### Clinical Nurse Specialist (Stroke)

**National Stroke Nurse Working Group**

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  

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| 1. Patient Facing | - Proficient and working towards expert PDRP (Professional Development and Recognition Programmes (PDRP) enables nurses and midwives practice to be rewarded and recognised. These programmes support innovation, reflect contemporary practice and are competency based).  
- Has completed a stroke specialist nursing course or equivalent for example: 3- 5 years stroke nurse experience / University of Auckland Stroke Management 730 paper (pre-requisite 2yrs stroke nursing experience)  
- Aims to see patients within 24 hours from admission to provide information and support  
- Meets family for education and support  
- Gives contact details at discharge for future reference and reassurance  
- Performs as a clinical expert for junior staff and IDT  
- Participates in follow-up clinics providing secondary prevention advice and support  
- Has 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  
- Demonstrates understanding of case management and discharge planning  
- Assesses, coordinates and evaluates safe holistic patient care  
- Actively communicates with patient, family and IDT  
- Provides counselling support to patients and families/Whanau |

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### 2. Quality and Safety (Governance)
- 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
- Maintains stroke and thrombolysis registers

### 3. Education and Training of others
The Stroke CNS education role includes:
- Mentoring, guidance and support of staff, patients, family/Whanau
- Role modelling of nursing delivery
- Succession planning
- Participation in interdisciplinary training and education
- Facilitation of 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. The CNS is up to date with relevant research to ensure evidence-based practice and research utilisation
- Utilises and ensures access to appropriate patient information resources
- Participation in performance review and maintenance of own personal professional development plan
- Acting as a change agent, promoting excellence through PDRP
- Liaison and collaboration with nurse educators
- Link with Universities and Training institutions of pre and post graduate nursing (e.g. teaching on specialist post-grad courses)

### 4. Service Development
Assists with and facilitates:
- Audit of documentation standards
- Appropriate (excellence in) care standards (e.g. national clinical guidelines)
- Implementation of evidence based quality standards and new evidence in practice
5. **Liaison with Stakeholders**

The Stroke CNS establishes and maintains collaborative and co-operative links across the continuum of care including:
- Acting as the key resource and communication person for stroke
- Links with primary care (e.g. ambulance, general practice)
- Links with secondary and tertiary services (e.g. acute services, emergency department, radiology, general medical, and rehabilitation services, neurosurgery, neuro-radiology)
- Links with key management and service providers within the DHB
- Links through to community and voluntary organisations
- Providing a key contact for patients and family/Whanau after discharge
- Links with nurse educators
- Liaison with health promotion activities related to stroke awareness in hospital and community settings

6. **Active involvement with Stroke Interdisciplinary team development (IDT) / membership / leadership**

The Stroke CNS:
- 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

7. **Research and Audit**

The Stroke CNS is equipped to:
- Provide explanation of research
- Implement and facilitate changes identified by audit and research
- Maintain an awareness of current research activities within the DHB
- Maintain an awareness of national and international stroke related studies
- Promote up-to-date evidence based practice
- Contribute to the development of key performance indicators and monitoring in stroke services
- Participate in and promote 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*