

North West London Public Health Update



June 2017

Developing people
for health and
healthcare

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Introduction

Dear Colleagues,

The NHS Five Year Forward View outlines the dramatic changes required to meet the challenges of an ageing population with an increasing amount of comorbidity. It emphasises the need to radically upgrade our skills in prevention and the promotion of wellbeing rather than simply responding to presentations of ill health. This has been reflected in the North West London Sustainability and Transformation Plan, which highlights the need to radically upgrade prevention and wellbeing.

In response to this call, the Health Education England North West London (HEE NWL) Public Health Steering Group was established to support the training required to achieve this.

The HEE NWL Public Health Steering group has worked with a range of partner organisations to support a range of innovative projects that promote the public's health. Through our work we have also identified a number of dedicated teams and individuals who are working across professional and organisational boundaries to promote the public's health across NWL.

This newsletter has been produced to showcase some of the innovative work currently being supported by HEE NWL. We also hope that it will be a tool for individuals interested in the training of the wider public health workforce to connect with each and share best practice across the locality.

Thank you for all your efforts to improve the public's health across North West London.

Best wishes,

Dr Julia Whiteman - Postgraduate Dean
Lizzie Smith – Local Director

Summary

Since its inception in 2016 the HEE NWL Public Health Steering Group has funded twenty innovative projects across a range of health care, voluntary and local authority funded organisations, which support the goals of the NWL Sustainability and Transformation Plan, to radically upgrade prevention and wellbeing.

Transforming the workforce to focus on prevention

We are investing in the training required to enable the health and social care workforce transition from one that responds to disease and health needs to one that proactively prevents ill health through strategies such as Making Every Contact Count (MECC).

Utilising the whole wider public health workforce

From health care support workers to school teachers. We are supporting projects that are working across organisational and professional boundaries to identify the individuals best placed to promote health and wellbeing, whatever their professional background. Two of our projects aim to embed these skills at an undergraduate level amongst medical, physiotherapy and occupational therapy trainees.

From pregnancy to old age. Targeting different stages of the life course

Taking a life course approach to health we have supported a range of projects that target different stages of the life course. The 'wrap around pregnancy, perinatal and early years pharmacy-based care' and the 'holistic tobacco control in pregnancy project' both support women to make healthy choices which impact their own health and that of their child. Two oral health projects, based in Harrow and Ealing, encourage early years practitioners to support the health of very young children, while the 'Harrow Health in Schools' project aims to support the physical and mental health of older children.

Supporting primary prevention of disease and management of existing condition

As well as engaging in primary prevention to reduce the prevalence of risk factors for disease, such as smoking, we are also supporting projects which enable patients and their support staff to optimally manage chronic conditions such as diabetes.

Early intervention around mental health and social isolation

We have focused on the need for early identification and support of people living with mental health needs by supporting projects which provide support to children who are at risk of mental illness, and providing training to schools and community groups on how to identify people who may need support.

Improving the physical health of people living with mental health needs

People with mental health needs are often at high risk of physical ill health that can be overlooked. We have supported programmes across two trusts to enable staff working with people with mental health needs to promote health amongst service users.

A focus on sexual and reproductive health

Tackling sexually transmitted infections and unplanned pregnancy is a public health priority across London. We have supported projects that aim to increase the capacity of primary care to tackle this need.

PH001: Educating Undergraduate Occupational Therapy & Physiotherapy Students in Motivational Interviewing: Feasibility and Effectiveness

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Commissioning Round: 2016

Background

Motivational interviewing (MI) a collaborative communication approach which has demonstrated efficacy in promoting the initiation and maintenance of health behaviour change (HBC). Through their role as health promoters, occupational therapists (OTs) and physiotherapists (PTs) are ideally positioned to effectively influence HBC. Despite this, proficiency in HBC is not a focus of undergraduate programmes. The increasing use of MI across a range of settings has emphasised the need to develop the skills and knowledge required to effectively support HBC prior to graduation.

Aims

- Assess the efficacy, feasibility and acceptability of a three day MI training programme and evaluate changes in knowledge, skills, and attitudes.
- Facilitate sustainability in implementing MI in undergraduate programmes through training of the trainers.

Methods

MI training will be delivered to 25 student OTs and PTs. All participants will audio-record a simulated therapist/client interaction at baseline, immediately

post-training and following clinical placement. MI skills will be assessed using the Motivational Interviewing Treatment Integrity (MITI) tool compared across the simulated interactions. MI knowledge and attitudes will be measured through an identical pre-test and post-test questionnaire. A focus group will explore the student training experience. To enhance sustainability, six members of staff and service users will be trained as trainers in MI.

