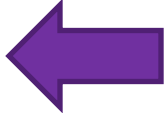# The new stroke action plan for Europe: a focus on Life after Stroke
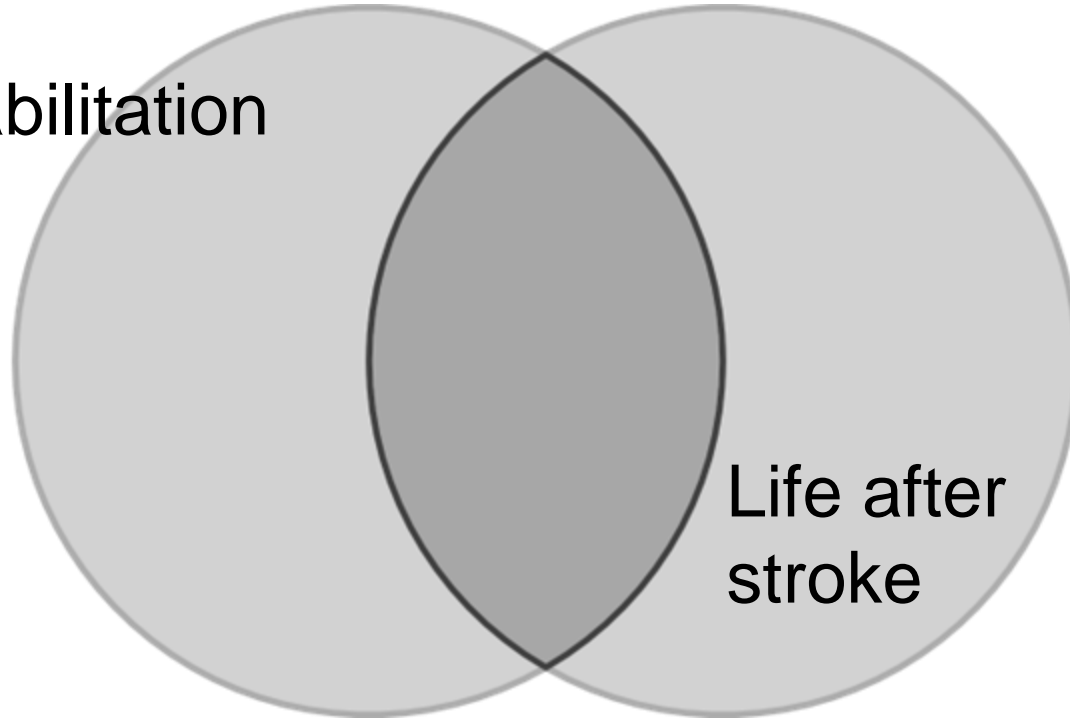
Avril Drummond
Prague, 2025

Brief background

STROKE
ACTION
PLAN
EUROPE
2018 – 2030

Action Plan Topics

1. Primary prevention
2. Organisation of stroke services
3. Management of stroke services
4. Secondary prevention
5. Rehabilitation
6. Evaluation of outcomes and quality improvement
7. **Life after stroke**
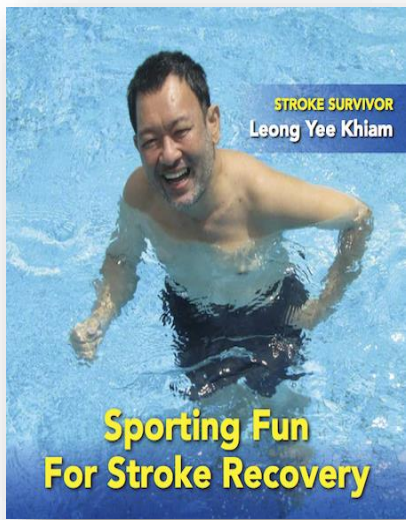8. Prioritized research areas for translational research

Life after stroke

- 'Life after stroke' is about helping individuals navigate, adjust to, and manage long-term effects and outcomes of stroke.

- The focus is NOT helping people to live the life they are left with after stroke. It is about helping support survivors **to live their best lives**.

Predictions

❖ Every two seconds someone in the world will have a stroke for the first time.

❖ The burden of disease caused by stroke is set to double worldwide by 2030.

❖ **By 2035- over 4.5m stroke survivors.**

Facts

- More than 6 in 10 survivors rely on support to help them with daily activities such as getting dressed, making meals or going to the shops (UK Stroke Association, 2019).

- Post-stroke fatigue effects around 50% of survivors (English et al, 2023).

- Prevalence of depression around 30% up to 15 years after stroke (Ayerbe et al, 2013).

- 1 in 4 survivors are of working age; one 1 in 3 will have to give up their job (UK Stroke Association, 2019).

- Caregivers at high-risk of developing a mental health condition (Skajaa et al, 2024).

- **Emerging** term in literature.
- **Wide** range of issues and individuals.
- Little **robust** data on longer term management and care – but improving.
- Existing data, collected in **unsystematic** way.
- Service data **patchy and anecdotal**: little attention to longer term care.
- **Variations** between countries.
- Long term **research** limited.
- **Methodological** considerations.

N=1 matters!

The goal is not just to add years to life, but life to years.

LIFE AFTER STROKE

Join us this Stroke Month for expert advice on rehab and recovery

Research and development targets

1. What are the experiences and needs of stroke survivors across their lifespan to inform the design of optimal care pathways.

2. What would a model of best care and long-term support look like? Should include reviews and specific roles to provide holistic coordinated support.

3. How can data be best collected within stroke registries to inform a better understanding of the long-term outcomes and what data should this comprise?

4. What products and services (digital and physical) would support self-management, community integration, education and healthcare?

5. How can high-quality information and training to help non-specialist staff, especially social care staff, be targeted?

Targets

1. A comprehensive stroke follow-up addressing all aspects relevant for life after stroke should be provided (KPI 12a).

2. A recognised post-stroke checklist and a functional assessment should be used and people referred on as appropriate. (KPI 12b).

3. Ensure equitable support regardless of residence or socioeconomic status, through national stroke care plans. Establish best practice statements and minimum standards (linked to KP1 and KP2).

4. The appointment of Government-level individuals/ teams responsible for including Life after stroke in national stroke plans.

5. The implementation of supported self-management information and assistance systems needs exploring as a priority area.

The Life After Stroke group

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Lisa Kidd

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Grethe Lunde   **……** and Sandra Jackson for admin support**.**

KEEP CALM WE ARE THE DREAM TEAM

Enjoy the meeting- but take time to <u>THINK</u>!

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#LifeAfterStroke