

# Health Check News

Devon  
County Council

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

## August 2014 - Issue 4

Welcome to the fourth edition of the **NHS Health Checks Devon Newsletter**. This newsletter is issued quarterly and gives an informative update on issues relating to the NHS Health Check programme in Devon. If you would like to receive regular copies of this newsletter, or have any feedback, please use the contact details on page 4 to get in touch.

## Health Checks News

### NHS Health Checks Year 2 is Underway!

Year 2 of the NHS Health Checks programme in Devon has got off to a great start! **20,635** health checks have now been delivered and **45,148** have been offered across the county. This means that 8.35% of the eligible population have now received their check.

Uptake rates have rapidly improved since the start of the programme. In the last two quarters, uptake has reached 56% and 54% respectively. This is great progress towards the national aspiration of achieving 66% uptake by April 2015. **Please remember to only record the offer once** - even if the initial offer is then followed up by a text or phone call - or this will effect our uptake rates across the county.

## Health Checks Training

Health Promotion Devon will be delivering health checks training in 2014/15. The following FREE training sessions are available for staff delivering health checks - please contact [ndht.HPDTraining@nhs.net](mailto:ndht.HPDTraining@nhs.net) to book your place:

Date	Time	Venue
Wed. 22nd October	09:00 – 13:00	Kingskerswell Health Centre, School Road, Kingskerswell, TQ12 5DJ
Wed. 26th November	09:00 – 13:00	Crown Yealm House, Pathfields South Molton, EX36 3LH

Further free e-training courses and tools for professionals delivering health checks are also available online. These include:

[The Dementia Training Tool](#) addresses the dementia aspect of the health check, including self-assessment section and completion certificate.

[The Alcohol Identification and Brief Advice](#) e-learning course provides professionals with support to deliver simple alcohol identification and brief advice.

[The Behaviour Change and Motivational Interviewing](#) e-learning resource helps professionals support patients with behaviour and lifestyle change.

## Breaking Free Online

Public Health Devon commissions an award-winning, computerised treatment programme for patients with drug and alcohol difficulties. This service compliments the NHS Health Check, and is available for GPs in Devon to provide to their patients for free.

Providing this service to your patients is very simple.

Email: [vclegg@breakingfreegroup.com](mailto:vclegg@breakingfreegroup.com)

or phone 0161 834 4647

Breaking Free will issue your practice with log-in cards which provide individual access codes for your patients.

[www.breakingfreeonline.com](http://www.breakingfreeonline.com)

www.BreakingFreeOnline.com

“ Innovative computerised treatment programmes like Breaking Free Online can potentially transform the way alcohol misuse is tackled in primary care. The technology is accessible to all through the internet and enables people to take greater responsibility for their own personal recovery. Breaking Free Online allows GPs and nurses to offer patients an immediate and effective treatment option.”

Dr Linda Harris  
Clinical Director, WSP Substance Misuse Unit

A confidential treatment programme for hazardous, harmful and dependent drinking

Primary care

info@BreakingFreeOnline.com  
0161 834 4647

hpcpc

**FEATURED SERVICE**

# Programme Progress

## Quarter 1, Year 2

The NHS Health Checks programme has got off to a great start in year 2, with 8.35% of the eligible population having now received their health check.

Uptake rates have improved rapidly since the start of the programme. Whilst cumulative uptake stands at 45.71%, uptake in the last two quarters reached 55.97% and 54.13% respectively.