Intended Outcomes

It is hoped that participants will develop knowledge and skills in the theory, methods and clinical application of MI, thereby providing evidence for the programme's efficacy at undergraduate level. It is also hoped that the students will experience the benefits of this potential skill development in their clinical practice while on placement. These potential benefits will be directly assessed through the questionnaire, MITI and focus group analyses. If the outcomes of the study are positive then MI will be incorporated into the undergraduate programmes through the standard programme review processes. Training of the trainers will insure sufficient expertise has been developed within the staff group.

PH002: Developing medical student skills in supporting patient self-management, self-care and lifestyle change through Coaching for Health approaches

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Commissioning Round: 2016

Background

A significant proportion of medical student teaching is now taking place in the community, reflecting the need for students to develop skills in working with the increasing number of patients with long-term conditions and multi-morbidity. Integral to this is the need for medical students to develop competencies in holding empowering “coaching for health” conversations with patients around lifestyle issues, self-management and self-care.

Aim

This project aims to embed health coaching principles and skills into clinical practice for medical students at Imperial College.

Methods

We are equipping community primary care teachers and key members of the Department of Primary Care and Public Health undergraduate teaching faculty with skills in teaching health coaching approaches. We are piloting health coaching training from Sept 2016-July 2018 as part of the following courses: 10 week Medicine in the Community block for selected year 3 students and a longitudinal Integrated Clinical Apprenticeship for a

selected group of year 5 students. A senior teaching fellow has been appointed (starting May 2017), with a remit to expand and embed health coaching approaches during 2017-18, through further developing and implementing health coaching training and supervision for students and clinical teachers, including development of online resources. A formal evaluation of this project is in progress.

Intended outcomes

- Medical students will develop skills in holding “coaching conversations” with patients to support health promotion and facilitate patient empowerment for self-care and self-management of long term conditions.
- Internal faculty and community GP teachers will gain skills and confidence in teaching health coaching approaches, contributing to the sustainability of this project.
- Those being trained in these skills (students, internal faculty and community GP teachers) will also acquire generic coaching skills, enabling them to contribute, communicate and lead much more effectively in multi-professional settings.

PH003: Like Minded Conduct Disorders Prevention training

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Commissioning Round: 2016

Background

The Like Minded Mental Health Strategy team is committed to improving the mental health and wellbeing of the population across North West London. In order to achieve these aims, it has identified the prevention of conduct disorders as a priority area. Early identification and assessment of children at risk of mental illness, and parenting interventions targeted at families of children with signs and symptoms of conduct problems, have been recommended by NICE. We propose a programme of training for frontline staff working with children to enable them to deliver these well-evidenced interventions within a single borough in North West London, as part of a whole-system pilot project to prevent conduct disorder.

Aims

We will be working with Ealing Borough Council to deliver Being a Parent; a well evidenced parenting programme aimed at parents and families of children displaying early signs of behavioural issues/conduct disorder, in order to improve the conduct of children

and relationships in the classroom and between parent/child.

Methods

The provider for Being a Parent, Empowering Parents Empowering Communities (EPEC) will deliver training to 8 schools- two staff members per school (one teacher and one TA/SENCO) to become facilitators and deliver a 10 week parenting course to parents of children at the school. They will also train 8 local health professionals to supervise these facilitators. Facilitator training will take place in September 2017. Parenting courses will be delivered across Spring and Summer terms 2018.

Intended Outcomes

'Being a Parent' aims to improve conduct and wellbeing of children through enhancing parenting skills and understanding. Alongside this, we would expect to see reduced disruption in the classroom, benefiting other children and teachers and enhancing ability to learn and teach.

PH004: Like Minded Work Place Well Being Mental Health Training

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Commissioning Round: 2016

Background

North West London (NWL) recognised that employees' health and wellbeing was a priority to support transformational change. An estimated 30.1 million work days are lost every year in NWL due to stress, anxiety or depression related absenteeism, and

presenteeism. The Like Minded Programme role was to articulate a consistent workplace wellbeing strategy, develop a mini business case for each locality, provide strategic leadership and a co-ordination role linking with Greater London Authority (GLA), Public Health England (PHE) and Healthy London Partnership (HLP) to facilitate and support public sector organisations.

Aims

This project aims to:

- Improve the wellbeing of staff, and break the stigma around mental health
- Reduce absenteeism and presenteeism
- Develop a workforce that is more informed about mental health.
- Create a workplace culture that understands mental health, maintains recovery and supports people to reach their full potential.

