Newham CCG NHS Health Checks Project

Development and evaluation of a patient-centred ‘risk report’ to improve CVD risk communication in NHS health checks and promote behaviour change

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Programme Overview

UCLPartners and Newham Clinical Commissioning Group (CCG) are working in partnership to drive health improvement for people in Newham. This programme involves collaboration between health, academic, education and improvement experts on the issues that matter most to improving the health of local people.

BMJ: [A herculean task for the Olympics borough](https://www.bmj.com/content/343/bmj.i2617)
Aim: Improve the treatment and diagnosis of CVD in Newham by examining how electronic health records can be used to:

1. Define clinical and referral pathways in primary care, enhancing the diagnosis and management of CVD.

2. Enhance the NHS Health Check programme and reduce cardiovascular risk in Newham’s ethnically diverse population by empowering patients to take control of their cardiovascular risk reduction strategy.
Project Overview

Study Question:

Can we make NHS Health Checks more effective by providing additional information to help people make better decisions about how they might reduce their risk of heart disease?

To answer this question:

• Develop personalized ‘risk report’
• Pilot evaluation in 3 surgeries
• Qualitative interviews
‘Risk Report’ Development

Development informed through focus group sessions with HCAs and nurses and feedback from clinicians.

Main findings

- Current provision of written information inadequate
- Discussion of risk problematic
- Printing and cost barriers
- Time to complete by hand
- Addition of action planning section
- Patient signature
- Order of information

For more information and support about how to achieve these goals, visit or call:

- NHS Health Check  w: www.nhs.uk/Conditions/nhs-health-check
- NHS free weight loss plan  w: www.nhs.uk/byeowell/weight-loss-guide
- Change for life  w: www.nhs.uk/changedlife  t: 0300 123 4567
- Smokefree NHS  w: www.nhs.uk/smokefree  t: 0300 123 1044
- NHS Alcohol Information  w: www.nhs.uk/livewell/alcohol
- Action on Salt  w: www.actiononsalt.org.uk  t: 020 7882 5941
- Diabetes w: www.diabetes.co.uk
- Dementia w: www.alzheimers.org.uk  t: 0300 222 1122

Treatment:

After this health check, you may need a follow up appointment, and your doctor may prescribe you some medication to manage your risk of cardiovascular disease. You will be told by the clinic staff if you need to make another appointment.

For every 20 potential strokes or heart attacks, treatment will prevent 7:

![Heart icons]

- Remember to take any prescribed treatment according to your doctor’s instructions
- Set the alarm on your phone to remind you or put the pills next to your toothbrush

Referrals:

[Insert referral information if a referral is being given, this section won’t appear if there is no referral]

Extra information/ Local Support Groups:

[Free text for nurse or clinician to add any notes or info on local support groups]

Your next appointment will be due in..........................................................................................................................
EMIS Template Modification

NHS Health Check Template (++ indicates Newham Enhanced Service Payment Trigger)

CEG
Clinical Effectiveness Group

Barts and The London
School of Medicine and Dentistry

Study Info
Reminder: Before the first Health Check, has the patient signed the consent form?
Please remember to complete the Risk Report at the end of the health check with the patient:
Intervention Group - Both health check visits
Control Group - only in the second visit

Clinician Name/Initials

NHS Health Checks
Public Health NHS Health Check - the following need to be recorded for payment:
- Ethnicity (ever) (record on Ethnicity page)
- Smoking Status (or never smoked 'ever') (record on Lifestyle Intervention Page)
- FH CHD (under 60 years)
- Physical Activity (record on Physical Activity page)
- BMI
- BP
- Pulse Rhythm
- Audit C (record on Lifestyle Intervention page)
- Cholesterol & HDL
- QRisk2
- Dementia awareness (over 65 years)

Place of assessment

Family History

<table>
<thead>
<tr>
<th>**FH: 1HD &lt; 60 First Degree Relative</th>
<th>01-Dec-2015 FH: Ischaem...</th>
</tr>
</thead>
<tbody>
<tr>
<td>FH; Diabetes First Degree Relative</td>
<td>16-May-2014 FH: Diabetes...</td>
</tr>
</tbody>
</table>

Examination

<table>
<thead>
<tr>
<th>**Blood Pressure</th>
<th>01-Dec-2015 160/90 mmHg</th>
</tr>
</thead>
</table>
**Infographic Flyer**

**IN FIGURES: Understanding Cardiovascular (CVD) Risk**

Coronary heart disease (CHD) is the biggest single cause of death in the UK.

- 16% of all male deaths are from CHD
- 10% of all female deaths are from CHD

Many people in the UK are living with some form of cardiovascular disease (CVD):

- Have some form of CHD
- Had a Stroke
- Have atrial fibrillation
- Living with Heart failure

Population in millions:

<table>
<thead>
<tr>
<th>CHD</th>
<th>Stroke</th>
<th>Atrial Fibrillation</th>
<th>Heart Failure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5</td>
<td>1.2</td>
<td>0.8</td>
<td>0.5</td>
</tr>
</tbody>
</table>

**IN FIGURES: Reducing your Cardiovascular (CVD) Risk**

Reducing your blood pressure helps lower your risk.

- Reducing your systolic blood pressure by 20mmHg will reduce your risk of cardiovascular disease by 50%.

1 in 3 adults in the UK have high blood pressure.

You can reduce your blood pressure and improve your risk of CVD by:

1. 1 year after quitting smoking, your risk of a heart attack is 50% lower than before.
2. Getting more active reduces your blood pressure and risk of CVD.
3. Cutting down on your salt intake from 10g a day to 5g a day reduces your risk of death from stroke by 16%.
4. Eating more healthily reduces your risk of CVD. Try grilling, steaming or poaching meat instead of frying or roasting, eating more fibre - 5 portions of fruit and vegetables a day and wholegrains such as wholemeal bread and pasta, and cut down on fatty meats, dairy foods, ghee and sugary snacks and drinks.

**NHS Health Check**

Helping you prevent diabetes, heart disease, kidney disease, stroke, and dementia.

In partnership with:

- Queen Mary University of London
- UCL Partners
- Newham London

- NHS
- Diabetes UK
- Diabetes UK
Time: Beginning November 2015

Control group pathway:

Enhanced template and risk report loaded on to system

Health check 1: Conventional
3 months

Health check 2: Enhanced

Qualitative interview

Intervention group pathway:

Health check 1: Enhanced
3 months

Health check 2: Enhanced
Semi-structured interviews will cover:

- Thoughts on NHS health check programme
- Comparison of health checks
- Understanding, layout, action planning, risk communication
- QRISK2 score vs heart age metrics
- Behaviour modification
- Use of other resources
- Suggestions and improvements
Partnership project part of wider drive to improve CVD in Newham

Current provision of patient information is inadequate and impractical

Our ‘risk report’ aims to tackle practical and information barriers

RCT to evaluate ‘risk report’ in 3 pilot surgeries ongoing

Trial outcomes will inform modifications to content and delivery

Wider roll out to all practices in Newham CCG planned for Autumn 2016
Acknowledgements

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Thanks for listening!