

Health Check News

Devon
County Council

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

February 2014 - Issue 2

Welcome to the second edition of the **Health Checks Devon Newsletter**. This newsletter is issued quarterly and gives an informative update on issues relating to health checks. This edition begins with an update on the progress of the Health Checks Devon Programme before focusing on **service updates and referrals to prevention services**. If you would like to receive regular copies of this newsletter, please contact: lara.snowdon@devon.gov.uk

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Health Checks Update

Thank you for your data returns at the end of Q3. 8.1% of those eligible for a health check in Devon have now been invited and 2.7% of those have received their health check. **That is a total of 6,669 health checks undertaken.** This is fantastic for a brand new service and the five year programme.

We have been calling practices over the last week to collect feedback on the programme and to understand how we can support delivery and increase uptake through promotion, training and resources. Please don't hesitate to contact us if you have further feedback.

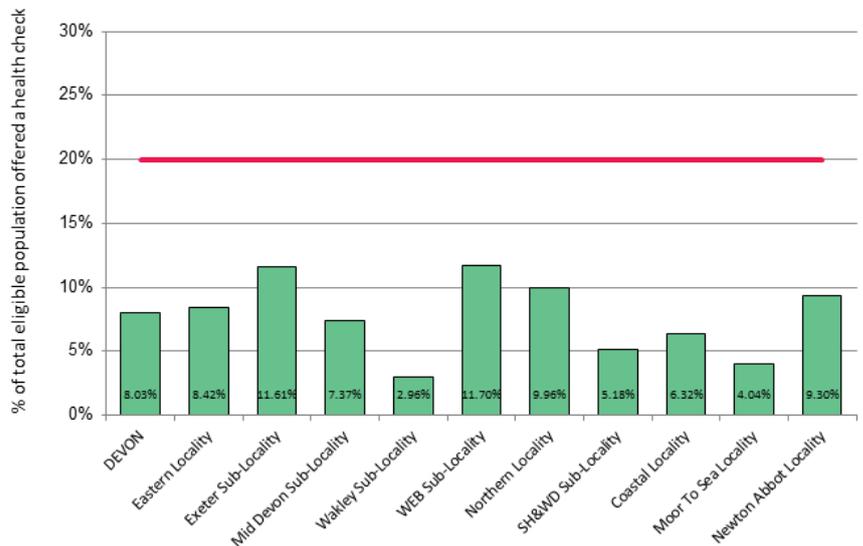
We will be mailing out health checks results leaflets in March for 2014/15, so please look out for these.



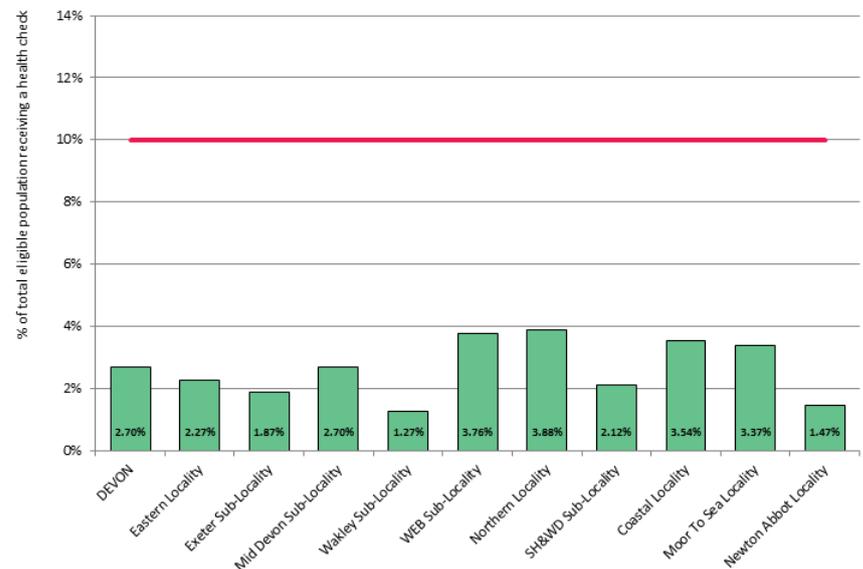
"The patients have been overwhelmingly appreciative of the checks and many have said that they will encourage relatives and friends to take up the offer. From a clinical point of view we have already identified two patients who are borderline diabetic and have been able to advise them accordingly".

- Practice Manager, Exeter

Percentage Offered NHS Health Check by Locality, 2013-14 YTD



Percentage Receiving NHS Health Check by Locality, 2013-14 YTD



Referral Pathways

Health checks can provide a great opportunity to improve your patient's health. There are a variety of referral routes available to your patients for healthy **weight**, stop **smoking** and community **alcohol services**. Details of these services and how to refer are described below:

HEALTHY WEIGHT SERVICE

The Devon Healthy Weight Service is **NOW LIVE!** Public Health Devon has commissioned a range of community-based weight management services for tiers 1 and 2. A choice of services will be available for patients to choose from, offering diversity and convenience, whilst meeting NICE clinical guidance.

