

# Utility of the Managing Well Neuro' Checklist: pilot study of a novel clinical tool for people with long-term neurological conditions.

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**Background:** A Post Stroke Checklist endorsed by the World Stroke Organisation, was developed by an international expert committee to assist with identifying long-term secondary problems and addressing the fragmented care for people with stroke. This checklist formed the basis of the Managing Well Neuro' Checklist (MWNC), designed for use by subacute care clinicians and patients/carers to support people living with any neurological condition. A pilot study was undertaken to determine the utility of the MWNC and to inform future use of the tool.

**Method:** The pilot was conducted in two phases. In phase 1, people with neurological conditions (patients) received usual care during their scheduled review with a health professional. In phase 2, the MWNC was provided to patients/carers prior to their review and was available for use during the consultation with the treating health professional. Matched pairs of clinicians and patients/carers completed a short post consultation survey during both phases. Clinicians also completed a short questionnaire to evaluate the MWNC.

**Results:** 60% of the patients involved had a neurological condition other than stroke. Patients (94%) and clinicians (81%) found the MWNC useful and 84% of patients found it easy to understand. More than two-thirds of clinicians indicated that the MWNC helped patients to discuss current concerns, prompted follow-up and facilitated the delivery of better patient care. 79% of patients were very satisfied with their follow-up appointment when the MWNC was used as compared to 64% in the usual care group.

**Discussion:** The MWNC appears to be a tool that can support people with long-term neurological conditions/carers to identify issues that require addressing, as well as helping clinicians to deliver better care. Engaging a range of clinicians from multiple sites provided an opportunity for across-site, interprofessional collaboration and facilitated clinician's involvement in small scale clinical research.