

Health Check News

Devon
County Council

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

October 2013 - Issue 1

Welcome to the first edition of the Health Checks Devon Newsletter. This newsletter will be issued quarterly and gives a brief, but informative, update on the issues relating to health checks. If you would like to receive regular copies of this newsletter, please contact: lara.snowdon@devon.gov.uk

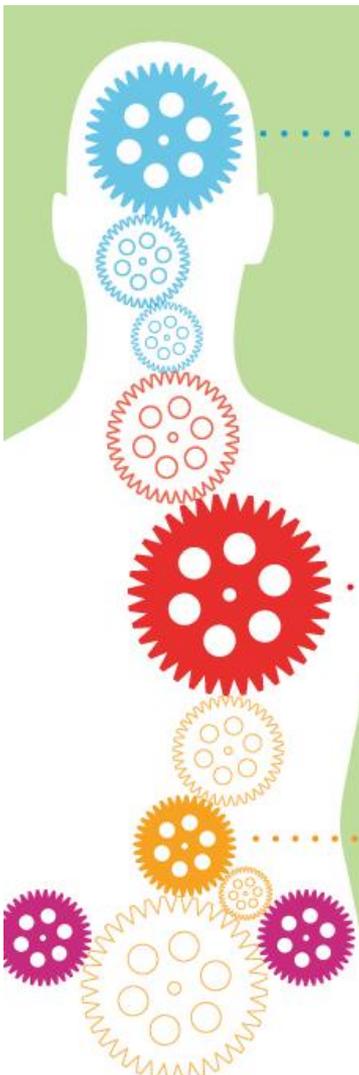
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Health Checks Training

*NEW Training Dates	Venue
22nd January 2014	Community Council of Devon Offices, EXETER

To attend please contact: bev.riach@devon.gov.uk



Since May 2013, a total of **110** clinicians have attended Health Check Training from **64** different practices. Clinicians have included Practice Nurses, Healthcare Assistants and Phlebotomists. Feedback from the training has been very positive, with **88%** of respondents rating the session as 'excellent' or 'very good' overall.

Areas of the training which respondents reported as needing improvement, concerned knowledge of referral pathways for supporting lifestyle interventions and the skills to raise issues of weight and physical activity with patients. To review training material on these referral pathways please see the Health Check's Professional's Pages at: www.devonhealthandwellbeing.org.uk/library/prof/health-checks/

Professional's Web Pages

The Health Checks Professional's Web Pages have been set up to provide advice to practitioners involved in the checks. The content is developed over time and has a variety of useful information including:

- Exclusion Read Codes
- Invite Letter Template
- Health Check Leaflet Ordering Information
- Information on Health Check Programme Training, including presentations on:
 - Health Check Delivery
 - Lifestyle Interventions
 - Referral Pathways.

Please see: www.devonhealthandwellbeing.org.uk/library/prof/health-checks/

Posters and Resources

In addition to a number of national resources, we have produced a health checks results leaflet which we are piloting. Please contact lara.snowdon@devon.gov.uk for further copies or to give feedback.

We have also sent you two posters for display at reception. One poster asks people to take up the offer when they receive their invite letter and the other asks people to contact reception, should you choose to offer some opportunistic sessions. Copies are available on the Professional's Web Pages for e-displays.

If you have further ideas for resources please let us know.

Alcohol Treatment and Support Service

As well as alcohol treatment and support services through **Addaction**, we are launching an on-line offer of support called Breaking Free.

Breaking Free Online is an award-winning computerised treatment programme for alcohol and drug difficulties. It is now available for GPs within the Devon area to provide to their patients for free.

If you would like to provide this resource to your patients, please contact **Jane Wright** on **0161 8344647** and she will issue your practice with cards providing individual access codes. jwright@breakingfreeonline.com



Stop Smoking Service

There are a number of routes to quitting in Devon through GP practices, pharmacies, on-line support and the local stop smoking services. We have not seen an increase in referrals to services as a result of health checks to date but we hope that we will start to see a change over-time.



Stoptober – the 28 day stop-smoking challenge provides an excellent opportunity to quit. Last year, around **170,000** people successfully stopped smoking for 28 days in the biggest mass-participation stop smoking challenge ever! See <https://stoptober.smokefree.nhs.uk/> for more information.

National Health Checks Data - YOUR data is important

Public Health England has published the latest NHS Health Check Data—the first data release since responsibility for the programmes moved from primary care trusts to local authorities in April 2013.

The data found that across England, **598,876** NHS Health Checks were offered in the first quarter of 2013 and a total of **286,717** people received an NHS Health Check in the same period. Average uptake was **47.9%**.

