



Supporting NHS Wales to deliver world class healthcare
Cefnogi GIG Cymru i gyflwyno gofal iechyd o safon fyd-eang

DATGANIAD I'R WASG

EMBARGO TAN 0.01 AWR DDYDD GWENER, HYDREF 29, 2010

DIWRNOD STRÔC Y BYD

TRINIAETH AMSEROL YN GWELLA GOFAL I GLEIFION STRÔC LEDLED CYMRU

Bydd cleifion sy'n cael strôc fach yn cael asesiad a thriniaeth feddygol arbenigol o fewn 24 awr, diolch i fesurau newydd sy'n cael eu cyflwyno gan fyrdau iechyd ledled Cymru.

Mae triniaeth amserol yn hanfodol gan y gall un o bob pedwar claf sy'n cael strôc fach, a adwaenir fel Pwl o Isgemia Dros Dro (TIA), gael strôc lawn o fewn pedair wythnos.

Mae timau gofal iechyd, yn cynnwys y rhai ym Mwrdd Iechyd Prifysgol Betsi Cadwaladr, yn cyflwyno gwell gwasanaethau i drin cleifion ag arwyddion rhybudd sy'n cynnwys adnabod symptomau'n gyflym, mynediad cyflym i wasanaethau arbenigol a thriniaeth feddygol brydlon.

Mae'r gwelliannau, a gyhoeddir heddiw (Hydref 29, 2010) fel rhan o Ddiwrnod Strôc y Byd, wedi'u cynllunio i leihau achosion o strôc, lleihau nifer y marwolaethau yn sgîl strôc a darparu gwell triniaeth a gwasanaeth adsefydlu i gleifion.

Mae tuag 11,500 o bobl Cymru yn cael strôc neu TIA bob blwyddyn, a'r cyflymaf y driniaeth y gorau yw'r canlyniad i'r claf.

Meddai Ymgynghorydd Bwrdd Iechyd Prifysgol Betsi Cadwaladr, Dr Salah Elghenzai, "Mae strôc yn gyflwr y gellir ei atal a'i drin ond mae'n achos brys a'r neges y mae'n rhaid i bobl ei deall yw y cyflymaf y gallant gyrraedd ysbyty y gorau fydd eu siawns o wella.

"Mae gwella canlyniadau clinigol i gleifion strôc yn un o flaenoriaethau'r Bwrdd Iechyd ac mae Diwrnod Strôc y Byd yn rhoi cyfle i ni fyfyrion ar ein llwyddiannau hyd yma, yn ogystal â'r gwersi a ddysgwyd a'r heriau sydd o'n blaenau."

Mae'r nod newydd ar gyfer darparu triniaeth gyflym wedi cael ei phennu gan glinigwyr arbenigol yng Nghymru fel rhan o 1000 o Fwydau a Mwy, y rhaglen bum mlynedd i wella diogelwch cleifion a lleihau niwed y gellir ei osgoi ledled GIG Cymru.

Mae Byrdau Iechyd ledled Cymru, yn cynnwys Betsi Cadwaladr, wrthi'n gweithio tuag at ddarparu'r gwasanaethau gwell a fydd yn dod yn orfodol yn 2011.

Mae'r gwaith yn cynnwys sefydlu clinigau TIA newydd mewn ysbytai cyffredinol dosbarth ledled y Gogledd.

Caiff y clinigau eu datblygu er mwyn i gleifion gael asesiad arbenigol, triniaeth ataliol a chynghor ar ffordd o fyw yn ystod un ymweliad â'r ysbyty.

Bydd y mesurau newydd yn adeiladu ar y gwaith sydd eisoes wedi cael ei wneud gan Raglen Gydweithredol Gwasanaethau Strôc Cymru Gyfan i wella dibynadwyedd gofal aciwt yn ystod y saith diwrnod cyntaf ar ôl i rywun gael strôc.

Un o'r prif welliannau yw cyflwyno triniaeth arbenigol i gael gwared ar glotiau, sef thrombolysis, yn Ysbyty Glan Clwyd, Ysbyty Gwynedd ac Ysbyty Maelor Wrecsam.

