



# Patient Story

## **My name is David, and this is my story.**

I had a stroke on my 70th birthday party.

I only had 6 visits in the 4 months that I spent in hospital.

My wife was allowed to send food in but not allowed to visit, which was hard due to Covid.

It was tough receiving difficult news from the Doctors alone.

I had a few visits from the Speech and Language team once home, but I would have liked more to work on my speech and pronunciation.

### **Background**

I had a stroke on my 70th birthday party. I was having a garden party serving guests drinks when Boom, I managed to make it to the bench, and I said, "I think I am having a stroke".

My head dropped and my right arm and leg was dead.

An ambulance came within 20 minutes, and I was taken to Furness General Hospital.

The rest was a bit of a blur.

### **In Hospital**

I had a dense right-sided weakness. My speech was terrible, and it was quite shocking. I was aware that the words I wanted to say were not coming out, and people could not understand what I was trying to say.

The physiotherapists had to work on my sitting balance as I could not sit up, they worked, and I had to be hoisted in and out of bed, but I don't remember any of that.

I remember the later stages when I was trying to walk between the parallel bars, it gave me a sense of achievement, but it was very hard work.

I was peg fed, but I also don't remember that.

I remember trying the food, and the food wasn't bad.

**My wife was allowed to send food in but not allowed to visit, which was hard due to Covid.**

**I only had 6 visits in the 4 months that I spent in hospital.**

**It was tough receiving difficult news from the Doctors alone.**

I was told I would recover a bit, but I would not make a full recovery. This made me feel quite depressed, and it was difficult news for my wife and me.

### **Discharged home**

It was amazing to be finally discharged home after 4 long months.

I was discharged home with 2x carers 4x per day. I used a re-turn to transfer from bed to chair etc., and 2x carers to get in and out of bed and to help with personal care.

I received input from the Integrated Community Stroke Team (ICST) every working weekday with a combination of physiotherapy and occupational therapy.

Physio worked on strengthening exercises and had arranged an orthosis for my knee to enable walking practice at home. I worked hard each day, working on standing up from a chair and walking with the knee brace and quad stick.

The Occupational Therapists helped me work on my bed transfers and getting in and out of the shower. They ordered the equipment I needed, such as a ripple mattress.

**I had a few visits from the Speech and Language team once home, but I would have liked more to work on my speech and pronunciation.**

### **Now at 6 months post discharge**

I have reduced my carers to 1x carer 1x a day, can independently get in and out of bed, and have moved back into my bed 3 days ago. I am now mobilising around my home independently with a quad stick and can go to the toilet alone.

I eat all my food at the dining table, and I can make my cup of coffee and unload the cutlery from the dishwasher. I have also started walking short distances outdoors with a quad stick and the assistance of 1.

I can independently get in and out of a car and have been out to socialise at my favourite restaurant and have recently been signed off by my neuro consultant, and I am now under the care of my GP.

**The ICST service has been excellent, everyone has been:**

- kind,
- friendly
- very helpful, and I feel I have made very good / quick progress – thank you.

### **Colleague reflection**

We have nominated David for the patient rehab legend. For his amazing determination, hard work and remarkable progress. David has been a pleasure to work with every single session.

It has been awe-inspiring to be part of David's journey. He has made us laugh, impressed, and shocked us with his ability to work through even the most challenging days.

*“Everyone has their own story. Everyone has their own moments of happiness, of suffering, of loneliness, of love, that have shaped them into who they are today.*

*Everyone has their own story, and everyone deserves someone who is willing to listen to it”*

*If you would like to share your story, please contact the Patient Experience team*  
[Patientexperience@mbht.nhs.uk](mailto:Patientexperience@mbht.nhs.uk)



*“Creating a great place to work and a great place to be cared for”*

