

**Heart Disease & Stroke Cross Party Group**  
**Tuesday 23rd September 2014,**  
**Committee Room 5, 1800-2000**

“Every breath you take, Every step you make”:  
Reducing the risk of heart disease and stroke through smoking cessation  
and regular physical activity

**1. Welcome & Apologies**

MSP Attendance

Dennis Robertson (Convenor)  
Dave Thompson  
Maureen Watt  
Margaret McCulloch

MSP Apologies

Alison McInnes

**2. Matters arising**

**2.1 Minutes from previous meeting of 11th June 2014**

Proposed by Mark Smith ; Seconded by David Clark

**2.2 Sub-group update on The Stroke Charter From Mark Smith, Consultant  
Physiotherapist in Stroke Rehabilitation, NHS Lothian**

- The group continues to meet with the support and guidance of Dennis Robertson and his team, under the auspices of the CPG for HDS. The subgroup membership feels that its ongoing success will be dependent upon continuing support and strategic direction from within the CPG.
- The Stroke Charter is now established and has been widely circulated nationally in Scotland in both hard copy and electronic formats. The subgroup feels that the ownership of this Charter continues to sit within the wider CPG and that the aspiration to meet its recommendations will continue to challenge us.
- The new Scottish “Stroke Improvement Plan” (SIP), introduced by Katrina Brennan at the last CPG, has now been published (August 2014) and resonates well with the strategic direction of travel for the Scottish Government. However, there is still much to do to ensure that people who have had a stroke have access to appropriately resourced services which are sufficiently specialist and delivered in adequate quantities to have an effect.
- The SIP does not specifically mention the Stroke Charter, but much of its intended message has been reflected within this refresh of the stroke-related elements of the Better Heart Disease and Stroke Care Action Plan (2009). Two sections: “Transition to Community” and “Supported Self-Management and Living with Stroke” will ensure that the Stroke Charter continues as a valid driver for the provision of services relating to these parts of the pathway.
- The SIP recognises that most people with a long term condition have at least one other co-morbidity and, as a result, services need to be truly person-centred and tailored for

the individual. The subgroup will work to realise the challenges of delivering such services within an ever tightening financial envelope by ensuring that these person-centred issues after stroke remain high on the agenda. We have recently included representation from the Health and Social Care Alliance within the group to help take this forward.

- The issues beyond the first 48 hours after stroke, where much of the stroke audit is applied, will continue to be the focus of the subgroup beyond the work of launching and sustaining the Stroke Charter. A number of group members are currently working with NHS Scotland Information Services Division (ISD) to develop rehabilitation standards within the Scottish Stroke Care Audit and the subgroup will support and publicise this work.
- Kim Hartley has stepped down as Chair of the stroke subgroup and the membership acknowledged her strong leadership and guidance. She will continue to be an active group member.
- Gill Alexander, AHP Consultant in NHS Greater Glasgow and Clyde, has taken over as chair. RCSLT will continue to support in organisational matters, including the web maintenance of the Charter pending a more sustainable solution. Dennis' office will assist in hosting meetings and the minutes will be taken by group members on a rotational basis.

### **2.3 ACHD (adult congenital heart disease) update: Progress Scottish Congenital Cardiac Network Petition and Parliamentary Questions**

No update was given but it was agreed by the group that this should remain a standing order for the CPG until further notice

## **3. Presentations**

### **3.1 Sheila Duffy, Chief Executive of ASH Scotland**

Sheila Duffy presented to the group on the current policy developments regarding Tobacco and tobacco control. Areas covered by Sheila included;

- Standardised Tobacco Packaging
- E-cigarettes
- Smoking in Cars when Children are present
- Scottish Government's "Take it Right Outside" campaign

Sheila also discussed cessation services and the role of cessation in supporting the aim of a Smoke free Scotland by 2034.

## **2.2 Sarah Florida-James, PARCS project manager**

Sarah Florida-James presented a paper on the PARCS project; a collaboration between Chest Heart & Stroke Scotland, British Heart Foundation Scotland and British Lung Foundation.

Sarah gave a comprehensive review of the process undertaken to pull the research together including some initial feedback that will be included in the final report to the Scottish Government.

## **4. Discussion**

Maureen Watt MSP asked Sheila Duffy of ASH Scotland how the legislation to ban smoking in cars might be policed. Sheila Duffy acknowledged that this was a regular concern raised regarding the legislation but did point to the effective policing of mobile phone use in vehicles in Scotland.

