

NHS LANARKSHIRE

NORTH COMMUNITY HEALTH PARTNERSHIP

NORTH EAST UNIT

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Subject: Update Report to the Local Area Partnership

1. NHS Lanarkshire Wide Update

1.1 Re-shaping Care for Older People

This initiative is part of a wider programme to reshape and shift the balance of care for older people with a greater focus on caring for and supporting older people within their homes and local communities. Finance has been set aside to support this work and to develop local capacity over the next 4 years. The voluntary and community sector are playing a key role in taking this work forward and a dedicated worker from a local community group has been identified within each of our six localities. Initially their role will focus on mapping and scoping gaps in service provision from a local context which will assist in the development of services primarily from that sector. This Local Development Programme will also require to set up and lead a locality based “consortium” to pull key partners together to ensure that there is no duplication of service and that any funding is utilized to the benefit of supporting people to remain within their community should they so wish. The local lead for Bellshill is Orbiston Neighbourhood Centre and any developments will be reported to the LAP as they emerge.

1.2 Treatment Room Review

The Treatment Room Review, detailed in previous reports, has now been fully implemented within Bellshill Health Centre & Viewpark Health Centre having access to the Keep Well Programme within both facilities. Keep well is an anticipatory care programme for people aged between 40 – 65 years living in the 20% most deprived area zones. It is a proactive screening programme with a view to preventing Coronary Heart Disease where possible and maximizing the treatment regimes of patients with disease when required. It consists of a simple blood test, screening assessment and lifestyle advice. Where necessary access to General Practice for treatment or lifestyle services such as Smoking Cessation are actioned.

2. Locality Update

The Locality hosted a speed networking event on behalf of the Locality Health & Care Partnership on 19 May, 2012 to raise awareness of the specialist nursing provision available in the locality. The focus of the day was to increase knowledge, awareness and understanding of the core long term conditions service provision and specialist nursing provision available.

In addition to ensure a wide range of information was available on the day, organisations were invited to set up information stalls and take part in the event.

Staff were able to meet specialist nurses via speed networking on facilitated tables. Services represented included cancer; respiratory; diabetes; stroke; District Nursing; older peoples; Cardiac.

Early feedback has proven very positive from both attendees and facilitators.

3. Health Improvement Update

3.1 Detecting Cancer early

When compared to other European countries and in particular the Nordic countries, 5-year survival following a cancer diagnosis is below the average. When this data is analysed further it appears that most of the excess mortality occurs in the first year following diagnosis. Excess mortality is due to advanced disease at presentation, although there is also some evidence to suggest that co-morbidity may also be a factor. In addition, there is expected to be an increase in the incidence of cancer in Scotland as a result of the ageing population.

To address this a new Scottish Government programme “Detecting Cancer Early” has been launched to improve the 5 year survival rate for people in Scotland diagnosed with cancer.

The following objectives will contribute to the aim of the programme:

- To increase the proportion of people with stage 1 disease at diagnosis
- To improve informed consent and participation in national cancer screening programmes to help detect cancer earlier and improve survival rates
- To raise the public’s awareness of the national cancer screening programmes and also the early signs and symptoms of cancer to encourage them to seek help earlier
- To work with GPs to promote referral or investigation at the earliest reasonable opportunity for patients who may be showing a suspicion of cancer whilst making the most efficient use of NHS resources and avoiding adverse impact on access
- To ensure there is sufficient capacity in the screening programmes to meet the expected increase in those choosing to take part
- To ensure that imaging, diagnostic departments and treatment centres are prepared for an increase in the number of patients with early disease requiring treatment
- To strengthen data collection and performance reporting within NHS Scotland to ensure progress continues to be made on improving cancer diagnosis, treatment, referral and survival.
- To facilitate further evaluation of the impact of public awareness campaigns on the stage of cancer at presentation and to contribute to research that establishes evidence for the link between late presentation and survival deficit

This programme is supported by a new cancer HEAT target:

HEAT target: By end of December 2015, to achieve a 25% increase over the baseline proportion of those diagnosed and treated in the first stage of cancer (for the three types combined: breast, colorectal and lung).

High levels of socio-economic deprivation have led to particular areas of Lanarkshire having low uptake for all three cancer screening programmes. Mortality rates from cancer in the 10% most deprived areas are around 1.5 times those in the 10% least deprived areas (*Equally Well: Report of the Ministerial Taskforce on Health Inequalities*). This target will encourage NHS Boards to scrutinize differences in survival rates among different groups (gender, race, affluence) and identify those groups where the most effort at targeted interventions (eg to improve uptake of screening) will yield the biggest impact on target compliance. Examples of such interventions have used programmes grounded in local communities where people support each other and where people are provided with the information about symptoms that enable them to make the informed choices about seeking help.

Each of the cancer screening programmes is likely to undergo significant development/change in the next few years.

3.2 Well Connected

Well Connected, launched in February 2012, is Lanarkshire's social prescribing programme that makes it easy for people to take part in and benefit from activities and services that we know can improve wellbeing. There are eight Well Connected areas:

- Physical Activity and Leisure (including outdoors)
- Volunteering
- Employment
- Arts, Creativity and Culture
- Welfare and Benefit Advice
- Life Long Learning/Training
- Healthy Reading
- Stress Less Classes

Supporting Resources

Information on the Well Connected Programme and how to access each of the eight areas is available in the form of an A5 booklet, poster and concertina cards.

Stress Less Classes

The Stress Less Classes provides an evidence based model for supporting the management and or prevention of mental ill health and promotion of wellbeing. The programme consists of six structured classes based on the cognitive behavioural model, enabling participants to develop skills and techniques to manage common mental health issues caused by modern day living highlighted in Steps for Stress.

Each of the six sessions lasts 90 minutes. A minimum of two courses will be run over the year in each locality, offering day and evening sessions. The classes took place during April and May at the Bellshill Cultural Centre with the next course planned for August. The daytime classes have been popular with around 35 attending and 16 attending the evening sessions. They will be delivered by

the local psychological therapy teams and supported by Community Education (in South Lanarkshire).

Locality Health Improvement staff will support the Stress Less Classes specifically by identifying suitable venues (accessible preferably with crèche facilities) to hold approximately 50 people. Staff will also assist with the promotion the programme with local partners and community groups.

3.3 Healthy Start

In April, Healthy Start posters were produced to raise awareness of the Healthy Start vitamin distribution Health Centres. Posters along with a cover letter information on the scheme, an, where relevant the NHSL guidance on Vitamin D were sent to all nurseries, pharmacies, GPs and GP practices, health centres, community midwives and PHN teams. The aim was to increase awareness for both health professionals and the public how and where to collect their Healthy Start vitamins. Quarter 1 vitamin distribution data (April-June) are due early July.

From April all new parents are sent an invitation to attend a weaning workshop and infant massage programme. Both workshops are run on Tuesday mornings in Daisy Park Community Centre. The weaning workshops run over 2 weeks and are given weaning packs. Infant massage workshops run over 5 weeks and given an information booklet. Both workshops are also being delivered in nurseries and by community learning and development. Attendance and evaluations for quarter 1 are due early July.

3.4 Healthy Eating

NHS in partnership with Lanarkshire Community Food and Health Partnership has extended the funding of a development worker to deliver Training for Trainers to build capacity in the community on food and practical cooking courses. By training up our partners in Community Learning and Development and the voluntary sector we are ensuring sustainability.

The trainers will be supported with an electronic NHSL resource pack, access to training resources, Cooki-it kit (cooker, utensils and equipment needed to deliver the sessions) the development worker will support them in the initial sessions.

4. Conclusions

The LAP members are asked to note the content of this report for information.