

## **Cheshire and Merseyside Prevention Board Update Report, November 2018**

The Cheshire and Merseyside (C&M) Health Care Partnership Prevention Board is led by Senior Responsible Officer (SRO) Jon Develing and Clinical Lead for Public Health Eileen O'Meara.

### **Strategic prevention priorities**

1. High blood pressure.
2. Alcohol harm.
3. Antimicrobial resistance (AMR).
4. Physical activity.

### **Whole system change enablers**

1. Cheshire and Merseyside Population Health Framework.
2. Making Every Contact Count (MECC).

### **Strategic Prevention Priorities**

#### **High Blood Pressure (BP) / Hypertension**

High BP is C&M most common condition and risk factor for Cardio Vascular Disease (CVD). "Saving lives: Reducing the pressure" is the C&M five year cross-sector strategy to tackle high blood pressure. Progress includes:

The Prevention Board has been asked to support a **Northern Framework for CVD**.

The **Annual BP report** is currently being prepared and will available in the Autumn. This will provide detail on individual projects across C&M this year.

#### **Blood Pressure Testing**

120 Healthy Living Pharmacies (HLPs) across C&M have been recruited with 86 HLPs trained to date and 69 actively conducting Blood Pressure (BP) checks. Dependent on results individuals receive signposting information, brief advice and or referral to their GP.

The **'Know Your Numbers'** September campaign will be running with all the C&M HLPs registered as pressure stations. This is supported by British Heart Foundation (BHF) funding.

#### **Merseyside BP testing**

- 700 plus residents had BP checks by local pharmacy this year.
- 900 plus residents had BP checks by Merseyside Fire and Rescue Service as part of their safe and well visits this year.

#### **Cheshire BP testing**

- 230 plus residents had BP checks by their local pharmacy this year.
- 240 plus residents had BP checks by Halton's Health Trainer Service this year.
- 2000 plus residents had BP checks as part of the British Heart Foundation funded Wellpoint Health kiosk. This is being trialled across Warrington and enables people to check their BP, heart age, BMI and body fat composition. Of those tested around 1 in 5 people had high blood pressure.
- 250 Cheshire Fire and Rescue Officers are to be trained to take BP to enable more Cheshire residents to be checked and raise awareness of BP.

### **BP Testing Funding update**

- NHS E funding secured to match CCG financial contributions to support BP in pharmacies.
- NHS E funding secured to deliver MECC webinars for C&M HLPs.
- £100K has been awarded from the British Heart Foundation bid (round 2) to further support community BP detection with a focus on workplace and workforce health.
- The Innovate UK CVD Test bed bid application was unsuccessful. This had a focus on digital technologies and innovations to support BP, Atrial Fibrillation and Cholesterol detection. The BP board is currently exploring ways to take this work forward.

### **General Practice Quality Improvement work**

- There are 9 general practices from across C&M who are being supported to implement best practice for diagnosis and management of patients with high blood pressure.
- NHS E funding (15.5K) has enabled the development and interim evaluation of a C&M Blood Pressure Quality Improvement (BPQI) package, a nursing focussed tool that embeds into EMIS to support NICE compliant BP care in general practice.
- Dashboard / template refinement almost complete.
- Insight work with early adopting practices also almost complete. Emerging theme is the BPQI package very positively received by general practice team. Full report due shortly.
- Early quantitative data with 3 early adopting practices is encouraging. After 3 months substantial improvement in performance against most NICE Hypertension Quality Standards indicators demonstrated.
- C&M BPQI partners have accepted an invitation to join a national PHE-led multiagency steering group which is developing a CVD prevention decision support and audit support tool for general practice. First meeting due to take place during September.

### **Happy Hearts Website**

- NHS Right Care Team are working with C&M partners to develop a C&M CVD prevention 'Happy Hearts' website. This will offer CVD information and support to the public and professionals.
- Launch date is planned for September 2018 to support the 'Know Your Numbers' campaign which encourages everyone to understand and know their BP numbers.

