



European Life After Stroke Forum: 10 March 2023 - Still shining a spotlight on Life after stroke 2023 - Event report

Web address www.elasf.org

9 March

We welcomed all attendees at a reception in the atrium of the Hotel Catalonia Barcelona Plaza.

Our speakers and guests of honour were - Professor Hariklia Proios (SAFE President), Dr Sònia Abilleira (Director, Hospitals' Division, Catalan Institute of Health), Barcelona stroke choir and stroke survivor Diana Wong Ramos.

In addition, we had an art exhibition from local stroke survivors.







10 March - the event itself

We held two plenaries, eight parallel sessions (we ran four at a time (am and pm) covering five topic areas) and exhibition (consisting of 20 posters, two sponsors (Ipsen and Merz) and two endorsers (World Stroke Organization and the European Stroke Organisation)).

Welcome
Plenary 1 – The focus on life after stroke
Coffee/exhibition
Parallel 1 - Driving after stroke
Parallel 2 - Debate: Stroke survivors should be empowered to live life well
Parallel 3. Intimacy, relationships and sexual wellbeing after stroke
Parallel 4 - Physical exercise after stroke
Lunch/exhibition
Plenary 2 - Secondary prevention
Parallel 5 - Driving after stroke
Parallel 6 - Highest scoring abstracts
Parallel 7 - Physical exercise after stroke
Parallel 8 - Intimacy, relationships and sexual wellbeing after stroke



Chair of the ELASF scientific committee, Professor Avril Drummond, welcomed over 160 delegates who had joined us from all over Europe. Our delegates included stroke survivors, carers, stroke support representatives, researchers, students, physicians and allied health professionals,

Plenary 1 – The focus on life after stroke	
Chairs: Professor Avril Drummond and Diana Wong Ramos	
Session overview	This session highlighted the importance of our focus on life after stroke. The findings of a key European report on life after stroke and plans for implementation were presented, and a project focusing on providing good life after stroke care and support was showcased.
A life saved is a life worth living, Professor Charles Wolfe, King's College London, UK	<ul style="list-style-type: none"> • Launch of new SAFE research report on the unmet needs of stroke survivors and carers • Review of key findings • Recommendations for future action and research
How Europe is responding to life after stroke, Professor Peter Kelly, ESO President, Ireland	<ul style="list-style-type: none"> • Response to the new report • How can we make life after stroke a political priority using Stroke Action Plan for Europe
Life after stroke services, ABRIC, in Catalonia, Mercè Ayesta, Fundació Ictus Coordinator and Gloria Bou, stroke survivor	<ul style="list-style-type: none"> • Overview of the new life after stroke services ABRIC project in Catalonia • Outcomes after first year • Stroke survivor experience of using the service







Plenary 2 – Secondary prevention

Chair: Professor Harriet Proios and Dr Hrvoje Jurlina

Session overview

This session presented some of the challenges and solutions around secondary prevention after stroke. It presented up-to-date knowledge around medicines, nutrition and gadgets

Preventing recurrent stroke (medical secondary prevention),
Professor Ronan Collins, Tallaght University Hospital and Peamount Hospitals
Dublin, Ireland

- An outline of key (medicine) management in stroke secondary prevention
- The evidence behind the most commonly prescribed medicines after a stroke

How can I improve my nutrition after stroke?

Dr Jo Kwan, Charing Cross Hospital, Imperial College London, UK

- There are more myths around nutrition than perhaps any other area in medicine - what should stroke survivors know about nutrition post stroke
- The role diet plays in staying healthy and preventing further strokes

Evidence behind wearable technology,

Dr Liam Healy, Cork University Hospital, Ireland

- Presentation of the many new wearable devices aimed at keeping patients healthy and what they really measure
- Outline of evidence that shows which ones can keep you healthy and prevent further strokes





Parallel 1 and 5 Driving after stroke - practical tips

Chair Dr Carina Persson (am and pm)

Session overview

There are no universally accepted criteria for determining fitness to drive after stroke, yet this is an important area for many stroke survivors. The bottom line is - how can we ensure safe driving after stroke and how can we help stroke survivors to resume driving.