Methods

We have:

- established a NWL Workplace Wellbeing Steering Group that guided work;
- commissioned development of mental health and wellbeing training modules for line managers;
- developed a wellbeing video for staff induction and training;

- supported the wellbeing ambassador scheme led by Healthy London Partnership;
- supported NWL CCGs to sign up to the Mayor of London's Healthy Workplace Charter

Intended Outcomes

On completion of the programme, we aim to:

- Design and deliver a package of training modules on mental health awareness, focusing on maintaining recovery and supporting wellbeing in the workplace and mainstreamed this training into our Organisational Development programme to ensure sustainability of the training;
- Develop a video on wellbeing at work that is available to all staff on line
- Support a workplace wellbeing champion programme and recruit and train champions across NWL;
- Improve workplace wellbeing as demonstrated by our staff survey results and reduced levels of absenteeism.

PH005: Making Every Contact Count in Brent

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Commissioning Round: 2016

Background

The Principals of MECC are echoed in the Borough Plan for Brent (2015-19) and Brent 2020, it is in that context that we seek to increase the breadth of professionals interventions whilst interacting with the community and pilot a MECC programme prior to borough wide implementation. The pilot will focus on delivering training, resourcing the workforce and monitoring the

referral practice of colleagues in two key work streams, School Nursing and Adult Social Care.

Aims

To increase the wider workforce awareness of Brent public health priorities, instil a sense of ownership of MECC and develop colleague's confidence to use brief interventions leading to an improvement in the whole health of their client.

Methods

1. To develop a menu of training modules on a range of public health topics
2. To arrange a training delivery timetable for team meetings and staff briefings to ensure staff are fully informed about the MECC agenda and topics
3. To create a mobile app (or web app) for staff phones and iPads to be used as a single click access to local health services.
4. To incorporate pre and post training evaluation.
5. To work with line managers to incorporate MECC themes into practice reviews, one to one's and appraisals.
6. As the pilot progresses, prepare for amending the relevant recording systems to include a flag or function to remind colleagues to record brief MECC interventions and referrals.

Intended Outcomes

- 90% of staff in the selected pilot teams learn about MECC
- 50% increase in MECC conversations between professionals and their client.
- Improvement in staff health related behaviour e.g. oral health practices and use of shisha
- Increase in the quality and quantity of referrals to specialist services
- Improve professional understanding of their personal health choices. Leading to increased uptake in flu vaccination and other employer health benefits e.g. Counselling services, discounted gym services, use of stairs etc.
- Improved flagging systems for MECC i.e. additional flags on MOSAIC and System 1 if the pilot is successful

PH201701: Health Conversation Skills - MECC

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Commissioning Round: 2017

Background

The London Borough of Hounslow has endorsed the concept of becoming a more 'Health Promoting Council'. As part of taking this forward, new work to 'make more use of all contact opportunities to support health goals' ('Making Every Contact Count' or MECC) has begun.

This HEE NWL funding will support the expansion of this work in 2017/18, using the HEE accredited 'Healthy Conversation' package which will be complemented by a local signposting component (training and materials) to services in the borough.

Aims

The aims and key objectives of the training will be to:

- Train 200 council, pharmacy and health staff to make more use of existing contact opportunities to support health goals. Provide staff with the skills to have a 'Healthy Conversation' and, if required, to be able to signpost residents to three key services that positively support the broader determinants of health
- Train between 5 and 8 local trainers to become HEE accredited MECC 'Healthy Conversation' trainers to promote the sustainability of the MECC training programme

- To reduce health inequalities by training up staff in contact with residents living in the key geographical areas of low Healthy Life Expectancy or key target demographic risk of poorer health

Methods

The Hounslow approach is a 'MECC Plus' type scheme, with signposting to three services to address the broader determinants of health:

- Support to live healthy lifestyles – 'One You Hounslow' service

- Support to live independently - 'Live Independently for Everyone' (LIFE) service
- Support to gain skills and employment – 'Work Hounslow' service

Intended Outcomes

The overall long term outcome of this project is to improve the health of Hounslow residents and to reduce health inequalities by making more use of contacts the council and other staff already have with residents to lead to a healthier lifestyle changes.

PH201706: Making Every Contact Count (MECC)/ Motivational Interviewing (MI) Training Programme for West London Mental Health Trust (WLMHT) staff

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Commissioning Round: 2017

Background

The project focuses on North West London's STP priorities 'Enabling and supporting healthier lives through health promotion and prevention' and 'Improving Long Term Condition Management' with the delivery of health training.

