

29 October 2009

Central Coast champions awarded for stroke care

Two Central Coast women have received **Stroke Care Champion Awards** from the National Stroke Foundation for their dedication to caring for stroke survivors.

Gosford Hospital's Jenny Burrows received the Stroke Care Champion Award (awarded in conjunction with the Stroke Society of Australasia) and consumer volunteer Brenda Booth won the Improving Life After Stroke Award.

"Today is World Stroke Day which has the theme 'Stroke: what can I do?' to urge individuals, groups and governments to take action against stroke," said Dr Erin Lalor, CEO of the National Stroke Foundation.

"It is a perfect time to acknowledge those members of our community already working hard to reduce the impact of stroke, who often don't get the recognition they deserve."

During eight years as Clinical Nurse Consultant – Stroke Jenny Burrows' dedication has brought significant results. She helped to implement a system to fast track stroke patients, ensuring they are transported to hospital for urgent treatment in order to improve the chances of a better recovery from stroke.

Among her other contributions, Jenny has written a Stroke Care Guide for Gosford Hospital staff, participates in research into the significant life changes following stroke and the value of mentoring survivors and their families to help them cope.

As a stroke survivor Brenda understands life after a stroke better than most and has volunteered to support other stroke survivors and their carers for six years.

She is case manager for the Department of Disability and Home Care, co president of the Working Age Group Strokes and the Central Coast Acute Stroke Services.

Brenda gives freely of her own time to ensure the needs of stroke survivors are considered in the development of stroke resources and guidelines. She regularly presents to health professionals, proving the patient perspective, highlighting key health issues post stroke and the importance of support.

The Stroke Care Champion Awards recognise the tireless commitment of Jenny and Brenda in their dedication to improving the care and quality of life for stroke survivors, their families and carers. www.strokefoundation.com.au

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