### **Alcohol Harm Reduction**

Reducing alcohol-related harm is a priority for all health and wellbeing boards in C&M. The alcohol working group has developed a plan to improve the treatment and prevention of alcohol misuse across C&M. The following actions are identified for scaling-up action to identify, treat, and prevent alcohol misuse within healthcare settings:

- All acute trust to engage with Commissioning for Quality and Innovation (CQUIN) 9d and 9e indicators (MECC and Audit C Screening) to enable greater identification of, and provision of brief advice and/or referral to harmful and hazardous drinkers.
- Develop a common Cheshire and Merseyside Alcohol Pathway to provide greater consistency in quality of care, and to enable earlier intervention and prevention of alcohol-related harm.
- Develop an alcohol dashboard, including measures of care for alcohol-dependent patients, e.g. treatment of acute alcohol withdrawal, in acute trusts to provide quality assurance and benchmarking of the acute aspect of alcohol care.
- Develop a common training and competency programme for alcohol services in acute trusts. This will provide greater consistency of care and enable more effective intervention and prevention of alcohol-related harm.

- Promote adequate resourcing and funding of acute trust alcohol prevention services in proportion to local need.

Royal Liverpool and Broadgreen University Hospital Trust is supporting the development of standardised model of care and pathway for C&M. The working group will be consulting with hospital trust Chief Executives across C&M to develop and further implement this work.

### **Antimicrobial Resistance (AMR)**

Anti-microbial resistance is Public Health England's highest priority and is of global importance. The C&M AMR Board was established in 2018 with the aim of reducing antibiotic resistance through tackling inappropriate prescribing. Membership includes consultant microbiologists, GPs, medicines management and public health.

There are three geographical areas across C&M, each with an AMR lead consultant microbiologist. These are:

1. Dr Jonathan Folb - [Jonathan.Folb@rlbuht.nhs.uk](mailto:Jonathan.Folb@rlbuht.nhs.uk)  
*Liverpool, South Sefton, Southport and Formby CCGs*
2. Dr Rajendran Rajesh - [Rajeshrajendran@nhs.net](mailto:Rajeshrajendran@nhs.net)  
*Eastern Cheshire, Western Cheshire, South Cheshire, Vale Royal and Wirral CCGs*
3. Dr Michael Fisher - [Michael.fisher@sthk.nhs.uk](mailto:Michael.fisher@sthk.nhs.uk)  
*Warrington, Halton, Knowsley and St Helens CCGs*

For each place based care systems an action plan will be developed and a working group established. Across the three areas there will be one antimicrobial formulary / guidance.

Two recent bids have been submitted, one to HEE and another to CM LWAB.

### **Physical Activity**

The prevention board has approved physical activity as a strategic priority for C&M. Meetings are planned with key stakeholders to set out scope and strategic intentions.

### **Whole system change enablers**

#### **Cheshire and Merseyside Population Health Framework**

A Cheshire and Merseyside Population Health Framework has been developed. This sets out evidence based guidelines partners can use to create a transformational and sustainable shift in the health and wellbeing of the C&M population.

- The framework has been supported by the C&M Health and Care Partnership Board.
- NHS E has recognised the framework as good practice and has shared it with their Population Health Delivery Board and their network.
- Best practice examples across C&M are being collated to share how the framework can be implemented.
- A paper has been written to support the framework going to Health and Wellbeing Boards.
- Wirral are using the framework to audit current practice and identify areas for action.

## **Making Every Contact Count (MECC)**

Making Every Contact Count (MECC) is an evidence-based behaviour change approach to improving people's health and wellbeing. It utilises the day to day interactions people delivering health and wider services have with people.

**Local Workforce Action Board (LWAB) funding of £120,000** has been secured to support MECC delivery across C&M through:

- 1) Changing organisational culture, MECC as everyday practice.
- 2) Upscaling training.
- 3) Maximising impact through communications and engagement.

### **The C&M MECC Partnership Board**

- This has been established and met for the first time on 27<sup>th</sup> July.
- The board is co-chaired by Rachael Gosling, Public Health England and Jon Develing, C&M Health and Care Partnership.
- The board will provide oversight of the MECC strategic framework. Three task and finish groups have been established to support delivery, these are:
  - Training.
  - Communications and engagement.
  - Evaluation.

To date 17 out of 18 trusts have signed up to MECC and made contributions towards the delivery of MECC face to face training. Resources have been developed and a training plan is being implemented.