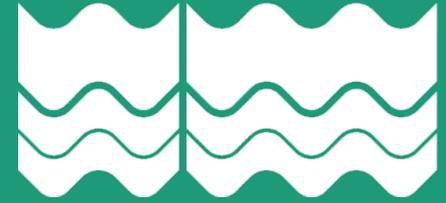


***Personalised and
proactive CVD
Prevention:***

***NHS Health Checks and
Integrated Lifestyle
services in East
Sussex.***

Ross Boseley, East Sussex County Council

East Sussex
County Council



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Back Ground

Pre integration:

- Health Trainers

- T2WM

- Smoking cessation service

- Community NHS Health Checks

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Research
NHS Health Check Patient
Journey Evaluation

East Sussex County Council
Public Health





Qualitative methods exploring ILS service user outcomes and feedback were used to understand the benefits of including NHS Health Checks within a integrated Lifestyle Service (ILS)

Data analysis to assess if there are any differences between the identification of CVD risks and referral activities by the ILS and other types of non GP provision of NHS Health Checks

Feedback from staff

Proactive & Personalised

Community and workplace promotion and delivery

NHS Health Checks + additional assessments if accessing other ILS services (EMH, housing, debt etc)

Prioritisation of service user needs



Comparison with other non GP NHS Health Check provision 2017-19

ILS 3413 Checks However!	Non GP alternative provision 2184 Checks The ILS
883 (25%) High BP	500 (23%) High BP
1851 (54%) High Cholesterol	1129 (51%) High Cholesterol
814 (23%) 10+ QRISK2 Score	782 (35%) 10+ QRISK2 Score
760 (16%) smokers 117 (15%) referrals	431 (19%) smokers 76 (10%) referrals
761 (34%) inactive person 95 (12%) referrals	212 (10%) inactive person 5 (10%) referrals
328 (9%) risky alcohol drinkers 14 (4%) alcohol related referrals	15 (0.6%) risky alcohol drinkers 0 (0%) alcohol related referrals
2088 (61%) Overweight/Obese 170 (8%) referrals for Weight Management/Physical activity	1471 (67%) Overweight/Obese 53 (3%) referrals for Weight Management/Physical activity

identified more high risk patients that smoked, drunk alcohol at risky levels, were inactive, overweight and referred them for behavioural support compared to other non GP NHS Health Check provision

Benefits for the service

NHS Health Checks act as an engagement tool for wider ILS services

Integrated model enables the practitioner to assess, support and deliver a truly personalised intervention

Practitioners can support and confidently refer to other parts of the service they don't deliver such as T2WM



Benefits for service users

Service users usually works with one practitioner and can prioritise behavioural goals to address

Service users may not achieve original behavioural goal, but achieved something else Inc. the completion of a NHS Health Check

Delivery in the non clinical settings

Service users only need to tell their story once

The results of an NHS Health Check can provide additional motivation to achieve goals





Keith's Story

“I COULD HAVE POTENTIALLY SUFFERED A HEART ATTACK OR A STROKE IF I HADN'T HAD THE HEALTH CHECK AND THE GREAT SUPPORT AFTERWARDS.”

“I had heard about the NHS Health Check. I didn't go to my GP because it's difficult to get an appointment and be seen at a convenient time for me, due to work commitments. I saw that One You East Sussex provided free checks. The service was very accessible; I made an appointment and was seen quickly. Each step of the check was effectively communicated and the results were explained clearly and balanced way (no mean feat as I was actually quite shocked!) The check showed that I had high blood pressure, that I was unaware of and had never experienced any symptoms. I returned to see the same health coach who has support me to exercise regularly I would rate the service 10/10.

Well done One You East Sussex, a life changing service”

Challenges



Multi-skilled staff take time to train and gain confidence



High quality, intensive interventions take time



Data and reporting requirements for specific services need to be blended with service delivery requirements



Targeting to the most at risk

Next steps

- Develop systems to further understand the patient journey from all NHS Health Checks in to behavioural support services and track patients outcomes
- Further target high risk groups and communities with our best quality checks and behavioural support services
- Undertake a full Health Equity Audit for NHS Health Checks

Key Points

- Integrating NHS Health Checks within ILS appears to increase referrals in to physical activity and weight management services
- The outreach model enables the service to pro-actively target communities and individuals most at risk of CVD, particularly those with multiple behavioural risk factors
- As a result of integration staff are more knowledgeable, have wider skills which improves the support they provide

Finally, thanks to all the team at One You East Sussex

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