Dennis Robertson MSP asked Sheila Duffy about the “Take it Right Outside” campaign and the challenges that this faces. Sheila Duffy highlighted that many people previously believed that as long as a door was closed or the children were upstairs this was ok, however research shows that the only safe place not to harm others with second-hand smoke was outside of the house, not leaning out of a window or with a door open.

Mark Smith (NHS Lothian) welcomed Sarah Florida-James’ presentation and the work undertaken by the partners in the PARCS project. He then asked if the project would be making any recommendations regarding the level of qualification required by trainers before they can undertake work with patients with long-term conditions.

Dennis Robertson MSP asked Sarah Florida-James if she could explain the different levels of qualifications for trainers and how this related to Mark Smith’s question.

Sarah Florida-James talked the group through this differing qualifications and how these relate to the project and recommendations.

There was extensive discussion by a number of people in the group regarding the role and provision of physical activity for patients with long-term conditions by Local Authorities. A number of examples were given whereby Local Authorities had recently increased the cost per session or had scrapped provision all together.

Dennis Robertson MSP acknowledged this as an issue and suggested that the individuals should approach the local authorities directly for support and to answer why lack of provision or the increased costs were happening.

There was a concern raised by many in the group that Local Authorities were not effectively supporting individuals in transitioning between patient focussed services and individual physical activity. It was felt that where minimum provision was provided support was only given when deemed necessary and not on a case by case basis.

David Clark (CHSS) spoke about the next steps of the project. He noted the report will be submitted to the Scottish Government and the final report would be out in due course.

## **5. AOCB**

There was no other business

## **6. Date of next meeting:**

**Wednesday 3rd December 2014 (Committee Room 5):**

***'Tackling Barriers: Addressing health inequalities in minority ethnic communities'***

### **Dates for 2015:**

- Wednesday 11th March 2015
- Wednesday 10th June 2015
- Wednesday 23rd Sept 2015
- Wednesday 9th Dec 2015

## Non-MSP Attendance:

Title	Forename	Surname	Organisation
Mrs	Wendy	Armitage	Chest Heart & Stroke Scotland
Mr	Iain	Armstrong	Caring Together
Ms	Fiona	Brownlie	NHS Tayside
Mrs	Jan	Buncle	Chest Heart & Stroke Scotland
Ms	Andrea	Cail	The Stroke Association Scotland
Ms	Linda	Campbell	NHS Highland
Mr	David	Clark	Chest Heart & Stroke Scotland
Ms	Pauline	Cuthbert	Ayrshire and Arran NHS Trust
Ms	Reggie	Davidson	
Ms	Sheila	Duffy	ASH Scotland
Mrs	Sarah	Florida-James	Chest Heart & Stroke Scotland
Mr	Richard	Forsyth	British Heart Foundation Scotland
Mrs	Laura	Hastings	Chest Heart & Stroke Scotland
Mr	Paul	Hodson	
Ms	Jane	Holt	NHS Ayrshire & Arran
Ms	Frances	Johnston	
Dr	Susan	Kerr	Glasgow Caledonian University
Ms	Susan	Kinsey	GCRA ( Grampian Cardiac Rehab)
Dr	Maggie	Lawrence	Glasgow Caledonian University
Ms	Lorna	Lowdon	Ayrshire and Arran NHS Trust
Mrs	Sam	Macdonell	Chest Heart & Stroke Scotland
Ms	Angela	MacLeod	The Stroke Association Scotland
Mr	David	McColgan	British Heart Foundation Scotland
Ms	Ros	Meek	Medtronic
Ms	Helen	Miller	NHS Tayside
Mr	Robert	Paton	Grampian Cardiac Rehabilitation Association
Mr	Greg	Quinn	Boehringer Ingelheim Ltd
Mr	Ian	Reid	Bravehearts
Mr	Jamie	Rice	ABPI Scottish cardiovascular Industry group
Mr	Mark	Smith	NHS Lothian
Mr	Gordon	Snedden	Angus Cardiac Group
Mrs	Lorna	Stevenson	Chest Heart & Stroke Scotland
Ms	Elizabeth	Tolmie	University of Glasgow
Ms	Jemima	Traill	British Heart Foundation Scotland
Ms	Maggie	Young	Chest Heart & Stroke Scotland