

STARS
25 years old!
A cause for celebration

Richard Sutton DSc MB BS
Emeritus Professor of Clinical Cardiology
National Heart & Lung Institute, Imperial College
London, UK

STARS

Richard Sutton's Conflicts of Interest

STARS Medical Advisor

Fervent Trudie Lobban supporter

STARS-25

Syncope Trust And Reflex Anoxic Seizures

Why this name?

It sounds good but it was really prompted by the diagnosis of RAS for Francesca Lobban, Trudie's daughter. Diagnosis made by Professor John Stephenson, renowned Scottish Syncope specialist

Trudie decided that many children and parents suffer because of this condition and they need help
So she founded the charity in 1993

STARS-25

Syncope Trust And Reflex Anoxic Seizures

Trudie's motivation was the illness of her daughter and the expertise and kindness of Prof. Stephenson

She was immediately orientated towards the suffering people

1994 was the first Patients' Day with almost 200 in the audience

With a small team, completely dedicated, STARS launched their own International Syncope Symposium in 1998

STARS-25

Syncope Trust And Reflex Anoxic Seizures

Trudie realized that she needed multiple medical disciplines to help her

In 2000 STARS formed a Medical Advisory Board that quickly became international

By 2001 Trudie started to become recognized for her work – Charity Director & Volunteer of the year Award with STARS being second in National Charity Awards

In 2003, STARS influenced Government to establish an extra chapter in Nat. Service Framework for CAD (Arrhythmias)

STARS-25

Syncope Trust And Reflex Anoxic Seizures

STARS launched Arrhythmia Alliance, in 2004, to include all stakeholders in this sub-specialty of Cardiology and proceeded to inaugurate

the first 'Arrhythmia Awareness Week'

HRC would not exist as it does without Trudie and STARS

The following year STARS introduced Care Pathways in many disciplines related to arrhythmias

In 2007, a Rapid Access Transient Loss of Consciousness (Blackouts) clinic was opened in Manchester by Adam Fitzpatrick with strong support from STARS

STARS-25

Syncope Trust And Reflex Anoxic Seizures

In 2008, STARS launched the Blackouts Check List designed to aid patients and their doctors to gather an excellent clinical history which is now widely recognized for its value

2009, Trudie is made MBE, a really well justified honour

In that year, STARS also played a significant part in bringing forward the NICE Guidelines on TLOC.

Also, STARS announced 'Syncope and Falls in the Elderly'

An important campaign for a widely ignored problem

STARS-25

Syncope Trust And Reflex Anoxic Seizures

In 2010, STARS supported the Rapid access TLOC website to help physicians set up Syncope Clinics across the country. As a result the UK has one of the best Syncope services in the world

During all of this Trudie was thinking much bigger still, STARS US was formed in 2007 and in 2011 it started a 'Take fainting to heart' campaign which has become the backbone of this worldwide Charity

Trudie was made FRCP Edin in 2013

STARS-25

Syncope Trust And Reflex Anoxic Seizures

2014-2015 saw STARS gain much more publicity and appear as a Charity in many more countries

In 2016, STARS launched another website

www.heartrhythalliance.org for both patients and medical professionals, being user-friendly and informative. At this time STARS had already produced many patient-orientated booklets but their scope increased and included explanation of POTS and Cognitive behavioural therapy

STARS-25

Syncope Trust And Reflex Anoxic Seizures

Sadly in 2017, Sir Roger Moore died. He had received a pacemaker himself and had proved to be a stalwart supporter of STARS. Trudie was invited to his funeral where she met many more potential supporters

Today, Syncope services have achieved reduced waiting times for patients with a diagnosis being made at first appointment in 62% which is substantially above world levels. Not surprisingly, 99% patients report satisfaction which certainly did not exist in the early 1990s

STARS-25

Syncope Trust And Reflex Anoxic Seizures

Where are we today?

STARS is a worldwide Charity existing in at least 14 countries

STARS telephone services for patients have taken >54000 calls giving them advice, reassurance and means to receive effective help

Trudie is truly respected as an expert on syncope and a really great achiever to bring reduction in suffering to so many

STARS-25

Syncope Trust And Reflex Anoxic Seizures

The Future?

STARS will expand because the need is still great

STARS will remain patient orientated and provide massive help for huge numbers

Trudie may eventually retire but her energy and dedication will live on in the organization

The banner is and will be:

‘No faint is a simple faint’ and ‘Syncope is a symptom not a condition’

STARS-25

Syncope Trust And Reflex Anoxic Seizures

We all owe Trudie Lobban huge gratitude for her selfless work, great stamina and enormous vision

This goes also to her inspired staff everywhere