NHS Health Checks

North East Essex

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SHA Target

- Annual Target – 7687
- YTD Target – 6069
- YTD Delivered – 13688
PCT Target

- Annual Target – 21,547
- YTD Target – 17011
- YTD Delivered – 13688
Providers

- **GP Practices** - 12,032
- **Pharmacies** - 122
- **Anglian Community Enterprise** - 1273
  - i) Health Trainers Service
  - ii) Cornerstone
  - iii) Alternative Provider Service
  - iv) Mobile Unit Service
  - v) Hard to Reach Service
- **University of Essex** - 261
Programme Structure

- **Steering Group**
  Headed by PBC
  PBC, Medicines Management, ECSN, Anglian Community Enterprise CIC and Public Health

- **Commissioning**
  Senior Health Improvement Specialist
  Admin Support

- **Provider**
  CVD Primary Prevention Coordinator
  Admin Support
GP Practices

Mixed Picture

Total Practice = 44
Sign UP to the LES = 100%
High Performers = 27
Low Performers = 17
Common Issues

- Too many LESs commissioned currently by Primary Care, Public Health and PBC – more than 25 LESs/DESs
- Lack of space in the GP practice premises
- Staff Shortage/Turnover
- Lack of Partners’/Practice Manager’s interest
- Ambiguity about NHS Health Checks programme till PH White Paper
- Less organised practices
Alternative Approach

End of September Review
Practice with more than 30% variance – 15 practices

Central Invitations – Patients from 13 practices

*Advantages:*  
- Non practice dependant approach  
- Patient choice of providers

*Disadvantages:*  
- Low response rate  
- Ineligible patients invited

2 Practices new delivery plan
Pharmacies

- Response to call for expression of interest – 97%
- Selected Pharmacies – 30
- Total NHS Health Checks delivered – 122

Selection Criteria
- Location – in areas of low performing practices
- Staff – NVQ level 3 for pharmacy assistant
- Premises – consultation room

Main Reasons for Low Uptake:
- Practice dependant
- New service
- Staff turnover
- IT related issues nhs.net email, access to QRisk2, etc
Anglia Community Enterprise

Health Trainers Service

Community Events – 24 per annum
- Clacton Air Show – 77
- Job Centre Plus – for benefit claimants – 179
- Mosque – 18
- Probation Service – ongoing

Benefits:
- Hard to Reach Groups are engaged
- Flexible tool and can be deployed as opportunity arises
- Partnership working
- Excellent tool for captive audience
Opportunistic NHS Health Checks

- Background – well placed in community
- Town centre location with a good footfall
- Community Clinics across NE Essex
Anglia Community Enterprise

*Alternative Provider Service*

The service responds to

- Invitation letters by the GP offering alternative provider.
- Central invitations sent by Contractor Services.

Service provided at

- Colchester (Cornerstone) – operates on Saturdays
- Harwich
- Manningtree
- Clacton-on-Sea
Anglian Community Enterprise

Mobile Unit Service

Target – 1000 to 1500
Eight weeks
Locations –
  - low performing practice catchment area
  - Areas of high needs (deprived)

Unit provided by Torton Bodies
Staffed by ACE
Average number of NHS Health Checks – 30 per day
Total delivered (end February) – 831
CVD Risk ≥ 20% – 109 (13%)
Patients are invited by letters by GP practices

If patients do not respond to the second letter, the details are sent to Hard to Reach Provider.

Each patient is contacted by a healthcare professional to advise about the NHS Health Check

Patient booked in at place and time of convenience
Anglian Community Enterprise
Festive Season NHS Health Checks

6 weeks project from Mid Dec till end Jan 2011

Capture the new year resolution and motivation

Mixed results
NHS Health Checks completed –206

Other booked on and some still inquiring about the ‘Elf’ Checks
University of Essex

Staff and senior students at the UoE

Provider – Human Performance Unit of the UoE
Project from Jan – March 12 weeks

Estimated total NHS Health Check through the project till end of March – 800

Completed till end of Jan – 261
Excellent response from the target group
Outcomes of NHS Health Checks

Data based on 31 practices (70% of total 44)
Registered Population 40–74 years – 212,943

Patients aged 40–74 years – 94,688 (44%)
Eligible for NHS Health Checks – 62,254 (66%)

Total NHS Health Checks Completed – 10,979 (18%)

CVD Risk < 10% – 4550 (41%)
CVD Risk 11% to 19% – 4211 (38%)
CVD Risk > 20% – 1950 (18%)
CVD Risk Not reported – 258 (2%)
Outcomes – lifestyles interventions

<table>
<thead>
<tr>
<th>Lifestyle Intervention</th>
<th>7230</th>
<th>66%</th>
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</thead>
<tbody>
<tr>
<td>Smoking Cessation</td>
<td>3218</td>
<td>29%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>8017</td>
<td>73%</td>
</tr>
<tr>
<td>Diet Advice</td>
<td>7466</td>
<td>68%</td>
</tr>
</tbody>
</table>
# Outcomes – clinical

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP last 12 months &gt; 140/90</td>
<td>3216</td>
<td>30%</td>
</tr>
<tr>
<td>Total chol &gt; 5mmol/L</td>
<td>7334</td>
<td>71%</td>
</tr>
<tr>
<td>BMI &gt;30</td>
<td>2775</td>
<td>27%</td>
</tr>
<tr>
<td>CVD Risk score &gt;20%</td>
<td>1950</td>
<td>18%</td>
</tr>
</tbody>
</table>

Source: EQUIP audit February 2011
## Outcomes – clinical new diagnosis

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Count</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Diagnosis of CKD</td>
<td>238</td>
<td>2%</td>
</tr>
<tr>
<td>Diagnosis DM</td>
<td>90</td>
<td>1%</td>
</tr>
<tr>
<td>Statin therapy</td>
<td>928</td>
<td>8%</td>
</tr>
<tr>
<td>Anti- hypertensive therapy</td>
<td>425</td>
<td>4%</td>
</tr>
</tbody>
</table>

Source: EQUIP audit February 2011
Any Questions