- Mobility and driving after stroke (video),
Annika Linder, Uddevalla Hospital, Sweden
- Driving in Europe: rules, regulations and research,
Associate Professor Helena Selander, University of Gothenburg, Sweden
- Driving after stroke: clinical practice,
Ingrid Bolin, Mobilitetscenter, Gothenburg, Sweden
- Q&A

Creating services and a community where people live life well after stroke: a debate

Chair: Professor Fiona Jones

Session overview

'Imagine a world when no stroke survivor feels abandoned and is supported to live life well'.

This was a debate and discussion about what stroke survivors needed from services and practitioners to live their lives well. Ideas were pitched and debated from some key invited stakeholders. The audience decided on the aspirations and ideas which they felt should be implemented.

This session collectively created a 'call to action' on how we can create the space and the conditions for individuals to live their lives well. In order for stroke survivors to do the things most meaningful and important to them when rehabilitation ends.

- Opening briefing, Professor Fiona Jones
- Lived experience of recovery and reintegration after stroke,
Jim Currie, stroke survivor, Scotland
- Core constituents required within a stroke service and the community for stroke survivors to live their lives well and not feel abandoned after rehabilitation ends
Dr Nicola Hancock, University of East Anglia, England and and Professor Marie Elf, Dalarna University, Sweden
- Debate with the audience: What should be in place to enable people to live well



Parallel 3 and 8 Intimacy, relationships and sexual wellbeing after stroke

Chair: Professor Anita Arsovska (am) and Professor Nuno Ferreria (pm)

Session overview

This session aimed to build on the extremely popular earlier 2022 webinar focussing on intimacy and sex after stroke and addressed sexual wellbeing, intimacy, identity changes and relationships. This session showcased perspectives from stroke survivors, health professionals and stroke support organisations and highlighted the importance of support for, and the need for further research in, addressing stroke survivors' needs around intimacy, relationships and sexual wellbeing.

- Dealing with intimacy, relationships and sexual wellbeing after stroke, Diana Wong, stroke survivor, Portugal Stroke Organisation
- Peer support for intimate relationships after stroke: initial findings to inform a co-designed digital self-management programme (HOPE4ABI), Dr Hayley Wright and Aimee Walker-Clarke, University of Coventry, England
- Let's talk about it – why is it important to support communication about sexual wellbeing and intimacy after stroke?
Jytte Isaksen and Yago Bundgaard, stroke survivor, Danish Stroke Organisation (including a subtitled video)
- Panel discussion with speakers





Parallel 4 and 7 Physical activity after stroke
Chairs Dr Ivan Milojevic and Jan Konig (am) and Juliet Bouverie (pm)
<p>Session overview</p> <p>We know that it is important that stroke survivors are active. This session included a summary of the evidence for physical activity and tips on how stroke survivors can be supported to be active. There was an opportunity for audience participation and some common myths about physical activity and stroke was busted.</p> <ul style="list-style-type: none"> • Light exercise session - this was accessible to all and was relaxed and fun! • Developing physical activity routines after stroke, Dr Sarah Moore, University of Northumbria, England • Adherence to physical activity following stroke Mari Gunnes, Norwegian University of Science and Technology, Norway • Top tips session • Facilitated discussion with the speakers and delegates
Parallel 6 Highest scoring abstracts
Chair: Professor Hanne Krarup Christensen
<p>Session overview</p> <p>The highest scoring scientific and service evaluation abstracts were presented in this session.</p> <ul style="list-style-type: none"> • Patient and Public Involvement in Stroke Research: The BEFORE Recommendations Marina Charalambous, Cyprus Stroke Association • Unmet social needs in life after stroke – survey results from the German Stroke Foundation Markus Wagner, German Stroke Foundation • Exploring the return-to-work experiences of people who experienced stroke during the COVID-19 pandemic Diane Trusson, Nottingham University, England • Here for you – helping to rebuild life after stroke Rubina Ahmed, Stroke Association, UK

Markus and Rubina were awarded highest scoring abstracts – congratulations!











The SAFE team 😊