

Brunel Neuro Alliance Study Day

What is Healthwatch?

Healthwatch is here to *demonstrably influence commissioning, service provision or strategic decision making...* and this report outlines how we will achieve this following on from the Brunel Neurological Alliance study day in May, which focused on mental health and wellbeing for people with neurological conditions. The study day was partially funded by the Healthwatch Bristol Community Pot grant. Healthwatch will make use of our statutory powers and the information shared with us, to help to set the commissioning agenda for the future, putting local people at the heart of decision-making.

On Thursday 17 May 2018, The Brunel Neurological hosted a study day at The West of England MS Therapy Centre. The event was sponsored by Healthwatch Bristol and TFT Property and Construction Consultants. The focus of the study day was on mental health and wellbeing and the aim was to provide a deeper understanding of the impact of neurological conditions on a

person's mental health and wellbeing and vice-versa.

The target audience were healthcare professionals who may come across patients/clients affected by a neurological condition.

In total 84 people attended the event compared to 64 people in 2016.

"Oh my goodness, as a student nurse, this was an ESSENTIAL DAY OF LEARNING. The patient perspectives were amazing. Great calibre of professional speakers. Wonderfully organised". Attendee

"Excellent mix of information. All relevant. Great mix of attendees from health and social care which generated discussion and ideas". Attendee

"Excellent day, staff, well organised and paced. Fantastic hearing from patients personal experiences and informative and relevant guest speakers . Would love to come to another one". Attendee



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The following presentations were given:

Real people perspectives and experiences of living with a neurological condition with a focus on mental health and wellbeing:

Kev Clark (Person living with

Functional Neurological

Disorder) Rhona

Murdoch (Person

living with Multiple Sclerosis)

Emma Clark (Carer for husband with FND)

Living with a neurological condition:

A Carer's perspective and Available Support Services

Caroline McAleese, Carer Engagement and Involvement Lead. Carer Support Centre

Pain, impact and management:

Pain pathways covering widespread neurological conditions and pain

management. Dr Gaurav Chhabra - Pain Consultant Southmead Hospital

Fatigue Impact and Management

Amy Romer, Occupational Therapist with the Specialist Community Neurology Service Bristol Community Health CIC

The emotional impact of living with a Neurological condition.

Dr John Ashworth, Counselling Psychologist & Existential Psychotherapist

"My Brain is like the Bermuda Triangle": Cognitive issues in MS

Dr Anita Rose, Neuro Psychologist, The Raphael Hospital

In addition, at the end of the presentations there was a panel discussion with questions from the floor.

There was an opportunity to network with other healthcare professionals, those presenting and the representatives of the different organisations that make up the Brunel Neurological alliance during the breaks and lunch.

There were information stands from the relevant groups, and charities with take away leaflets and people on hand to answer questions.

At the end of the event, attendees were asked to complete a feedback survey so the Alliance can reflect on the successes and shortcomings of the event. The results are detailed on the following pages.

There were 57 respondents to the feedback in 2018 compared to 40 in a similar event in 2016.

Analysis of feedback sheets:

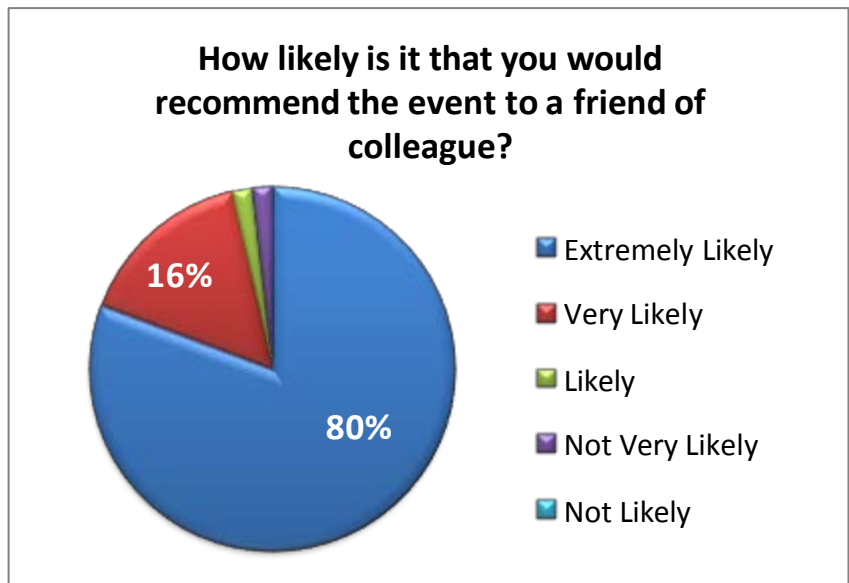
The first two questions of the survey asked the attendees to circle discrete or categorical answers. This allows us to represent the data received as graphs and these are shown below in questions one and two. However, the questions that follow on from question two ask for written feedback. To analyse these

questions, general themes will be noted down and appropriate quotes will be used when the attendee has consented to them being used as a testimonial.