Rhoddir y driniaeth i gleifion sy'n cael mathau penodol o strôc a gall gyfyngu ar y niwed parhaol a achosir i ymennydd y claf. Fodd bynnag, er mwyn bod yn effeithiol rhaid i'r driniaeth gael ei rhoi o fewn tair awr i'r strôc ddigwydd.

Dywedodd Lesley Thomas, un o'r cleifion cyntaf yn y Gogledd i gael thrombolysis ar ôl cael strôc, i'r driniaeth drawsnewid y broses wella.

Cyrhaeddodd Mr Thomas, sy'n 59 oed ac sy'n hanu o Hen Golwyn, Ysbyty Gwynedd yn ddigon cyflym i elwa o'r driniaeth.

Meddai, "Pan gefais fy strôc, allwn i ddim siarad, roeddwn wedi colli fy ngolwg yn fy llygad dde, ond mae'r driniaeth wedi bod yn wych.

"Ar ôl cael y cyffuriau i gael gwared ar glotiau, dechreuodd y ffisiotherapi ar unwaith. Daeth fy lleferydd a'm golwg yn ôl yn gyflym a cherddais allan o'r ysbyty dridiau'n ddiweddarach. Rwyf bellach yn ôl yn y gwaith yn rhan amser ac rwy'n teimlo'n dda."

Mae Tîm Strôc y Bwrdd Iechyd wedi bod yn gweithio'n agos gyda'r Adran Achosion Brys, yr Adran pelydr-X a'r Gwasanaeth Ambiwlans er mwyn gallu cynnig y gwasanaeth.

Ar hyn o bryd mae ar gael rhwng 9 a 5, ddydd Llun i ddydd Gwener, ac mae gwaith yn mynd rhagddo i sicrhau bod y gwasanaeth ar gael 24 awr y dydd, 7 niwrnod yr wythnos cyn gynted â phosibl.

Meddai Dr Elghenzai, "Mae gallu cynnig gwasanaeth Thrombolysis o'r radd flaenaf i gleifion yn hollbwysig yn y gwaith o ddatblygu ein gwasanaethau strôc ac rydym yn falch bod yr holl ddatblygiadau hyn yn gam pwysig ymlaen o ran y gwelliannau sydd eu hangen.

"Rydym wedi cael dechrau da iawn, ond gwyddom fod rhagor o waith i'w wneud ac rydym yn gweithio tuag at gyflwyno gwasanaeth 24 awr cyn gynted â phosibl."

Mae'r gwelliannau eraill sy'n cael eu rhoi ar waith yn cynnwys;

- € Gwell mynediad i glinigau strôc
- € Mynediad cyflym i wasanaethau sganio arbenigol
- € Gwell cyfathrebu rhwng staff a chleifion
- € Gwell therapi i gleifion

Mae Bwrdd Iechyd Betsi Cadwaladr hefyd yn gweithio gyda chleifion strôc i sicrhau eu bod yn cael rhaglen adsefydlu sydd wedi'i theilwra i'w hanghenion unigol mor agos â phosibl at eu cartref.

Meddai Cyd Gadeirydd 1000 o Fywydau a Mwy a Chyfarwyddwr Meddygol GIG Cymru, Chris Jones, "Mae gwella gwasanaethau ataliol a gwasanaethau ar ôl i bobl gael strôc yn rhan allweddol o 1000 o Fywydau a Mwy ac rydym wedi ein calonogi gan y gwaith sydd eisoes wedi cael ei wneud ar hyd a lled Cymru.

“Drwy ddarparu triniaeth arbenigol o fewn 24 awr gallwn wneud gwahaniaeth enfawr i’r canlyniad ar gyfer y claf a gall gwella’r cymorth i unigolion ar ôl strôc eu helpu i sicrhau eu bod yn gwella i’r eithaf.

“Mae cyflwyno thrombolysis eisoes yn gwneud gwahaniaeth mawr ac mae gwaith yn parhau i sicrhau y gallwn ddarparu’r driniaeth 24 awr y dydd, 7 niwrnod yr wythnos ledled Cymru cyn gynted â phosibl.

“Mae llawer i’w wneud ond rydym wedi cael dechrau da iawn ac rydym yn edrych ymlaen at adeiladu ar y gwelliannau hyn i sicrhau bod cleifion strôc yn cael y driniaeth orau bosibl.”

