

## Working hours

The Stroke Liaison Nursing hours are as follows:

Monday-Friday 9am-5pm

## Further Information

For further information contact:

### **Lewis & Harris**

Dolina Macleod  
Stroke Liaison Nurse  
Stroke Unit, Medical Ward 2,  
Western Isles Hospital,  
Stornoway, Isle of Lewis, HS1 2AF  
Tel: 01851 704704 ext. 2404  
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### **Uists & Barra**

Fiona Wood  
Stroke Liaison Nurse  
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Western Isles Hospital,  
Stornoway, Isle of Lewis, HS1 2AF  
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### **Chest Heart & Stroke Scotland (Western Isles)**

Facebook: Chest Heart & Stroke Scotland  
Western Isles

## Notes

### We are listening - how did we do?



We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.

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Written by: Stroke Liaison Nurse, NHS Western Isles.  
*Thanks to CHSS Stroke Nurses Service for their assistance in developing this patient information leaflet.*

#### **Disclaimer**

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Stroke Liaison Nurse

### STROKE?

Think FAST & save a life  
CALL 999

**F**ACE – Can they smile?  
Does one side droop?



**A**RM – Can they lift both  
arms? Is one weak?



**S**PEECH – Is their speech  
slurred or muddled?



**T**IME – To call 999.



If you see these signs call 999 FAST.

[www.thinkFAST.org.uk](http://www.thinkFAST.org.uk)



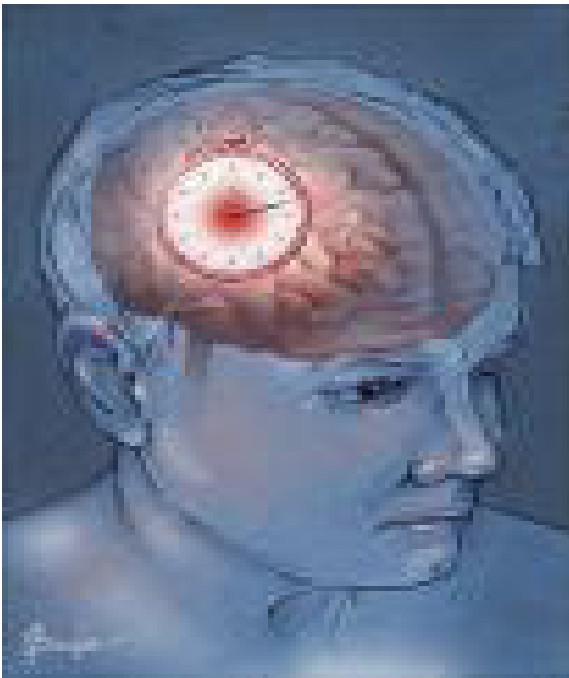
NO LIFE HALF LIVED



## Who is the Stroke Liaison Nurse?

The Stroke Liaison Nurse is an experienced Registered Nurse.

Their role is to provide support to patients and their families following discharge from hospital after a stroke. They will also liaise with other professionals as needed.



## Role of the Stroke Liaison Nurse

The role of the Stroke Liaison Nurse is to:

- give advice, information and support to the patient and their relatives
- raise awareness of risk factors
- encourage appropriate lifestyle changes to help minimise the risk of further Stroke
- facilitate a smooth transition from hospital back into the community or long term care
- offer assistance and advice to assist patients with reintegration back to their home and community
- assist patients and their relatives to adjust to changes that may have occurred as a result of a Stroke
- provide follow up in person, by virtual appointment, or over the phone
- be involved with patients who have experienced new strokes and Transient Ischaemic Attacks (TIAs) for up to a year
- make five follow up appointments following your discharge from hospital.

## Follow up appointments

### The Stroke

- 1st point: 2 weeks post discharge
- 2nd point: 6 weeks post discharge
- 3rd point: 3 months post discharge
- 4th point: 6 months post discharge
- 5th point: 9-12 months post discharge

Further appointments may be arranged as/ if required.

Speak to your Stroke Liaison Nurse to arrange these.

## If you are experiencing difficulties

Any problems experienced or encountered between visits can be identified to your Stroke Liaison Nurse by contacting:

### Lewis & Harris

Tel. 01851 704704 ext. 2404  
0781 420 7158 (mobile)  
Email: [dolina.macleod@nhs.scot](mailto:dolina.macleod@nhs.scot)

### Uists & Barra

Tel. 01851 704704 ext. 2404  
Email: [fiona.wood8@nhs.scot](mailto:fiona.wood8@nhs.scot)