WLMHT is seeking to take a secondary prevention public health perspective in our health services. New approaches to health training and development are needed to create a workforce able to support integration of mental and physical health. MECC and MI will help address this gap as it focuses on disease prevention through behaviour change and signposting and is a very cost effective solution.

Aims

To deliver a structured programme of MECC and MI training to 200 members of WLMHT staff.

Methods

WLMHT services care for 65,000 patients per year and we are aiming to train at least 10% of the workforce in general face-to-face interventions. Expectation is that we will deliver to 200 health professionals on a 1:2:1 basis with an equal number accessing the e-learning (access may be post-project) but designed to ensure that the project is sustainable and integrated within the Trust.

Training will be delivered within WLMHT Ealing Learning & Development Centre (E LDC) as well as within the community to ensure appropriate access via the One You Ealing service.

Training will be delivered within mental health and non-mental health community settings to specialist WLMHT teams including SPA team, Care Navigators and Mental Health Professionals based at GP surgeries

In addition to face-to-face training, develop an e-learning module for the Trust to integrate within the

internal Exchange pages of WLMHT so that all staff have access to the training.

Intended Outcomes

Overall aim to decrease premature mortality by aiming for a reduction in smoking prevalence, a reduction in harmful drinking levels, an increase in physical activity,

an increase in healthier diets and an improvement to the population's mental health rates thus improving health and wellbeing of the population in the long term. In addition, we are hoping for an improvement in awareness and knowledge amongst health professionals around the importance of behavioural change and the impact it can make on our patients.

PH201708: Hammersmith and Fulham Frequent Users Project

Contact: Matthew Chisambi matthew.chisambi@nhs.net

Commissioning Round: 2017

Background

Urgent and emergency services face a sustained rise in demand, which they are not resourced to manage. This can affect the quality of the care they provide and overall operational performance. Frequent users of healthcare services are a relatively small number of people who account for a disproportionately large amount of healthcare service utilisation. Whilst potentially amenable to intervention, frequent users are often a poorly-defined, heterogeneous group with different and complex, multiple needs.

Aims

We want to resolve the unmet, non-clinical needs of frequent users of urgent and emergency services. In collaboration with the voluntary sector, we want to design and implement intervention(s) that address their unmet needs and hopefully reduce inappropriate urgent and emergency care use.

Methods

Data driven definition: We will take a data-driven approach to defining different cohorts of frequent users, this evidence-based definition will then be developed into a sector-wide process, through which all relevant parties will be aware of frequent users.

Multidisciplinary and user-led design: We will host a cross-sector design workshop with stakeholders from across the NHS and our local voluntary sector to co-design our approach. Following that, we will engage with users to test and refine our proposed approach.

Intended Outcomes

It is hoped that by working with the voluntary sector, we will help address the unmet, non-clinical needs of frequent users of healthcare. This should improve: health outcomes; quality of care, through improved staff satisfaction and management of demand; and, value for money, as people are treated in more appropriate care settings.

PH201709: Mental Health First Aid Training for Communities and Workshops

Contact: Jackie Chin

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Commissioning Round: 2017

Project Summary

The proposal aims to train four mental health first aid instructors who will provide training and support to communities and workplaces in Ealing. This work will support and complement the work to improve workplace health through the workplace charter. It will also support Ealing's suicide prevention plan by helping communities, workplace colleagues and employers to learn how to recognise the signs and symptoms of mental ill health. We will aim to increase the confidence

of people feeling able to approach, assess and assist someone who might be experiencing a mental health issue and encourage them to find the support they need to recover. This work will also help to reduce the stigma associated with mental ill health. Two of the mental health first aiders will be recruited from the community and two from the statutory sector. These four trainers will be a resource for the community and workplace and will deliver at least 4 sessions over the year reaching at least 100 people each.

PH201710: Harrow Workforce Diabetes Wellbeing and Transformation

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Commissioning Round: 2017

Project Summary

We plan to design and run diabetes specific Expert Patient Programme (EPP) courses in Harrow. We will also improve awareness and detection by offering training for staff in the workplaces, creating diabetes and MH peer educators linked with the workplace wellbeing charter (HLP). EPP is a 6-week course designed to improve knowledge and confidence for people living with a physical or mental health conditions and their carers. The trainers have lived experience of the issues. We want to extend the EPP course with extra content for people living with diabetes.