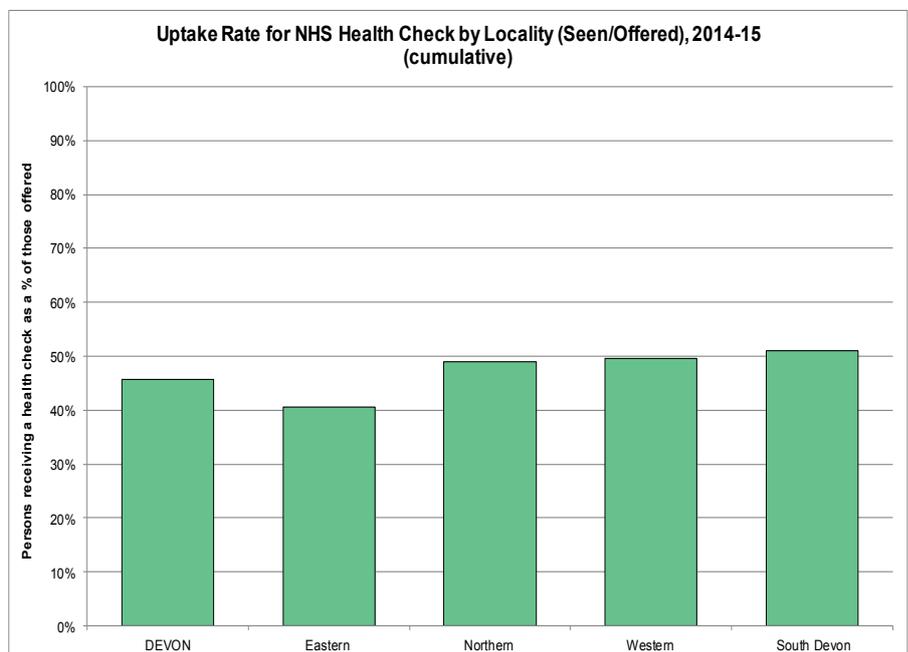
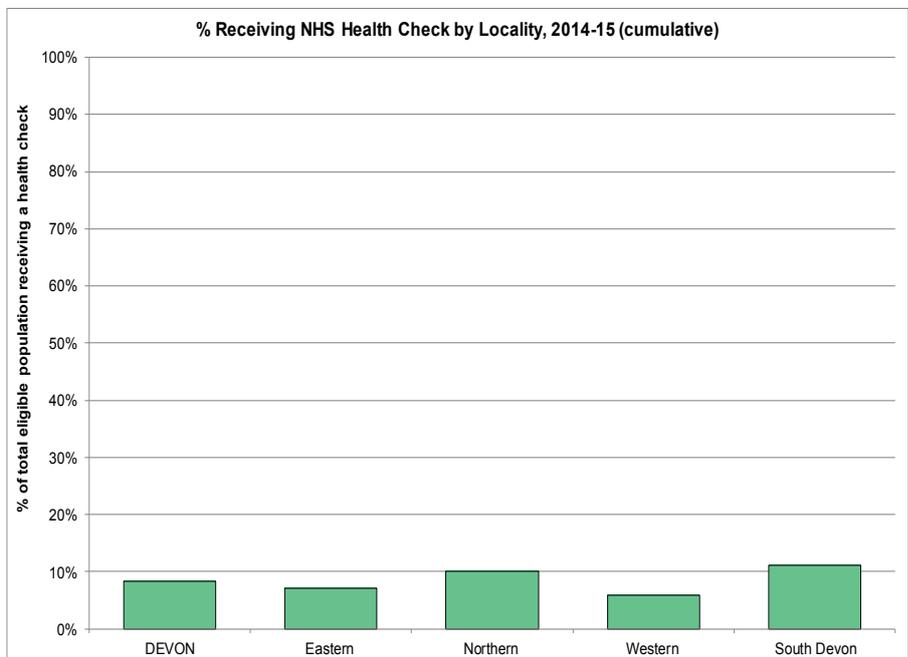
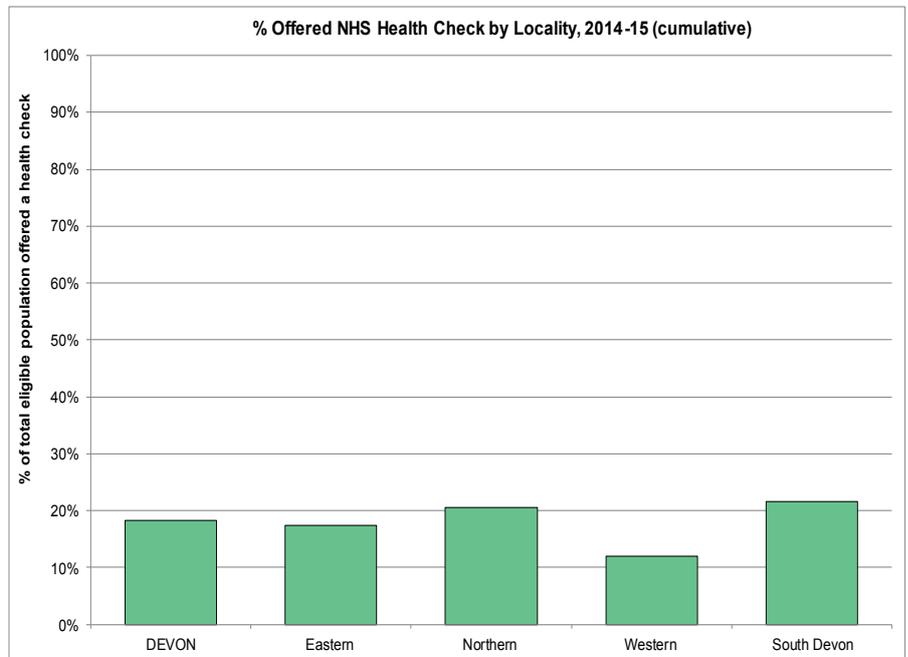
## Increasing Uptake

