

Chest
Heart &
Stroke
Scotland



6 MONTH POST STROKE REVIEW



**NO
LIFE
HALF
LIVED**

What is this?

We know stroke recovery can be a difficult and isolating journey, but Chest Heart & Stroke Scotland aims to provide support and guidance to help you come to terms with your stroke and live as full a life as possible.

The review is an chance to look at what has happened since your stroke and reflect on what you have since achieved. It is an important milestone.

Taking this time to reflect gives you and your CHSS Stroke Nurse an opportunity to highlight any needs you might have that have not yet been addressed.

How?

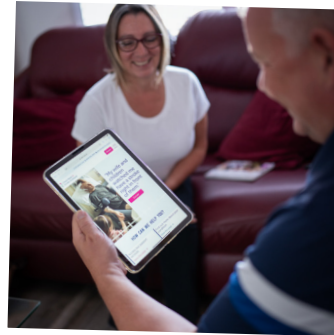
Around six months after your stroke, your CHSS Stroke Nurse – or another relevant healthcare professional – will carry out a review of your care and support.

You will be able to choose who completes this review with you, and you will also be able to choose whether to do this by phone, video call or with a home visit.

When?

The date of the six-month review will be set when you first meet your CHSS Stroke Nurse. This is a flexible date that can be changed nearer the time.

The review usually lasts around an hour but may be longer, depending on your needs.



Why?

Chest Heart & Stroke Scotland believes there should be 'no life half lived', and our vision is that everyone living with stroke can access our Community Healthcare Support Services to live as full a life as possible.

In March 2022, the Scottish Government recommended that all stroke patients participate in a six-month review in its Progressive Stroke Pathway. The pathway set out a vision for stroke services in Scotland that fully meet the needs of patients, and the six-month review is part of the Chest Heart & Stroke Scotland commitment to no life half lived.

The review is your chance to take time to think about your recovery and assess whether you are meeting your personal goals.

You'll have the opportunity to discuss anything that you need, and anything that you have not yet had help or support with, and your CHSS Stroke Nurse can ensure these are addressed.

If you do need access to specialist services, your CHSS Stroke Nurse can help to take care of the referral.

Importantly, the discussion is your chance to any questions you have about your recovery in a relaxed atmosphere with a healthcare professional.

You do not have to have a 6-month review if you don't want one. Simply tell your CHSS Stroke Nurse your preference.



1 in 5 people in Scotland are living with a chest, heart or stroke condition, including Long Covid.

Every day in Scotland

41 people will have a **stroke**



16 people will be diagnosed with **heart failure**



32 people will have a **heart attack**

15 people will struggle to breathe because of chronic **chest illness**



To find out more about our service call us on

0808 801 0899

or visit chss.org.uk/services

CHSS has health information available in Urdu, Punjabi, Ukrainian and Polish.

**NO LIFE
HALF LIVED**

www.chss.org.uk

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