

Sample text for organisational newsletter to disseminate news about guideline being published

April 2023

Updated National Clinical Guideline for Stroke now available

The 2023 edition of the National Clinical Guideline for Stroke for the UK and Ireland is now available. Over half the recommendations are new or have been updated. Big changes in the evidence base since the previous edition in 2016 have led to significant updates in three main areas:

- A big expansion of patients eligible for thrombolysis and thrombectomy
- More intensive interventions in secondary prevention – antiplatelets, cholesterol, blood pressure
- More intensive rehab in hospital and at home to promote motor and language recovery.

This is a ‘five nations’ guideline for the first time ever, covering all of the UK and the Republic of Ireland. The guideline is endorsed for use in clinical practice by the Royal College of Physicians (London), the Scottish Intercollegiate Guidelines Network (SIGN) and the Royal College of Physicians of Ireland. Online-only publication on www.strokeguideline.org is supported by a plain language summary for people affected by stroke.

[150 words]

Additional background information:

The National Clinical Guideline for Stroke for the UK and Ireland provides authoritative, evidence-based practice guidance to improve the quality of care delivered to every adult who has a stroke in the United Kingdom and Ireland, regardless of age, gender, type of stroke, location, or any other feature. The guideline is intended for:

- Those providing care – nurses, doctors, therapists, care staff
- Those receiving care – patients, their families, their carers
- Those commissioning, providing or sanctioning stroke services
- Anyone seeking to improve the care of people with stroke.

The guideline is available online at www.strokeguideline.org. Pdfs can be downloaded of the full guideline, individual chapters and the appendices.

Guideline chapters are:

- What’s in new in the 2023 edition
- Guideline development
- Organisation of stroke services
- Acute care
- Rehabilitation and recovery
 - Principles of rehabilitation

- Activity and participation
- Motor recovery and physical effects of stroke
- Psychological effects of stroke
- Communication and language
- Sensory effects of stroke
- Long-term management and secondary prevention
- Implementation of the guideline.

A glossary, a list of acronyms and abbreviations, and a bibliography are all included.

A plain language summary is available at www.strokeguideline.org/plainlanguagesummary. The summary can be read online, downloaded as a pdf or ordered as a print copy. All formats are easy to read. It is written for people affected by stroke (people who have had a stroke or TIA and their families and carers). It can also be used by doctors, nurses, therapists and care staff to talk with people with stroke and their families and carers about their care.

The summary covers:

- What care should be provided after a stroke
- When this care should be provided
- Why this care is important.

A poster promoting the summary can be downloaded and printed locally.