Programme uptake rates, and the number of checks offered and received vary considerably by practice and locality. By improving uptake rate, we can seek to make the programme more efficient.

Public Health England has been collating examples of best practice in improving uptake from across the country. Examples of these have ranged from innovative social media campaigns to adapting the invitation letter to better suit the population.

## Invitation Letter

Work is ongoing with a number of local authorities to test various invitation letters based on behavioural insight principles. Initial results from a [study in Medway](#) found that an adapted invitation letter significantly increased uptake in the area. If you would like to refer to this research in developing your own invitation letter, please refer to the following [link](#). If you have a success story in regards to uptake, please don't hesitate to get in touch!



## Service Updates

Public Health Devon commissions a variety of services to support your patients following their NHS Health Check. Please see page 5 for referral details of these services, and see below for service updates.

### Increasing Flu Vaccination Uptake

As the seasonal flu vaccination programme starts again from September, the NHS Health Check programme provides an extra opportunity to book eligible patients in for their seasonal influenza vaccination. Flu can lead to serious complications, especially for those in clinically at-risk groups, and flu vaccination is the most effective way to protect individuals from harm.

A [GP Practice Tool-Kit](#) has been developed as part of a peninsula-wide project to increase influenza vaccination uptake to under-65 clinically at-risk groups. With input from local practices, clinicians, local authorities and Public Health England, the [tool-kit](#) provides an extra resource to be used alongside national guidance and publicity. It includes:

- ⇒ Best practice action plan
- ⇒ Examples of local best practice and innovation
- ⇒ Influenza vaccination uptake - literature review
- ⇒ Letter format: learning from the NHS Health Checks behavioural insights research
- ⇒ Text messaging how-to
- ⇒ Results from the patient survey will be shared very soon. Links to new materials will be added as they become available.

### It's Stoptober Time Again!

Stoptober is back for 2014. It's the same 28 day challenge, but this year has a comedy slant to help people stay smokefree for 28 days (and beyond). As soon as people join Stoptober, they'll start receiving as much (or as little) support as they want to keep them on track. All Stoptober support is free, and smokers can go online to get their pack.

