August 2017 Update

Engagement and Communications

Get involved with the work of your local NHS!

In September we will be attending various events to share our local healthcare initiatives and successes.

The NHS Expo takes place on Monday and Tuesday, 11th and 12th September in Manchester. The EXPO is a national event for NHS organisations to share their successes; we have been invited to showcase on Monday 11th September. To check ticket availability visit https://www.england.nhs.uk/expo/

One of the biggest events we attend is the Westmorland County Show, which takes place on Thursday 14th September. The annual event gets more than 35,000 visitors per year and is a great opportunity for us to listen to public views and engage with attendees about their health and wellbeing.

A new event for 2017 is the Lancaster Healthfest, which takes place September 21st — 23rd. Lancaster Health Festival will give people the chance to have a health check, try gentle exercise, learn about healthy eating, join in conversations and much more. To find out more you can visit the Facebook page:, simply search for “The Lost Art Of Living"

Finally a number of Better Care Together Partners are also holding their Annual Member and General Meetings

- North West Ambulance Service NHS Trust—Thursday 14th September, 10am at Leigh Sports Village, Manchester
- NHS Morecambe Bay CCG—20th September, 1pm at Moor Lane Mills, Lancaster
- Blackpool Teaching Hospital NHS Foundation Trust - Thursday 21st September, 5pm at Blackpool Sixth Form, Blackpool
- University Hospitals Of Morecambe Bay NHS Foundation Trust—21st September, 10:30am at Forum 28, Barrow
- Cumbria Partnership NHS Foundation Trust—28th September, 10:30am at Stoneybeck Inn, Penrith

Get involved with the work of your local NHS!
Evaluation set to focus on key areas of Better Care Together

University of Cumbria’s specialist centre for commissioned research in Health and Social Care Evaluation (HASCE) will be continuing their evaluation of Better Care Together until September 2018. Their work so far with Better Care Together has been highlighted as good research practice by the national New Care Models team in the Department of Health, and shared with other vanguard sites in England.

Over the next 12 months, HASCE will be refining the focus of their evaluation to look at three Integrated Care Communities in particular – Bay, East and Barrow Town – and the work being done there on paediatrics, frailty and respiratory pathways. HASCE will continue to conduct interviews with staff and stakeholders, and will be holding focus groups with patients and patient representatives. The data collected will be analysed alongside quantitative and economic data in order to review the effects of the programme so far, and to identify what the key ‘active ingredients’ are in the Better Care Together New Care Model.

On September 19th, HASCE will be holding the third of their series of workshops at the Crooklands Hotel, near Kendal. By bringing together a wide range of views from across different areas of the health economy, these discussions will help to articulate the key successes, and main obstacles. For further information about the workshop, or any of HASCE’s evaluation activities, please contact Kim.Shuttleworth@cumbria.ac.uk

Local clinicians work together to reduce the number of strokes in Morecambe bay

People in north Lancashire and south Cumbria are more likely to suffer a stroke than in other areas of the country and the local health and care system is determined to change this. A stroke can have devastating consequences for those that suffer one, so we have made a commitment to make tackling stroke in our communities one of our top priorities.

Bay Health and Care Partners has committed to using a ‘population health’ approach to tackle stroke in Morecambe Bay.

A population health approach aims to improve health outcomes for the whole population and address inequalities in health. Using this approach, we will target our resources based on the best available evidence to improve the health of the people of Morecambe Bay.

In addition to improving care for people who have suffered strokes, we will be increasing our efforts in stroke prevention through better diagnosis and management of risk factors such as high blood pressure, diabetes and irregular heart rhythms. We have set ourselves an ambitious goal of reducing the number of people who die from stroke by 50% in just two years.