PH201711: Improving Oral Health in Harrow

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Commissioning Round: 2017

Background

Evidence shows that tooth decay and hospital admissions for 1-4 year olds are amongst some of the key indicators for children's health that are significantly worse than the England average. Tooth decay remains a significant public health problem in Harrow, particularly among young children in disadvantaged communities, with the associated dental problems of toothache, abscesses and extractions. Following the dental public health epidemiology programme for oral health for 5 year olds the data shows that Harrow has one of the worse stats, with 34.2% of children with decayed or missing filled teeth (dmft) worse than Brent (30.8%) and Hounslow (30.5%) Ealing is the worst in West London with 39%.

Aims

We will work in partnership with the London borough of Ealing to roll out a newly developed oral health training programme to train professionals who come into contact with early years and their families and also voluntary and community groups.

We would like to begin by focusing on the areas in the borough where there are more health inequalities and child poverty however we understand that all settings would benefit from the training and would like to not limit it if we should get interest from elsewhere.

Methods

Offer train the trainer oral health training to early years practitioners who work in the most vulnerable communities as evidenced by our recent child poverty needs assessment. We are working with LB Ealing, HEE and PHE to develop the training pack

Target locations: Early years provisions across Harrow: Nurseries; Childminders; children's centre and Early Support hub

Intended Outcomes

- A. Training of the following professional groups:
 1. Health visitors
 2. GP nurses
 3. Social services
 4. School nurses
 5. Nursery Schools
 6. PVI's including child-minders and nurseries
 7. Foster parents
- B. Attend organised oral health promotion sessions with parents and children to support at least 50 sessions to be delivered by the trained professional through this, engage with at least 500 parents and 1,000 children by April 2018.

PH201712: Harrow Health in Schools

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Commissioning Round: 2017

Project Summary

This proposal is for training and support in schools. It has two strands, setting up Youth Health Champions in Secondary schools and providing Mental Health First Aid training for school staff. We will use the wider public health workforce in schools where young people will be given the skills, knowledge and confidence to act

as peer mentors and educators, increasing awareness of healthy lifestyles and encouraging involvement in activities to promote good health and wellbeing. We will also undertake a program of Youth Mental Health First Aid Training, for teachers, teaching assistants and other professionals in direct contact with schools to improve their awareness and skill set to support young people's mental health.

PH201713: Making Every Contact Count. A two-day course for Health Care Support Workers

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Commissioning Round: 2017

Project Summary

The aim of this proposal is to improve the health inequalities and wellbeing of the North West London population by enabling Health Care Support Workers (HCSW) to receive high-level training around Making Every Contact Count (MECC). Acknowledging the need for proactive prevention and health promotion should be core to a Support Workers role wherever care and support is delivered. It will enable Support Workers across the sector to have healthy conversations to support healthier behaviours.

PH201714: NW London Prevention and Wellbeing: Developing Alcohol Pathways

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Commissioning Round: 2017

Background

There are an estimated 317,000 'increasing risk drinkers' (drinkers over the threshold of 22 units/week for men and 15 units/week for women) in NW London with binge drinking and high risk drinking concentrated in centrally located boroughs. Alcohol admission rates have been increasing across London, and Hillingdon in particular has admissions for alcohol-related harm at higher rates than the national average. Currently, rapid referral pathways for patients identified or self-identifying as in need of support around their alcohol consumption are fragmented with methods of and pathways for accessing secondary care, rapid access and early intervention services unclear for many potential referrers.

Aims

The aim is to develop links between primary care and secondary care / specialist treatment services and to streamline and simplify referral pathways into all alcohol treatment and support services – at both borough and regional level - rolling these pathways out across the North West London area. Ultimately, we want to ensure that people who need support to manage their alcohol consumption can quickly and easily access they support they need in their home borough.

Methods

To achieve this, a series of Alcohol Prevention workshops will be undertaken to develop pathways and links. This will consist of:

- A series of 2 workshops per borough to agree pathways for rapid referral into alcohol treatment and recovery pathways (16 workshops in total)
- 2 cross-borough workshops focussing on joint working to help embed pathways into practice

Intended Outcomes

The key outputs from this project are:

- A set of agreed pathways between primary care and secondary care (including specialist treatment services) that streamline referrer and service user experience and enable faster access to the most appropriate support services.
- A roll out plan for North West London to ensure pathways are clear, well known, and utilised by referrers and service users in all boroughs.