The latest data can now be found using a new, easy to use, interactive map on the NHS Health Check Website: www.healthcheck.nhs.uk



Please note the deadline for your quarterly returns:

14th October 2013



Update to Links in the Service Specification

Some of you have reported problems with links in the specification. The minimum data set is available at:

http://www.hscic.gov.uk/media/9444/NHS-Health-Check-dataset-v17-XLS-351kb/xls/NHS_Health_Check_dataset_v1.7.xls

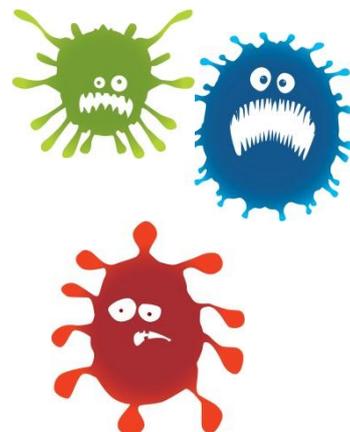
The exclusion READ codes are available on the Professionals Web Pages.

Seasonal Flu-Protect Yourself and Others

As we approach the autumn, it is important that we all work together to protect ourselves and others from seasonal flu by getting ourselves vaccinated and encouraging others to do so, especially those most at risk.

As the programme rolls-out from September, the NHS Health Check may provide an extra way of reminding those between 40 and 65 years of age with serious underlying health problems and those over 65 years of age to get vaccinated.

By maximising every opportunity to promote and improve access to the seasonal flu programme we can improve uptake in our target groups and protect those most at risk in our communities of the serious complications of flu.



Point of Care Testing

If you had a Cardiochek supplied by Devon County Council, BHR will be contacting you in early November with instructions for IQC and EQA. For consumables and queries regarding this process please contact: matthew@bhr.co.uk

For additional training on the use of the machines please contact Mat Terry on 07720 736 293.

Get Active Devon – Coming Soon!

Public Health Devon is soon to launch a new web-based tool called **Get Active Devon!** This e-tool is designed to support clinicians to discuss physical activity with their patients and signpost them to local leisure activities that best suit their interests and needs.

Get Active Devon uses Google to search the availability of a number of chosen options and generates a tailor made list of possible activities available through clubs, leisure centres, voluntary groups and organisations in their local area. The e-tool will be 'soft-launched' with interested clinicians in November 2013, followed by a Devon-wide launch in January 2014.

Information on Exercise on Referral Schemes in your local area will also shortly be available on the Professional's Web Pages.

Weight Management Services

Applications have now closed for the healthy weight tender and it is anticipated that weight management services for individuals that meet the criteria at tier 1 and 2 will be available from January 2014. We will let you know details nearer the time.



<http://www.devonhealthandwellbeing.org.uk/library/prof/weight>



Frequently Asked Questions

Q Can you send me leaflets on X, Y, Z?

The only leaflets we stock are the health check results leaflets, details of the codes and ordering details for other leaflets are available on the Professional's Web Pages.

Q Is there a letter to send to patients?

A template is available on the Professional's Pages and the national programme leaflet is available from DH order line.

Q Are you having any more training?

We have just completed 7 training courses around the county and have one more course planned for the 22nd January in the Community Council of Devon Offices in Exeter. The booking form is on the Professional's Pages of the website. We are looking to develop update sessions for 2014/15 and would welcome your views please.

Q Do we have to go on training?

The specification lays down the requirements for training based on national guidance. You do not have to attend this course but we offer training to provide consistency to the programme and to provide support for staff on behaviour change and motivational interviewing to make the most of the intervention.

Q Do we have to use point of care testing (POCT)?

This is a practice decision. As this is a new scheme we are offering the CardioChek machine and year 1 EQA (external quality audit) for practices that would like to use them. On-going consumables and blood samples are included in the health check price. POCT allows a one stop visit including risk communication for certain individuals but some would still need further tests. In rural areas this may be advantageous.

Q Can I have a CardioChek machine?

Yes we can provide this for 2013/14 and will send one out by courier and the supplier will contact you to discuss your training requirements.

Q Do I have to pay for consumables?

The payment for the health check is inclusive of laboratory or consumables costs. The point of care machine and year 1 EQA was provided as an incentive to join the programme. You need to balance the cost of consumables with time to undertake checks. In some cases there can be a one stop check with risk communication rather than a revisit.

Q How many checks do I have to do?

You need to invite 20% of your eligible population per year (after excluding patients on disease registers using the exclusion read codes list on the website) and it is likely (based on national programmes) that 50% will turn up. You will be paid for checks undertaken and we are aiming for a higher take up rate.

Payments are based on 50% of checks offered being undertaken but practices will be paid for all checks delivered.

If you have any concerns or questions about the programme please do not hesitate to contact:

lara.snowdon@devon.gov.uk

Tel: 01392 386 373

