

NHS Health Checks bulletin

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Texting to improve uptake of health checks

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Health Checks team

In the new year Southwark will continue working to improve uptake of NHS health checks, in partnership with Public Health England (PHE) and the Behavioural Insights Team (BIT). This will build on previous work conducted with the Department of Health to find out what is the most effective way to invite someone for a health check. This work was conducted as a Randomised Controlled Trial, which is widely regarded as the gold standard for evidence. We aim to build on the preliminary results of the first trial, which found reminder messages to be a cost effective way of increasing bookings, and look more closely at optimising the specific content of these texts.

These results will be fed back to the national health checks team to provide useful insight into best practice that can be disseminated across the Health Checks Network. We will be contacting appropriate GPs shortly to confirm continued involvement. It is important for us to use iterative testing methods such as these to ensure we are using the best possible content and delivery methods, to allow as many people as possible to attend. There is little chance that anyone would think of the perfect message first time around, but processes like this allow us to get closer to it.

Southwark is also at the forefront of making sure that high risk individuals who do attend health checks get the most out of the lifestyle change services offered to them. The Health Improvement Hub has been working with PHE and BIT to use smart pedometers, personalised feedback, and monitoring reminders to improve the impact of Walking Away from Diabetes. Results from this are expected in spring next year. **To help us with this work, can you check to ensure you have up-to-date mobile numbers on your clients' records.**

Hugo Harper
Advisor, The Behavioural Insights Team

Vascular Dementia posters



As you know it is now a requirement to include a question on vascular dementia as part of the health check. With this in mind we have produced a poster highlighting some top tips for reducing the risk of vascular dementia. Of course they are the same risk factors as for all cardiovascular disease and can be discussed during the health check. We hope to get these posters out to all practices very soon.

When you get yours **please can you display in a prominent place!**



YOUR FEEDBACK

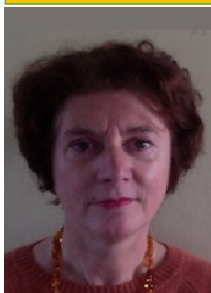
If you have any questions you would like answered or anything else you would like to see in our next edition, contact Sue Lloyd-Evelyn:

sue.lloyd-evelyn@southwark.gov.uk



Watch out for future editions where we will update you on the progress of NHS Health Checks across Southwark

Prevention and Early Intervention



My name's Yvonneke Roe and I am the new prevention clinical lead for NHS Southwark Clinical Commissioning Group. I'm really excited about my role as we all know prevention is better than cure.

What can we do in practices to halt the seemingly inevitable advance of chronic diseases which are largely preventable? We can encourage patients to take up the offer of an NHS Health Check and support and encourage them to make lifestyle changes. At times it may feel like nothing, but we do know that brief interventions are effective.

MECC – Make Every Contact Count Using skilful questioning, brief interventions and signposting to other services such as Smoking Cessation and Walking Away from Diabetes, we can support and encourage our patients to make changes that will help their long term health. The CCG is looking at what support we need to do this such as motivational interviewing techniques. *For further information please contact Jean Young at Jean.young4@nhs.net.*

If we can prevent people from developing long term conditions or can pick up disease at an early stage, we can hopefully steer people along the right path so they have a better quality of life and avoid many of the conditions using up our limited NHS resources.

Referrals to Weight Watchers and Slimmers World

The Health Checks team have had some enquiries about referrals to Weight Watchers and Slimmers World. Some clients who attend the Health Improvement Hub following a health check *may* be referred to one of these organisations *if* it is deemed the most appropriate next step. These places are free to the user having been purchased from the Public Health budget. You can also refer patients who have not had a Health Check, but you would need to purchase these services via your practice/pharmacy (or the patient would pay the usual rates).