PH201715: Holistic Tobacco Control in Pregnancy

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Commissioning Round: 2017

Background

The project seeks to address health inequalities in smoking rates among mothers and their partners to improve the health and life course chances of mothers, babies, and their families receiving antenatal, intrapartum and postnatal care at Chelsea & Westminster (C+W) and West Middlesex University Hospitals (WMUH). Hospital data analysis has identified ten-fold smoking status variation by deprivation in our attending population.

Aims

We intend to support an increased proportion of women giving up smoking during their pregnancy and postnatal journey with the trust and/or reduce their exposure to second hand smoke within their homes.

We aim to demonstrate that smoking cessation rates are equalised among deprivation – and also ethnic groups, thereby demonstrating positive progress in addressing any unwarranted inequalities between groups.

Methods

Working with our local smoking cessation providers to deliver 'Making every contact count' training to a minimum of 25% of the multi-disciplinary team.

Pilot and audit the installation of a tannoy system to play various no-smoking audio messages outside the maternity unit of WMUH. A repeat audit at 3 & 6 months post installation to evaluate impact of the no-smoking messages, including service-user/family/visitor survey of their views of the tannoy system. Collation and review of existing evidence on e-cigarettes, along with development of position statement on e-cigarettes in pregnancy, and shared with participant at training sessions.

Intended Outcomes

Increased self-reported awareness of mothers, their partners, visitors, friends and families of the importance of not smoking, its negative impact, a better understanding of the potential risks of using e-cigarettes, and also where smoking cessation services are available.

An increase of a minimum 10% to the on-site smoking cessation services (of pregnant mothers and also family members of pregnant woman) from maternity services. Staff to report being more aware of the local smoking cessation offer and understand how to refer expectant mothers and/or their partners to these. Staff reporting that they are more confident in responding to questions and discussing the use of e-cigarettes in pregnancy.

PH201717: Strategic approach to MECC for NWL

Contact: Alex Blowers Alexandra.blowers@nw.london.nhs.uk

Commissioning Round: 2017

Background

HEE NWL have provided funding for a 12 month project to improve access to lifestyle services within NWL, covering the boroughs of Brent, Ealing, Kensington and Chelsea, Westminster, Hammersmith and Fulham, Harrow, Hillingdon and Hounslow as part of the North West London's (NWL) Sustainability and Transformation Plan (STP). The project will be delivering Making Every Contact Count (MECC) training in brief and very brief interventions for frontline staff.

Aims

The NWL STP hope to build on existing good practice to develop a strategic approach to the delivery of MECC training across NWL, while also supporting the embedding of MECC principles into business as usual, e.g. MECC in job descriptions and service specifications.

Methods

By working with MECC leads in each of the 8 boroughs across NWL; the Health London Partnership; the VCS; and patient experience representatives, we hope to directly train roughly 1000 NHS and 1000 non NHS front line professionals in MECC via a combination of e-learning and face to face training, as well as developing a train the trainer model that will enable further cascading of the training and enable the project to be sustainable.

Intended Outcomes

We intend that MECC training and the embedding of MECC principles across the Health and Social Care sector will reduce health inequalities, reliance on primary care, and promote community cohesion. In the short term, we hope that a strategic approach to MECC delivery will enable all of the 8 boroughs to have equitable access to core MECC training, and that this will promote good and efficient practice within whole organisations; allowing for the most effective use of resource.

PH201718: Oral Health Training for Multiagency Staff and Community Champions (Ealing)

Contact: Louise Taylor taylorlo@ealing.gov.uk

Commissioning Round: 2017

Background

Tooth decay remains a significant public health problem in Ealing, particularly among young children in disadvantaged communities. Following the dental public health epidemiology programme for oral health for 5

year olds the data shows that Ealing has the worst rate of children with decayed or missing filled teeth (dmft) in West London with 39%.

Aims

- To improve oral health in children across Ealing and to bring in line with that regionally and nationally through training/ engagement and development of resources.
- To increase the understanding of professionals and community leaders, and increasing their ability and confidence to offer preventative advice and engage with families and young children regarding oral health.

Methods

Working in partnership with the London Borough of Harrow, we will provide a rolling training program targeted at the following groups: children's center staff; health visitors; nursery nurses; private nurseries; school nursing team; Primary school PSHE Leads/early years staff; Ealing Registered Childminders; Pharmacists; Oral

health Community champions/faith leaders; Practice Nurses; and GPs.

For staff that may have already received some oral health training there will be a refresher training session. The staff member will follow up with each of the attendees to ensure that they are supported in delivering the messages. Roll out national resources and the development of an oral health resource pack.

