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Improving services for weight management after stroke: a co-production approach
UK Stroke Forum 2017

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Introduction: Clinicians have a responsibility to promote healthy lifestyle after stroke. Recent research indicates that post-stroke weight-gain can be a problem for some people longer term. A CLAHRC Y&H funded project explored the implications of this for stroke survivors in Sheffield. Stroke survivors, carers, and service providers met for co-production. The aim was to generate ideas for service development.

Methods: 2 workshops based on the principles of co-production took place. Stroke survivors, their carers, and service providers jointly considered their experiences of post-stroke weight management services and their wishes for an ideal service.

Results: Ideas for service development included: staff training, individualised stroke-specific services, improved access to dietetic support, and weight-gain management resource development. Stroke pathway and other weight management services would benefit from being more 'joined up'. Staff could be trained in post-stroke lifestyle promotion. A single accessible information resource for stroke survivors and carers would help. A collaborative document to monitor and assist with weight management throughout the pathway was suggested.

Conclusion: The workshops generated ideas for service development that could improve patient experience of weight management after stroke. Further funding will be sought to develop, trial and evaluate these ideas on the stroke pathway.