

Glasgow Community Stroke Team (CST)

Criteria and Referral Process

- Glasgow CST is a rehabilitation team consisting of Specialist Nurses, Physiotherapists, Occupational Therapists, Speech and Language Therapists and generic Support Workers, providing therapy to patients with stroke specific rehabilitation goals.
- The team will liaise with Stroke Consultants, Hospital Stroke Nurses and patients' GP as required. CST can also forward referrals to the Stroke Psychology service as necessary.
- Treatment plans and reviews will take place within a patient's own home.
- Patients' progress will be under ongoing review. If progress is continuing, rehabilitation will continue for up to 8 weeks. In certain circumstances, this could be extended to a maximum of 12 weeks.

Patient Group Criteria

- Patients being discharged from hospital following an acute stroke event with realistic stroke rehabilitation goals.
- Patients with a previous history of a stroke event with stroke specific rehabilitation goals.
- Patient consents to input from team.
- Age 16 years or over.
- Able to transfer independently or with assistance from 1 carer.

Referral Process

- Ward discharges – via AHP referral form plus Immediate Discharge Letter/ Nursing Discharge Form part 1, and also Nursing Discharge Form part 2. Fax paperwork to CST at Clutha House.
Fax: 0141 427 6256
- Once date of ward discharge agreed advance notice of referral via telephone call to CST could be made.
Tel: 0141 427 8377/8392
- Community patients – via practice nurse referral form or GP letter. Fax to CST at Clutha house for screening by Team Lead.
Fax: 0141 427 6256

Who can refer?

- Ward staff on discharge from hospital
- Stroke Consultant, Stroke Nurse, Stroke Psychologist from clinics
- GP or practice nurse at patient's annual review
- AHPs in other community rehabilitation services where there are new stroke specific issues and goals.

At the end of input the patient may require onward referral to:

- Stroke Out-Patient Clinics
- Generic Rehabilitation Services
- Local community / leisure services e.g. Live Active.
- Mental Health Team
- Stroke Groups