Intended Outcomes

- Training the key groups listed above
- Refresher training where appropriate
- Follow up with attendees to ensure that they are supported in delivering the messages
- To roll out national resources designed for health professionals
- Development of an oral health resource

PH201720: Healthy Living Training – Making Every Contact Count (CNWL)

Contact: Claudia Salazar

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Commissioning Round: 2017

Background

People with mental health problems experience significantly worse physical health and shorter life expectancy than the general population. Evidence demonstrates the benefits of providing healthy lifestyle information as part of existing clinical contact and interaction. The Making Every Contact Count initiative encourages organisations to promote an opportunistic approach to making health promotion part of healthcare workers routine contact with patients.

This proposal will enable us to pilot an innovative multi-professional education programme to develop our mental health workforce and wider networks to develop

the skills, confidence and motivation to facilitate discussions on lifestyle behaviour change.

Aims

Planning and delivering a multi-professional MECC training programme for the health and social care workforce that promotes an opportunistic approach to having conversations about healthy lifestyles, screening, advice giving and brief interventions in relation to smoking, alcohol and drug use, diet and exercise.

Methods

Train the trainer across the organisation to deliver MECC training, and delivery of training to all clinical staff working in mental health (including CAHMS and LD) services across all three divisions of CNWL and identified staff in partnering organisations. Develop resources and information on MECC and additional resources targeted to advice giving to mental health population. Completing pre and post training questionnaires and on-going evaluation of impact of training.

Intended Outcomes

- To train staff working in all mental health services across CNWL mental health and allied services, including training a network of trainers to deliver team based training.
- A workforce that is skilled and confident in delivering lifestyle screening and advice to users of mental health services.
- Resources and tools for MECC and the new Trusts alcohol and drug Screening tool (SUFARI) that will enable staff to engage in healthy lifestyle conversations and activities.
- Increased levels of healthy lifestyle screening and advice as evidenced by case note audits.

PH201722: Wrap-around pregnancy, perinatal and early years pharmacy-based care

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Commissioning Round: 2017

Background

Community pharmacies are often the first port of call for women who are thinking of becoming pregnant or for those who are testing for success. This is the ideal time for them to receive advice on taking folic acid, vitamin D, healthy eating and exercise, smoking cessation and reduction/abstinence of alcohol and other substances. A wrap-around package of care aligned to several STP priorities and supporting self-care can easily be provided in this setting.

Early booking for antenatal is important. NICE states this should start at 10 weeks. But studies show a significant number of women are late attenders. Health profiles for NW London describe high deprivation, children under 16, smoking and alcohol use. Pharmacists will encourage early booking and also provide free flu

and pertussis vaccinations under an existing service commissioned by NHS England.

During the perinatal period, we will promote breastfeeding, mental health care, and immunisations such as MMR in the early years.

Aims

To demonstrate that community pharmacies can become recognised places where women can obtain support, advice and information relating to preconception, pregnancy, antenatal, perinatal and early years' care as a package.

Methods

Training will ensure appropriate competencies in all aspects of this package. Patients will be recruited from July 2017. Pharmacists will advise on folic acid, vitamin D, healthy lifestyles, early attendance for antenatal, relevant vaccinations, perinatal issues such as mental health issues, breast feeding, use of apps such as Baby Buddy and MatImms, and early years immunisations.

Feedback from all stakeholders will be analysed, and evaluation completed by Imperial College London by June 2018.

Intended Outcomes

Women in this group should feel better informed. Feedback should show lifestyle changes resulting from the pharmacy support, such as taking nutritional supplements where they might not have been considered before, and whether they had heard of the maternity apps.

PH201723: Improving Primary Care management of STIs, HIV and LARC through implementation of a specialist pathway and development of sexual health champions

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Commissioning Round: 2017

Project Summary

Our proposal centres on the delivery of dedicated training around sexual and reproductive health and HIV essentials to primary care staff. A vital outcome of this will be to identify local practice-based sexual health "champions" who will be nominated. They will act as local points of contact and provide expertise on an ongoing basis, supported by local sexual health services. To support the increased provision of sexual health services and testing in the community, a Health

Advisor will be available to support primary care and the transition of patients (and contacts) who require further support in specialist GUM clinics. We also propose to develop the primary care staff in terms of quality assured/accredited training as part of continuity and sustainability of services. This will form part of core service provision going forward, develop smarter ways of working, will furnish staff with the appropriate skills/competencies needed to deliver this service and provide patients with an exceptionally comprehensive accessible care/treatment.