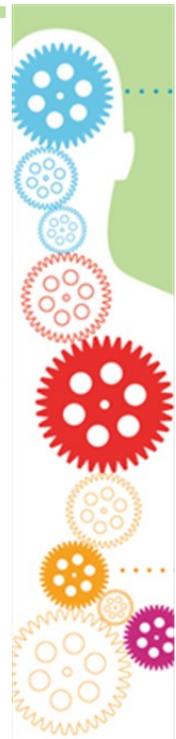
REFERRAL ROUTES:

Patients living within the Devon County Council boundary aged 16 and over, can be referred to these new services via the **Healthy Lifestyles Hub**, operated by Health Promotion Devon. The referral form for this new service is attached and is also available online at: <http://www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/>

SERVICES:

Tier 2: a minimum of 12 weeks funded support from a choice of providers in the patient's local area. A progress summary and covering letter will be sent to the referring health professional and GP, outlining recommendations for next steps. Depending on progress and commitment, patients may be eligible for a second programme.

Tier 1: Hub staff will provide up to 4 phone-based support calls (depending on the patient's wishes) and send a tailored self-help guide, including local information on self-funded or free opportunities in the local community.



GET ACTIVE DEVON! – ONLINE SERVICE

Public Health Devon has developed an exciting new website called Get Active Devon: www.getactivedevon.co.uk! The website enables health professionals to promote physical activity among their patients.

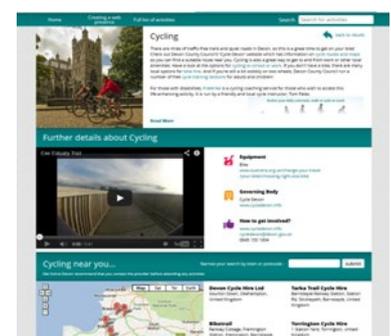
Get Active Devon helps match people who want to become more physically active with local opportunities that best suit their interests and needs. The website uses Google Maps to search activity options against chosen criteria to generate a tailor-made list of possible activities in the patient's local area.

Check out the website, encourage your local clubs and groups to register with Google Maps, and let us know if you have any questions, queries or feedback: lara.snowdon@devon.gov.uk

Where to get patient information materials:



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



STOP SMOKING SERVICE

This part of the year is always busy for **Stop Smoking Services**. Leaflets detailing all locations of services have been sent to GP surgeries. Please use these leaflets for your patients, or refer direct where patients are ready to quit. If you wish to receive more leaflets please contact: Lesley.thomas@devon.gov.uk

From 10th February a TV and radio campaign by Smokefree South West aims to bring home why it's worth taking that vital step to quit now, and urges smokers to be there tomorrow for their family and loved ones. See: www.betheretomorrow.co.uk

No Smoking Day takes place on 12th March. Go to www.nosmokingday.org.uk for more information.

1 in 2 smokers will lose their life early due to smoking.
Visit www.betheretomorrow.co.uk
British Medical Journal, 2004



ALCOHOL TREATMENT AND SUPPORT SERVICE

The Devon Community Alcohol service provides a gateway to alcohol treatment services across Devon. The single referral number is - **0845 1302 605** or via alcoholreferraldevon@addaction.org.uk

SERVICES:

- Drop-in access for advice and information
- Structured psychological interventions reducing alcohol related harm in harmful or moderately dependent alcohol misusers
- Transition management of severely dependent drinkers and other cases assessed as requiring tier 3 treatment aftercare services including referral to mutual aid groups, e.g. peer support, Alcoholics Anonymous.



Please note – these arrangements are only valid to 31st March 2014. Further communication will be sent with updated arrangements by mid-March.

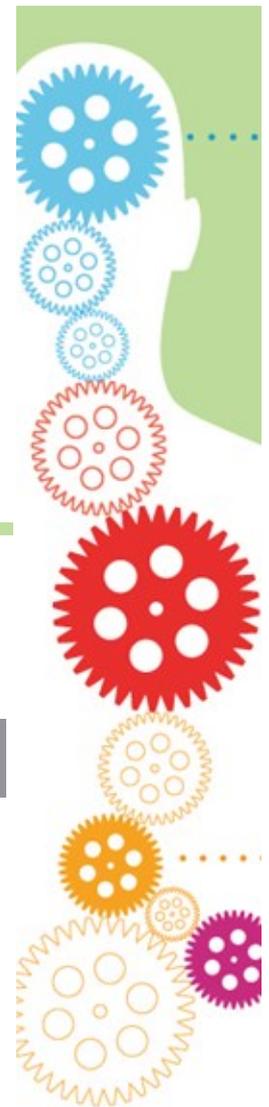
ONLINE ALCOHOL TREATMENT AND SUPPORT SERVICES

As well as alcohol treatment and support services through **Addaction** - an online offer of support called **Breaking Free** has also recently been launched.

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 **01618 344647** or info@breakingfreeonline.com and they will issue your practice with cards providing individual access codes.

The graphic features a green field under a blue sky with clouds. A white box on the left contains text: "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.", and "Dr Linda Harris, Clinical Director, NCSIP Substance Misuse Unit". A green box on the right says "A confidential treatment programme for hazardous, harmful and dependent drinking" and "Primary care". At the bottom, there are logos for "info@breakingfreeonline.com", "01618 344647", "NCSIP", and "hpc".



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. Please contact

lara.snowdon@devon.gov.uk to order Health Check results leaflets.

Q Is there a letter to send to patients?

A template is available on the Professional's Pages:

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

The national programme leaflet is available from DH order line.

Q Are you having any more training?

We have just completed 8 training courses around the county. 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. 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 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.