Darn ar gyfer y Panel

Thema Diwrnod Strôc y Byd yw ‘Un o bob Chwech’ sy’n amlygu’r ffaith y bydd un o bob chwech o bobl ledled y byd yn cael strôc yn ystod eu hoes.

Clefyd fasgwlaidd yw strôc sy’n effeithio ar lif y gwaed i’r ymennydd gan achosi niwed i’r meinwe sy’n arwain at amrywiaeth o symptomau yn cynnwys problemau gyda siarad, meddwl, llyncu, teimlo a symud.

Mae Sefydliad Iechyd y Byd y galw am gamau brys i atal strôc drwy fabwysiadu’r chwe cham canlynol:

- € Byddwch yn ymwybodol o’ch ffactorau risg presennol: pwysedd gwaed uchel, diabetes, a cholesterol uchel
- € Byddwch yn gorfforol weithgar a gwnewch ymarfer corff yn rheolaidd
- € Ceisiwch osgoi gordewdra drwy fwyta deiet iach
- € Cyfyngwch ar faint o alcohol rydych chi’n ei yfed
- € Osgowch fwg sigarêts. Os ydych chi’n ysmegu, gofynnwch am helpu i roi’r gorau iddi nawr
- € Dysgwch sut i adnabod arwyddion strôc a sut i gymryd camau.

“I gael rhagor o wybodaeth cysylltwch ag Alison Watkins ar 07854 286054 neu e-bostiwch info@alisonwatkinscommunications.com.

Nodiadau i Olygyddion

1. Mae gwella gwasanaethau strôc yn un o brif feysydd 1000 o Fywydau a Mwy, y rhaglen genedlaethol pum mlynedd i wella diogelwch cleifion a lleihau niwed y gellir ei osgoi, gwastraff ac amrywiadau ledled GIG Cymru. Mae rhagor o wybodaeth ar gael yn www.1000livesplus.wales.nhs.uk
2. I gael rhagor o wybodaeth am Ddiwrnod Strôc y Byd ewch i wefan NLIAH yn www.nliah.wales.nhs.uk neu www.worldstorkecampaign.org



Supporting NHS Wales to deliver world class healthcare
Cefnogi GIG Cymru i gyflwyno gofal iechyd o safon fyd-eang

PRESS RELEASE

EMBARGOED UNTIL 0.01 HOURS FRIDAY, OCTOBER 29, 2010

October 29, 2010

WORLD STROKE DAY

TIMELY TREATMENT IS IMPROVING CARE FOR STROKE PATIENTS ACROSS WALES

Patients who suffer a mini stroke will receive specialist medical assessment and treatment within 24 hours thanks to new measures being introduced by health boards across Wales.

Timely treatment is vital as one in four patients who suffer a mini stroke, known as a Transient Ischaemic Attack (TIA), may go on to develop a full blown episode within four weeks.

Healthcare teams, including those at Betsi Cadwaladr University Health Board, are introducing improved services to treat patients with warning signs including swift recognition of symptoms, rapid access to specialist services and prompt medical treatment.

The improvements, which are announced today (October 29, 2010) as part of World Stroke Day, are designed to reduce incidents of stroke, reduce the number of deaths from stroke and provide better treatment and rehabilitation for patients.

Around 11,500 people in Wales suffer a stroke or TIA each year and the quicker the treatment, the better the outcome for the patient.

Betsi Cadwaladr University Health Board Consultant Dr Salah Elghenzai, said, "Stroke is a preventable and treatable condition but it is an emergency and the message that people need to understand is that the sooner they can get to a hospital the better their chances of recovery.

"Improving the clinical outcomes for stroke patients is one of the priorities of Betsi Cadwaladr Health Board and World Stroke Day gives us an opportunity to reflect on our successes to date, as well as the lessons learned and the challenges ahead."

The new goal for providing rapid treatment has been set by expert clinicians in Wales as part of 1000 Lives Plus, the five year programme for improving patient safety and reducing avoidable harm across NHS Wales.

Health Boards across Wales, including Betsi Cadwaladr, are currently working towards delivering the improved services which will become a mandatory measure in 2011.