Stoptober support includes:

- ⇒ Stoptober stop smoking pack (which includes a 28 day calendar to track their Stoptober journey, a health and wealth wheel to see the difference quitting will make, and a scratchable intro card to keep them motivated).
- ⇒ A smartphone app, with 28 daily updates and quitting advice.
- ⇒ Text and email support services for motivational pick-me-ups.
- ⇒ Tips, humorous content as well as the encouragement and support of thousands of people going through the same thing via social media ([Facebook](#), [Twitter](#) and [YouTube](#)).

### Community Weight Management Services

Almost six months into the new Community-Based Weight Management Service, staff at the Healthy Lifestyle HUB report that a large number of clients are graduating to their second 12 week programme of weight management support. This is possible when clients attend 75% of sessions and lose at least 2% of their body weight, so this is a really positive picture.

Staff at the HUB go further, saying ***"We have seen some fantastic results"*** said Rose Sloman, who works to coordinate referrals and help clients choose the programme that suits their needs - ***"some patients have reported losing up to 25lb in the first 12 weeks and are so excited by their progress!"***

Over 671 referrals have been received already from across Devon. Clients with less weight to lose (tier 1) can be given support over the phone and receive a tailored self-help guide. Those with more weight to lose (tier 2), receive up to 24 weeks of funded support in a structured weight management programme.

To refer patients, please use the referral proforma and email it to the Healthy Lifestyles HUB administered by Health Promotion Devon: **E-Mail:** [ndht.hpd@nhs.net](mailto:ndht.hpd@nhs.net)  
**Tel:** 01884 836024

Please refer to the [web pages](#) for the referral criteria.



## Frequently Asked Questions

### Q How many times can I offer a Health Check to patients?

Practices can decide how they make the health check offer to their patients (i.e. whether you invite by letter, phone call, text, or opportunistically), **but please remember to only record this offer once**, even if the initial offer is followed up by a text or phone call. Otherwise we will be over-counting and this will affect uptake!

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

We only stock the Health Check Results Leaflets. These can be ordered from [lara.snowdon@devon.gov.uk](mailto:lara.snowdon@devon.gov.uk)

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 Web Pages](#). If you would like to edit the invitation letter to suit your practice population, please refer to the [research](#) undertaken by the [PHE Behavioural Insights Team](#).

The national programme leaflet to accompany this letter (also available in a range of formats), and other publications relating to health checks are available from the [DH order line](#).

### Q Are you having any more training?

Health Promotion Devon will be delivering health checks training in 2014/15. The following FREE training sessions are available for staff delivering health checks, please contact [ndht.HPDTraining@nhs.net](mailto:ndht.HPDTraining@nhs.net) to book your place:

Date	Time	Venue
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### Q Do we have to go on training?

The specification lays down the requirements for training based on national guidance. You don't have to attend, but we offer training to provide consistency across the programme and to provide support to staff on behaviour change and motivational interviewing, to ensure that we make the most of the intervention.

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

This is a practice decision. Ongoing 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 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 the national programme) that 50% will turn up. You will be paid for checks undertaken and we are aiming for a higher uptake rate.

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

### Q What is the web address of the Professional's Web Pages:

<http://www.devonhealthandwellbeing.org.uk/library/prof/health-checks/>

### Q Useful contact details:

Lara Snowdon - [lara.snowdon@devon.gov.uk](mailto:lara.snowdon@devon.gov.uk)

Ria Cockbain - [ria.cockbain@devon.gov.uk](mailto:ria.cockbain@devon.gov.uk)

Training - [ndht.HPDTraining@nhs.net](mailto:ndht.HPDTraining@nhs.net)



## Lifestyle Services

Health checks can provide a great opportunity to improve your patient's health. There are a wide range of lifestyle services available for your patients in Devon. The table below gives details of how to refer:

SERVICE	PROVIDER	HOW TO REFER?
Drug and Alcohol Treatment & Support	RISE (Recovery and Integration Service)	<b>Email:</b> <a href="mailto:rise.referral@riserecovery.cjsm.net">rise.referral@riserecovery.cjsm.net</a> Exeter, East and Mid Devon - <b>Tel :01392 492360 Fax : 01392 213485</b> North and West Devon, Torrridge - <b>Tel: 01271 859044 Fax : 01271 370712</b> South Devon and Teignbridge - <b>Tel: 01626 351144 Fax : 01626 366314</b>
Online Alcohol Treatment and Support Services	Breaking Free Online	<b>Email:</b> <a href="mailto:info@breakingfreeonline.com">info@breakingfreeonline.com</a> <b>Phone 01618 344647</b> Breaking Free will issue your practice with log-in cards which provide individual access codes for your patients.
Specialist Stop Smoking Service	Health Promotion Devon	<b>Email:</b> <a href="mailto:ndht.hpd@nhs.net">ndht.hpd@nhs.net</a> <b>Tel: 01884 836 024</b> <b>Website:</b> <a href="http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-the-devon-stop-smoking-service/">http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-the-devon-stop-smoking-service/</a>
Stop Smoking Support (GP, pharmacy and community settings)	Various Providers	Many local GPs, pharmacies and dental surgeries have their own advisers who can help you to quit. <b>Download a leaflet for a list of local support in your area:</b> <a href="http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-your-gp-pharmacy-or-dentist/">http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-your-gp-pharmacy-or-dentist/</a> <b>Resources:</b> <a href="http://resources.smokefree.nhs.uk/resources/">http://resources.smokefree.nhs.uk/resources/</a>
Community-Based Weight Management Services	Health Promotion Devon	<b>Email:</b> <a href="mailto:ndht.hpd@nhs.net">ndht.hpd@nhs.net</a> <b>Tel: 01884 836 024</b> <b>Website:</b> <a href="http://www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/">www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/</a>
Exercise Referral Scheme	Various Providers	<b>Website:</b> <a href="http://www.devonhealthandwellbeing.org.uk/wp-content/uploads/2012/10/Exercise-Referral-Schemes_Devon1.pdf">www.devonhealthandwellbeing.org.uk/wp-content/uploads/2012/10/Exercise-Referral-Schemes_Devon1.pdf</a>
Get Active Devon	N/A	<b>Physical Activity 'Finder' Website:</b> <a href="http://www.getactivedevon.co.uk">www.getactivedevon.co.uk</a>
Dementia Support	NHS Health Check Dementia Resources	Website: <a href="http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/national_resources/dementia_resources/">http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/national_resources/dementia_resources/</a> 20 minute e-learning training package for practitioners: <a href="http://www.healthcheck.nhs.uk/increasing-dementia-awareness-training-resource/">http://www.healthcheck.nhs.uk/increasing-dementia-awareness-training-resource/</a>
Depression and Anxiety Services	Devon Partnership Trust	Exeter - <b>Telephone: 01392 675 630 email: <a href="mailto:dpn-tr.ExeterDAS@nhs.net">dpn-tr.ExeterDAS@nhs.net</a></b> East and Mid Devon - <b>Telephone: 01392 385 170 email: <a href="mailto:dpn-tr.EastandMidDevonDAS@nhs.net">dpn-tr.EastandMidDevonDAS@nhs.net</a></b> North Devon - <b>Telephone: 01271 335 041 email: <a href="mailto:dpn-tr.NorthDevonDAS@nhs.net">dpn-tr.NorthDevonDAS@nhs.net</a></b> South and West Devon <b>Telephone: 01626 203 500 email: <a href="mailto:dpn-tr.SouthandWestDevonDas@nhs.net">dpn-tr.SouthandWestDevonDas@nhs.net</a></b> <b>Website:</b> <a href="http://www.devonpartnership.nhs.uk/DAS.385.0.html">http://www.devonpartnership.nhs.uk/DAS.385.0.html</a>