About the Health Improvement Hub The Hub aims to kick start lifestyle changes from healthy eating to physical activity. Patients can be referred to the Hub if they meet any of the following criteria:

- BMI of 30+
- CVD risk of 20%+
- Diabetic Screening (HbA1c) of 6-6.4% or 42 to 47 mmol/mol

Referring to the Hub All referrals can now be made in the same way that patients can be referred to the Exercise on Referral Programme using Refer-All. All practices should have an assigned administrator with an existing login for Refer-All. This will ensure that patients are able to access the wider interventions available to eligible Health Check clients outside of the Exercise on Referral Programme.

For further information please contact Vusi Edeki on 0207 525 7737 or email Vusi.Edeki@nhs.net

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Training

The next course will be on **Wednesday 25th February 2015, 9.30 - 4.30.**

Please note the whole course is held in one day which is a change in format from recent sessions which were held over two days. The course content is as follows:

- Identifying risk and undertaking risk assessment
- Using risk predictor tools
- Point of care patient testing
- Motivational strategies & Local Care Pathways

Enquiries & applications to sue.lloyd-evelyn@southwark.gov.uk

Details of venue will be sent upon booking

Further dates will be available later in the year - watch this space!

World AIDS day event

The Outreach team worked in Partnership with the Latin American HIV testing team at the Elephant and Castle on World Aids Day. The event was a great success with 60 people having HIV tests and 11 having Health Checks.

We hope to do more partnership working in the coming year, in particular taking advantage of our prime site at the Elephant & Castle.

**Your Results booklets
Hot off the press!**

All of our leaflets, posters and flyers are being redesigned in line with the latest Public Health England guidelines. The first item to arrive hot off the press is the new version of the 'Your Results' booklet.

Please make sure you use this booklet with all of your Health Check clients.

The booklet is an important part of the Health Check process as, even if the patient is currently healthy, it informs them of the risk factors for cardiovascular and related diseases and gives information on physical activity and healthy eating that will help to keep them fit and healthy.

It also provides a 'benchmark' for future health checks which will be valuable in showing variations over a longer period of time.

Your Results

Name:

Date:

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

For more great local resources visit us online at www.southwark.gov.uk/healthcheck

Southwark Council

To order more booklets, please contact Moira Habib at moira.habib@nhs.net (or talitha.crawford-lynch@nhs.net if Moira is not available).

If you have a supply of the previous version of the booklet then please do use them first as they are very similar.

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Alere image

information management and governance engine

Alere are excited to be working alongside Public Health in the implementation of the Alere Image Information Management and Governance Engine across Southwark and neighbouring boroughs, expected in the early stages of 2015.

An 'easy-access' web-based toolkit, Alere Image is designed to support and simplify the quality management of NHS Health Checks delivery using the Alere Afinion™ Analyzer and the Alere Cholestech LDX® systems. The simple to use software will replace cumbersome quality control emails, spreadsheets and paper records that are currently in use by enabling end users to simply log-in and enter their quality control results in real-time. Results are automatically verified and notification of a pass or fail, along with relevant instruction is given instantaneously. Users will also be able to access relevant training resources via the Alere Image portal and further enhancements will allow users to be able to participate in online e-learning for re-certification.

Alere and Southwark are currently working on a joint plan to enable smooth roll-out and once an implementation date is set, providers will receive step-by-step instructions as to how to log-in and record their quality control results. In addition, providers will be aware that the quality control materials will be changing in January 2015; vials of Alere Cholestech LDX® Multianalyte Controls and Alere Afinion™ HbA1c Controls will be shipped directly to your site by Alere. Instructions for use and record-keeping in the interim will be communicated shortly.

For more information on Alere's 'One Stop Shop' point of care approach to delivering quality NHS Health Checks please visit www.alere.co.uk or contact Alere Customer Services Team on 0161 483 5884.



Merry Christmas Everyone!

Wishing you a very merry Christmas and a happy, healthy and prosperous new year.

From all at the Southwark NHS Health Checks team

Welcome Ravi!

We would like to welcome Ravinder Rayat, Referral and Monitoring Coordinator for the NHS Health Checks team. She will be assisting with the management of the referrals to the health improvement hub. She comes to us from Brook, the sexual health charity, where she was an information and advice worker.