As we get older, the arteries can naturally narrow but certain things can dangerously accelerate the process, such as smoking, high blood pressure, high cholesterol, and diabetes. We can significantly reduce our risk of having a stroke by leading a healthy lifestyle - eating a healthy diet, exercising regularly, reducing alcohol intake, and not smoking. Making small changes like this, to our lifestyles really can make a difference.
In Hospital

Cardiac Centre officially reopened following £1m revamp

The Morecambe Bay Cardiac Centre at Westmorland General Hospital (WGH), which treats in excess of 1,000 patients every year, was officially opened following an investment of more than £1m from University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT).

The investment included new specialised cardio-vascular imaging equipment and a full refurbishment of the Cardiac Catheter Lab Theatre Suite.

University Hospitals of Morecambe Bay NHS Foundation Trust Chair Pearse Butler cut a ribbon to mark the opening of the centre and a party of more than 50 guests, staff and directors heard speeches from Alison Capps-Nevett, Lead Radiographer for Morecambe Bay Cardiac Centre and Dr Adrian Brodison, Clinical Lead Cardiologist.

Mr Butler said: “It was an honour to open the cardiac centre today which will benefit so many people around Morecambe Bay for years to come.”

Morecambe Bay Cardiac Centre was commissioned in early 2003 as part of a New Opportunities Fund project to increase Cardiac Catheter Lab provision nationally. It opened at WGH in April 2004, bringing a specialist service to the Kendal site. Prior to this, patients travelled to Blackpool Victoria Hospital for Cardiac Catheter Lab procedures. The number of Cardiology Consultants has increased at the Trust since 2004 from two Cardiologists, to a current total of six.

Engagement

We’re working on a number of priorities

During this financial year—which runs until March 31st 2018—Bay Health and Care Partners will be working on a number of priorities, which include:

Elective care – new arrangements for outpatient appointments, improving care pathways and delivering more care out of hospital.

Women’s and Children’s - offering more appointments in community bases, developing an integrated children’s nursing team and trailing telehealth.

Out of hospital care – improving care planning for people living with frailty and providing more intermediate care, improving self-care for people with long term conditions and supporting happy and healthy communities

Prescribing - making best use of the prescribing budget to improve the health outcomes: with the right treatments that are of good quality, are evidence based and improve the consistency of care.

Health professionals will also work in partnership with their communities in local areas to keep people as fit and well as possible, both mentally and physically.

They will do this by helping people manage their own conditions – either at home or within their local community, and by developing an “Accountable Care System” to allow health organisations to work more closely together to maximise the impact of our resources, and stop unnecessary duplication.

We really value patient, public, community, voluntary and faith sector input into our planning, and will continue to learn from their feedback and their own community-led health initiatives. To find out more about our plans visit us and read our guide at www.bettercaretogether.co.uk
Taking best practice from Garstang to London

Helen Kerrigan-Hawkes, a community matron working in Garstang, travelled to London recently to showcase the work being done locally to improve the care of frail older people. Helen was supported by NHS England and Kings University London to develop a Quality Improvement Project addressing the needs of frail older people.

Garstang has a rural population with a high percentage of older people, 26.9 % of the population. Frailty is currently high on both national and local agendas, due to ageing demographics and the rising cost of healthcare.

This generation of older people sometimes has an intricate mix of health and social care needs alongside multiple long-term conditions. Due to vulnerability simple problems can cause frail patients to deteriorate quite suddenly.

Helen developed a frailty assessment tool within an assessment facility to plan care closer to people’s communities and support new pathways of care to reduce inappropriate hospital admissions.

During a six-month period 250 patients were assessed and signposted to other services to allow them to live safer in their own homes. Only a small number of patients were readmitted into hospital and the majority of patients highly recommended the service.

The frailty work continues in Garstang and many more patients have had their needs assessed with an individual and self-care focused service.

Helen presenting in London

We want you to get involved

We welcome staff, patient and public involvement in the development of the Better Care Together strategy, and hope you have enjoyed reading this update.

You can keep in touch with Better Care Together developments and news in a variety of ways:

- www.bettercaretogether.co.uk
- @BCTMorecambeBay
- bettercaretogether@mbht.nhs.uk

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