Making Every Contact Count (MECC) programme – Ealing Council Public Health Department

Contact: Nell Blane blanen@ealing.gov.uk

Commissioning Round: 2017

Background

Making Every Contact Count (MECC) is a nationwide drive to train public sector and other staff to take every appropriate opportunity to have very brief and effective healthy lifestyle conversations.

Aims

We aim to 'MECC train' community health professionals: physiotherapists, occupational therapists, podiatrists, speech and language therapists, pharmacists and psychologists. We aim for them to improve against identified learning outcomes, for the training to impact on their own lifestyles and for them to put MECC into practice.

Methods

We are focusing on 'core MECC' – very brief interventions about smoking, alcohol, physical activity, healthy eating and mental wellbeing.

We offer a choice of in-house and multidisciplinary training. The three-hour course is highly interactive and practical with good quality resources, including a 'Big MECC Pack' and an 'It's Good to Ask' prompt sheet.

We focus on behaviour change theory and practice, basic knowledge of healthy lifestyle guidance and developing confidence in the four A's and a P: Ask, Assess, Advise, Assist and Plan.

Outcomes

We gained additional funding to expand the programme. To date we have trained 238 people including 86 from four of the six groups targeted with HEE NWL funds (the intended outcome was at least 50 participants from at least five groups).

The training has been well received with 83% of participants rating it 9 or more out of 10.

96% of participants improved against the learning outcomes at the end of the course (n=200). At follow-up (n=16) 70% reported having 'MECC conversations' at least monthly and 40% said that MECC had definitely influenced their own lifestyle.

A Training the Trainer programme is being scoped and we plan to embed E-Learning for Health's MECC programme in Ealing Council's e-learning platform by April 2018.

We are also adapting the programme for trainees with learning disabilities and for children's services.

Useful Resources on MECC

E-learning

A range of e-learning modules have been developed to supplement face to face training. HEE have approved a number of e-learning packages to ensure that people have a choice.

www.makingeverycontactcount.co.uk/training/e-learning

Further e-learning, distance learning and face to face learning pathways can be found through the Royal Society of Public Health.

Websites

The Health Education England MECC website contains a large number of MECC resources.

www.makingeverycontactcount.co.uk/

<https://hee.nhs.uk/makingeverycontactcount>

The National Resources Tab on the MECC website contains useful resources including an evaluation framework and quality markers for MECC training guide.

www.makingeverycontactcount.co.uk/national-resources/

Public Health England (PHE) One You – Physical Activity and ‘Active 10’ campaign

These free resources can be used to support MECC conversations around increasing physical activity through brisk walking. You can also use these resources to increase and buy-in to improve employee health of public sector and wider organisations that are involved in MECC.

<https://campaignresources.phe.gov.uk/resources/campaigns/44-one-you/Physical%20Activity>

Podcasts and Webinars

An interesting podcast on Making Every Contact Count (MECC). Claire Cheminade, Janet Flint, and Ged Byrne discuss Making Every Contact Count (MECC), and other approaches to behaviour change.

<https://soundcloud.com/training-in-public-health/tiph-episode-15-making-every-contact-count%C2%A0>

Further podcasts can be found on the Health Education England MECC website linked to above.

An interesting webinar on the evidence around brief interventions in primary care to tackle obesity.

www.tvscn.nhs.uk/networks/long-term-conditions/brief-interventions-weight-management-primary-care-webinar/

Other public health related events and resources

Allied Health Support Workers engagement in public health free conference. 13th October 2017

A free conference, open to all allied health support workers, allied health professionals and health professionals working in North West London.

www.eventbrite.co.uk/e/allied-health-support-workers-engagement-in-public-health-conference-tickets-33132210333

For more information, contact: junedavis@alliedhealthsolutions.co.uk

Healthy London Partnerships

HEE North West London is working with Healthy London Partnership to achieve a healthier London through collaboration on the Making Every Contact Count agenda. Further information on HLP can be found here:

www.healthy london.org/

www.talklondon.london.gov.uk/health-communities/health/articles/healthy-london-partnership-transforming-health-and-care

Academy of Public Health

The Academy of Public Health is an innovative initiative with a central mission to support a transformation in the capacity and capability of the public health system and a

wider workforce that will enable all in our communities to lead healthier lives.

The Academy is:

- A collaboration between a wide range of stakeholders across London and the South East
- A commissioning mechanism to provide learning and development opportunities
- A platform for sharing ideas, tools and resources

The website contains all current programmes of work, where you can find out how to get involved:

www.bit.ly/2qaCCWv

Alternatively please contact publichealthacademy.ncel@hee.nhs.uk if you would like to find out more.