

Clinical Nurse Specialist (Stroke)

National Stroke Nurse Working Group

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This document is designed to provide a comprehensive summary of responsibilities relevant to the role of the CNS (Stroke). It can be used to inform job descriptions and assist nurses with goal setting, career pathways and career progression in stroke nursing.

Core expertise: Expert / Masters level education

Key partnership with Lead Consultant and other inter-disciplinary (IDT) members to promote a strong team culture

Pre-requisites: To be a CNS in stroke it is advised that the nurse is:

- Proficient and working towards expert PDRP (Professional Development and Recognition Programmes) which enables nurses and midwives practice to be rewarded and recognised. These programmes support innovation, reflect contemporary practice and are competency based).

Recommended minimum:

- A diploma qualification and planning to undertake Masters level postgraduate education as part of the role.
- 3 - 5 years working experience with stroke patients.

The CNS (Stroke) is a key member of the stroke team who holds a pivotal role in championing high quality stroke care for patients and families/whānau. The role:

- is an essential component of a Stroke Unit or an organised stroke service and extends across the acute and rehabilitation service
- must include an adequate allocation of non-clinical time to attend to the functions detailed in the role description.

1. Patient Facing		
Key accountabilities	<ul style="list-style-type: none"> - Aims to see patients within 24 hours from admission (within usual operating working hours Monday to Friday) to provide information and support to the patient and whānau - Participates in case management, transfers and discharge planning from service ensuring smooth transitions - Provides contact details at discharge for future reference and reassurance - Performs as a clinical expert for staff and IDT - Participates in follow-up clinics providing secondary prevention advice and support - Demonstrates expertise in assessment, diagnosis and treatment of complex responses of individuals to health problems - Develops and supports the concept of advocacy in relation to patient participation in decision making thereby enabling informed choice of treatment options through education and information - Assesses, coordinates and evaluates safe holistic patient care - Actively provides ongoing communication between the patient, family/whānau and IDT 	
2. Quality and Safety (Governance)		
	<ul style="list-style-type: none"> - Understands and implements delivery of Ministry of Health indicators / measures - Participates in audit – national and local - Has in-depth knowledge of national guidelines and shares (educates) with team - Plans patient care working closely with the IDT and within agreed guidelines to develop individualised care plan - Provides evidence based practice and engages staff in this practice - Participates in national and regional stroke meetings - Supports and implements stroke guidelines, legislation, policies and procedures - Demonstrates leadership in stroke data integrity and use (e.g. Stroke Register) - The CNS is up to date with relevant research to ensure evidence-based practice and research implementation 	

3. Education and Training of others		
	<ul style="list-style-type: none"> - Provides mentoring, guidance and support of staff, patients, family/whānau - Role models nursing delivery - Promotes succession planning - Participates in interdisciplinary training and education - Champions and facilitates new support groups and support for existing patient / family groups - Demonstration of clinical and nursing competence in current best practice in stroke care and management. - Utilises and ensures access to appropriate patient information resources - Participates in performance review and maintenance of own personal professional development plan - Leads and promotes excellence through Personal Development Recognition Programme (PDRP) - Liaises and collaborates with nurse educators - Links to Universities and Training institutions of pre and post graduate nursing (e.g. teaching on specialist post-grad courses) - Provides Liaison and education support for community groups (Stroke Foundation, Stroke Central, Pacific Health, Maori Health) 	
4. Service Development		
	<ul style="list-style-type: none"> - Assists with and facilitates audit of documentation standards - Promotes excellence in care standards (e.g. national clinical guideline implementation) - Implements evidence-based quality standards and new evidence in practice - Participates in and champions the development of clinical and service development initiatives, reviews and evaluation of services 	
5. Liaison with Stakeholders:		
	<p>Acts as the key resource and communication person for stroke who establishes and maintains collaborative and co-operative links across the continuum of care including links with:</p> <ul style="list-style-type: none"> - primary care (e.g. ambulance, general practice) - secondary and tertiary services (e.g. acute services, emergency department, radiology, general medical, and rehabilitation services, neurosurgery, neuro-radiology) - key management and service providers within the DHB - community, cultural and voluntary organisations (ensuring referrals on discharge) 	

	<ul style="list-style-type: none"> - nurse educators - CNS stroke nurses (nationally) and the NSN - groups involved with health promotion activities related to stroke awareness in hospital and community settings <p>The Stroke CNS provides a key contact for patients and family/whānau after discharge.</p>	
<p>6. Active involvement with Stroke Interdisciplinary team development (IDT) / membership / leadership</p>		
	<ul style="list-style-type: none"> - Works in close partnership with the Lead Stroke Physician - Role models the nursing role in the IDT (e.g. goal setting, planning) - Participates as an active member in the IDT meetings - Takes an active role in resolving situations and issues that arise in the team - Facilitates continuity of care within the IDT - Supports and accepts support from other professionals in the IDT - Engages in teaching and educational activities within the IDT to foster cross disciplinary learning 	
<p>7. Research and Audit</p>		
	<ul style="list-style-type: none"> - Provides explanation of research within the IDT, colleagues and to patients and families/whanau - Champions and promotes implementation to facilitate changes identified by audit and research - Maintains an awareness of local, national and international stroke related studies - Contributes to the development of key performance indicators and monitoring in stroke services - Participates in and promotes nursing research and associated research in this specialist area, identifying nursing topics and issues 	

Comments about this document may be addressed to the National Stroke Network Coordinator. Email:ginny.abernethy@stroke.org.nz. (Review in 2021)