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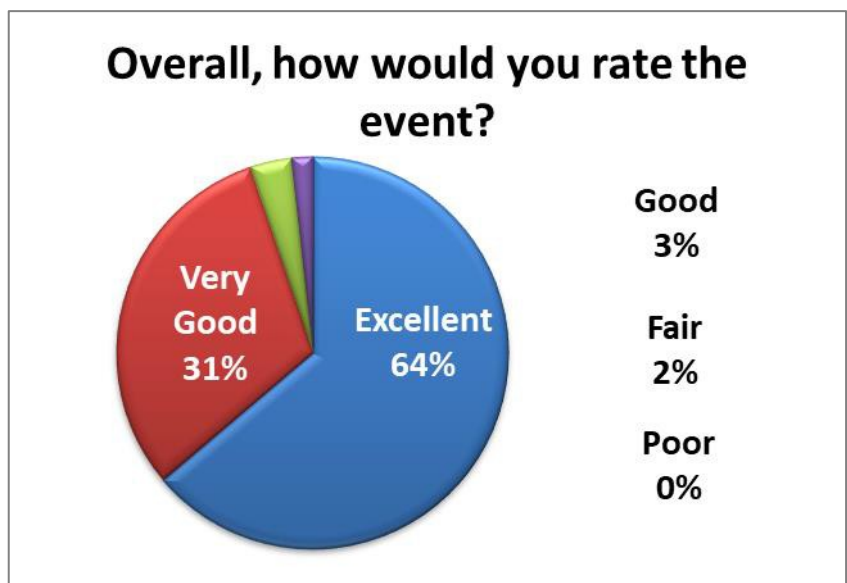
Question 1:

How likely is it that you would recommend the event to a friend of colleague?	Number of people with this opinion
Extremely Likely	46
Very Likely	9
Likely	1
Not Very Likely	1
Not Likely	0



Question 2:

Overall, how would you rate the event?	Number of people with this opinion
Excellent	37
Very Good	18
Good	2
Fair	1
Poor	0



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Questions 1 and 2:

It is interesting to point out that compared to the Brunel Neurological Alliance Study Day Event that took place in 2016, twenty per cent more respondents would be extremely likely to recommend the event to a friend or colleague. And that 14% more respondents in 2018 rated the event as excellent than in 2016.

Question 3 - What part of the day did you find most useful and why?

The majority of attendees felt a strong connection with Kevin Clark / Emma Clark and Rhona's experiences and identified with their narratives. People found the talk on "The Emotional Impact of Living with a Neurological Condition" by Dr John

Ashworth and the talk by the Neuro Psychologist Dr Anita Rose "My Brain is like the Bermuda Triangle: Cognitive issues in MS"; insightful, practical, informative and useful.

One person did comment that "the fatigue lecture was good but was cut short due to late start". However, many that attended went on record to say everything was good and they would look forward to attend a similar event again.

Question 4 - Which part of the day did you find least useful and why?

Most attendees either left this box blank or commented that "The whole day was useful". A few of the respondents found the lecture on Pain management quite

complex, containing a lot of detail. One attendee mentioned "Pain impact and management was very technical and I struggled with the terminology. More time was required for its understanding". A handful of people found the Real People Perspectives of living with a Neurological Condition presentation very interesting but repetitive.

One attendee felt that the day was aimed at more general healthcare staff rather than those already working with people with neurological conditions and was too simplified to be a valuable learning activity for them.

Question 5 - How will what you have learnt influence your practice?

Many mentioned 'signposting' patients to the relevant support organisations and charities and about having printed material containing relevant information eg: websites that could be handed out easily to those needing that support. (This is apt as the Neurological Alliance leaflet is pending and should fulfil this need).

Many others suggested that they would notice more 'Red Flag' signs with heightened symptom awareness which would hopefully lead them to make early diagnoses.

The majority of attendees stated that the event highlighted the impact and importance of "fatigue management" and the "psychological effects" of neurological conditions not only on the patient but on the carer as well. One respondent went on to say, "I will enhance my empathy skills and will keep in mind the bigger picture when assessing patients".

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Question 6 - Has the day highlighted, for you, any other developmental needs?

Responses to this question were varied despite around a quarter of attendees not identifying further developmental needs. Some of the answers that arose included finding out more information in respect of:

- The needs of patients with Functional Neurological Disorder (FND)
- Reviewing chronic pain in neurology
- The impact of pain and its management through therapy.
- The important role of carers.
- Knowledge and skills in cognitive therapy.
- Would like to learn more about psychological strategies.

One attendee suggested that he would like to see a new app that could help with people with FND to self-manage to some extent. Another, that it highlighted their practice's need for a psychologist. And another stated that more information about current ongoing research would be great as this is a question they are very often asked by their patients.

Question 7 - Are there any other comments you would like to make regarding the event, e.g. facilities and organisation?

Many positive comments were made about the organisation of the event and the lunch provided; "Well organised, great venue", "lovely lunch", "Excellent facilities", "Thank you for trying to cater to all nutritional needs." "Good to attend a seminar that does not require a paid entry." a seminar that does not require a paid entry."

There was one main issue that attendees pointed out; this was that the sound system and microphone were not performing well and this resulted in some attendees not being able to hear those who were presenting at all times. This could be easily resolved for future events by making sure that all the presenters are briefed on how to use the mic. /PA equipment properly.

There were a couple of participants who mentioned being too cold as they were sat directly under the air-con. This can be easily resolved in future events by highlighting this to attendees during the house -keeping talk so that they can find another seat.

One attendee suggested if we could ask participants to "bring your own lunch" next time as sharing would put people at ease and lead to better networking and the money spent on catering could be given to Charity, to further their cause.

When respondents were asked whether they would be happy for us to use their comments as testimonials 80% of them replied "Yes".