

Psychological Approaches After Stroke Training (PAAST)

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Introduction

The Psychological Approaches After Stroke Training (PAAST) was a level one training package in psychological care for stroke-specialist clinicians launched in 2013. We were awarded funding to update and modernise the PAAST. The training package has undergone consultation and review processes and has been updated, modernised, and re-launched.

Method

As part of the re-development of the training package, we undertook consultation with the NENC ISDN Stroke Service User Voice Group and an MDT Reference Group to incorporate expert by experience perspectives and clinician expertise. We carried out interviews with the stroke-specialist workforce and have included excerpts of these interviews in the training. We carried out a review of qualitative research to include further perspectives of stroke survivors and their families. Finally, we delivered three days of teaching to pilot the materials.

Results

Over 60 e-learning modules have been developed covering the stroke pathway, specifically 1) acute hospital care, 2) hospital rehabilitation, and 3) community rehabilitation. Modules can be accessed online on the Boost Learning Academy.

Conclusion

The PAAST is a level one training package in psychological care which **can be accessed online** on a platform called **Boost** by individuals and teams working with stroke survivors and their families. It can be **accessed by clinicians working in the NHS and outside the NHS** (e.g., Stroke Association, Adult Social Care, and primary care settings). We are accessing and reviewing feedback and updating modules in response to feedback.

Module	Format	Level
<u>Understanding the person's initial emotional response to having a stroke</u>	eLearning	Introductory
<u>Therapeutic communication</u>	eLearning	Introductory
<u>Supporting families and friends in the acute setting</u>	eLearning	Introductory
<u>Supporting with mood changes in the early stages after stroke</u>	eLearning	Introductory
<u>Having difficult conversations and sharing bad news</u>	eLearning	Introductory