Work includes the establishment of new TIA clinics in district general hospitals across North Wales.

The clinics are being developed so that patients can receive specialist assessment, preventative treatment and lifestyle advice in a single hospital visit.

The new measures will build on the work already carried out by the All Wales Stroke Services Collaborative to improve the reliability of acute care in the first seven days following a stroke.

One of the key improvements is the recent introduction of a specialist clot-busting treatment called thrombolysis in Ysbyty Glan Clwyd, Ysbyty Gwynedd and Wrexham Maelor Hospital.

The treatment is given to patients who suffer certain types of stroke and can limit the long term brain damage the patient sustains. However, to be effective it has to be carried out within three hours of the stroke happening.

Lesley Thomas, one of the first patients in North Wales to receive thrombolysis after suffering a stroke, said it transformed his recovery.

Mr Thomas, 59, from Old Colwyn, arrived at Ysbyty Gwynedd quickly enough to benefit from the treatment.

He said, "When I had my stroke I couldn't speak, I lost the vision in my right eye but the treatment has been fantastic.

"Following the clot-busting drugs, physiotherapy started straightway. My speech and eyesight came back quickly and I walked out of the hospital three days later. I'm now back to work part time and am feeling good."

The Health Board's Stroke team has been working closely with the Emergency and X-ray Departments and the Ambulance Service in order to be able to offer the service.

It is currently available between 9-5, Monday to Friday, with work ongoing to make it a 24/7 service as soon as possible.

Dr Elghenzai said, "Being able to offer patients a first class Thrombolysis service is a vital in continuing to develop our stroke services and we are pleased that all these developments are a major step towards the improvements that are needed.

"We have made a great start but we know there is further work to be done and we are working towards a 24 hours service being introduced as soon as possible."

Other improvements currently being delivered include;

- € Improved access to stroke clinics
- € Rapid access to specialist scanning services
- € Improved communication between staff and patients
- € Improved therapy for patients

The Health Board is also working with stroke patients to ensure they receive rehabilitation that is tailored for their individual need as close to home as possible.

1000 Lives Plus Co-Chair and NHS Wales Medical Director Dr Chris Jones said, "Improving both preventative and post stroke services is a key part of 1000 Lives Plus and we are encouraged by the work which has already been carried out across Wales.

“By providing specialist treatment within 24 hours we can make a huge difference to the patient’s outcome and improving support to individuals following stroke can also help them achieve optimal recovery.

“The introduction of thrombolysis is already making a big difference and work is continuing to ensure we can provide the treatment 24/7 across Wales as soon as possible.

“There is lots to do but we have made a great start and we are looking forward to building on these improvements to ensure stroke patients receive the best treatment possible.”

Panel Piece

The theme of today’s World Stroke Day is ‘One in Six’ highlighting the fact that one in six people worldwide will have a stroke in their lifetime.

Stroke is a vascular disease that affects the blood flow to the brain causing damage to tissue resulting in a variety symptoms including problems with speaking, thinking, swallowing, feeling and moving.

The World Health Organisation is calling for urgent action to prevent stroke by adopting the following six tips;

- € Know your personal risk factors: high blood pressure, diabetes, and high blood cholesterol
- € Be physically active and exercise regularly.
- € Avoid obesity by keeping to a healthy diet
- € Limit alcohol consumption
- € Avoid cigarette smoke. If you smoke, seek help to stop now
- € Learn to recognize the warning signs of a stroke and how to take action.

You can recognise a stroke using the **FAST** test

FACIAL weakness: Can the person smile? Has their mouth or eye drooped?

ARM weakness: Can the person raise both arms?

SPEECH problems: Can the person speak clearly and understand what you say?

TIME to call 999

*For further information, please contact Alison Watkins Communications on 07854 386054 or e-mail info@alisonwatkinscommunications.com

Note to Editors

1. Improving stroke services is one of the key content areas in 1000 Lives Plus, the five year national programme to improve patient safety and reduce avoidable harm, waste and variation across NHS Wales. Further information is available at www.1000livesplus.wales.nhs.uk
2. For further information on World Stroke Day please visit the NLIH website at www.nliah.wales.nhs.uk or www.worldstrokecampaign.org