

NORTH YORKSHIRE COUNTY COUNCIL**SCRUTINY OF HEALTH COMMITTEE****23rd January 2015****NHS Health Check: An Update on Performance and Future Developments****Purpose of Report**

1. The purpose of this report is to provide information on current performance of the NHS Health Check programme and planned actions to improve performance.

Background

2. The NHS Health Check programme is a national programme for systematic and integrated vascular risk assessment and management. It aims to identify people between the ages of 40-74 who are at risk of developing vascular disease and offer them appropriate lifestyle interventions and treatment to reduce their overall risk.
3. NHS Health Checks is a mandated programme.
4. NHS Health Checks in North Yorkshire are currently delivered by GP practices. 74 out of 78 practices are registered to deliver NHS Health Checks in North Yorkshire.
5. The success of the Programme is measured against two nationally defined indicators:
 - The proportion of those eligible invited for an NHS Health Check (20% of eligible population every year over 5 years)
 - The uptake rate i.e. the number of NHS Health Checks delivered as a proportion of the number invited.
6. NYCC is working closely with GP providers to promote prevention and to ensure that the NHS Health Check can deliver the maximum possible benefits.
7. The Public Health Team has reviewed the Programme against national quality standards and has developed several key actions to improve both the uptake and quality of the Programme.

Delivery model and performance

8. The NHS Health Check programme is solely delivered by GP practices in North Yorkshire. Delivery models vary across the region; some local authorities use leisure services, health trainers and pharmacies and GPs in a mixed model.

9. North Yorkshire's current GP delivery model is a big benefit to the local programme. Having such a wide coverage enables a large number of the eligible population to be invited using an up to date and accurate GP register. This ensures a systematic call and recall programme that could not be achieved without GP engagement.
10. Since April 2013 to October 2014 20% (n=40,975) of the eligible population in North Yorkshire have been *invited* to receive an NHS Health Check, which is slightly below the regional figure of 22% and the national figure of 28%.
11. Since April 2013 to October 2014 46% (n=18,919) of those that were offered an NHS Health Check across North Yorkshire *received* an NHS Health Check, which is below the regional uptake rate of 56% and slightly below the national uptake rate of 48%.
12. Public Health England (PHE) has set an initial aspirational target of 66% uptake of NHS Health Checks by March 2015 with a further aspiration to reach 75%. NYCC has reviewed the current programme in conjunction with GP providers and has developed several key actions to improve both the quality of the programme and the uptake.
13. Several high level actions have been identified and will be carried out over the next 12 to 18 months:
 - NYCC is implementing a plan, agreed with the Local Medical Committee (LMC) and practices, to audit GP practices against new programme standards that were published by Public Health England (PHE) in March 2014. The audit will inform future programme developments and commissioning and contract arrangements.
 - NYCC published a county-wide and practice specific performance report in October 2014 to illustrate what level of activity each GP practice would need to reach to meet PHE's ambition of 66% uptake. The intention is for an annual report to be published for subsequent years to further strengthen communication with GP practices regarding service developments and performance.
 - NYCC will launch a marketing campaign with the aim of increasing the uptake of NHS Health Check. This will be in line with the new national branding and promotion campaign. The marketing campaign will use a universal approach with more targeted marketing in areas of deprivation and low uptake. The purpose is to encourage people to respond to their invite and attend the NHS Health Check, thus increasing uptake rates. Practices have already received some new marketing material in October 2014. The 2015 campaign will aim to build on this, in-line with the national approach.
 - NYCC is seeking to improve links between other health and support services such as stop smoking service and the emerging tier 2 lifestyle services. This will increase patient options following the results of an NHS Health Check as well as providing evidence-based interventions that enable patients/ individual to manage their own risk factors. This is to ensure that those who have a NHS Health Check have a menu of

options available to them, and that practices are clear where to sign post and refer to for lifestyle support. The NHS Health Check will be considered as a key entry point for both smoking and lifestyle services as those services are developed and configured.

14. In addition to these high level actions, NYCC has agreed to commission an outreach element of NHS Health Check to support an improvement of the uptake of NHS Health Checks. This element will work specifically in areas of deprivation and also increase uptake amongst rural communities, particularly farmers. The outreach element will focus on taking the NHS Health Check out to populations in community settings. This approach will be more agile; and can tackle health inequalities in a manner that practices cannot. Funding has been agreed, specifications have been developed, and the aspiration is for the planned services to go live in July 2015.

Case study example of good practice

15. For the purposes of this report a GP practice has been identified as an example of good practice in terms of the progress against their target for inviting their eligible population and the uptake rate of NHS Health Checks.
16. Since April 2014 Quakers Lane Surgery in Richmond have invited 62% of the Practice's eligible population and have an uptake rate of 68% (using November 2014 data).
17. The practice has provided a useful insight into how this has been achieved:
 - Using Questbrowser, the practice consistently invites 45 clients per month to receive an NHS Health Check.
 - The success of the uptake of the NHS Health Check is felt to be mainly as a result of the personal approach that the Practice takes when inviting patients and the explanation provided on the purpose of the NHS Health Check in identifying early signs of cardio-vascular disease in order to prevent or minimise the potential for disease to develop. The Practice population, generally, is felt to be health conscious and often positive regarding the practice's efforts to investigate preventative measures and initiate lifestyle change.
 - The format of the NHS Health Check delivery within the Practice is felt to work well. The NHS Health Check is delivered by a practice nurse; the appointment length being 20 minutes. The checks and investigations, including blood tests, are all completed during the appointment as well as the provision of lifestyle advice and information regarding results and follow up. The Practice feel this approach is successful in ensuring the appointment is potentially a single visit, thus saving the patient time and inconvenience.
 - Print outs of lifestyle advice are used to re-enforce verbal advice given. Blood results are checked and filed by the nurse who completed the NHS Health Check, and the risk score is also calculated by the same nurse. This ensures good continuity of care and follow up of any

abnormal results. High risk scores and other abnormalities are followed up by phone call or letter.

- The Practice has in-house services that are used primarily for lifestyle management of any identified risks from the NHS Health Check. In-house services include smoking cessation, hypertension management, diabetes clinic, initiation of appropriate medication e.g. statins. The Practice has also recently registered with Richmondshire District Council's lifestyle referral services and anticipates this to be a useful service for onward referral, particularly for weight management and physical activity programmes.
- Through the NHS Health Check many patients have been diagnosed with diabetes or at risk of developing diabetes and have received specific advice regarding risk reduction. Since 1st April 2014 to December 2014 6 patients have been diagnosed with chronic kidney disease, diabetes or hypertension or identified as high risk within 60 days of receiving and NHS Health Check. These are six people who are now receiving the appropriate level of care and support thanks to the NHS Health Check.

A patient case study has been provided by the Practice:

A 73 year old man was seen in early 2012 for an NHS Health Check; initial CVD risk of over 20% in the next 10 years. The patient was subsequently diagnosed with diabetes and hypertension. Medication and lifestyle advice was given and regular monitoring took place. The patient was referred to a community dietician and achieved a subsequent substantial weight loss. The patient's diabetes and blood pressure are now well controlled.

- High risk patients are re-called annually for assessment.

Recommendations

18. Members of the Committee are requested to note and comment on the information in this report.

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Background Documents: None

Annexes: None