

Speakers:

1. Maggie Lawrence (UK)
2. Eric Asaba (Sweden)
3. Dr Jorge Pagola (Spain)

Session overview:

The session will focus on perceived psychosocial stress as a risk factor for recurrent stroke and the role of perceived stress in secondary prevention for example behaviour change and use of mindfulness and other mind-body interventions to help manage mood and help families address risk reduction. It will also cover the sustainability of incorporating activity and mobile devices in interventions targeting prevention.

Parallel 4A: Emotional and psychological impact of stroke

Chair: Nuno Ferreira

Speakers:

1. Kate Charles (UK)
2. Carla Pareira (Portugal)

Session overview

People experience a wide range of emotions after stroke. Around a third of stroke survivors experience post-stroke depression, and 20% will suffer from emotionalism within six-months of their stroke. These emotions are entirely normal, but if they become overwhelming and appropriate support is not put in place, they can start to cause problems.

This session will highlight the emotional and psychological impact of stroke from a stroke survivor and carer perspective and how support is crucial in helping stroke survivors and carers deal with the emotional impact of stroke.

Parallel 4B: Getting back to work after stroke

Chair: Carina Persson

Speakers:

1. Katharina Stibrant Sunnerhagen (Sweden)
2. Jean-Marie Annoni (Switzerland)

Session overview:

Going back to work after a stroke is an important goal for many but may seem impossible. However, despite impairments after a stroke, return to professional work is possible and continues for a longer time after stroke than previously known. However, the situation for men and women differ.