

Trust Board Report

Meeting Date:	23 rd July
Title:	MECC & WHO HPH
Executive Summary:	<p>Making Every Contact Count (MECC) Is a national programme, promoted as an ambition by NHS Midlands & East SHA cluster.</p> <p>In essence MECC seeks to promote healthy lifestyles and facilitate behavioural change (eg stop smoking, reduce alcohol, lose weight). All appropriate staff are trained to give advice & signposting to all patients / relatives / staff who attend the site.</p> <p>WHO Health Promoting Hospital Network (WHO HPH) supports a self- assessment tool that any Hospital can apply to the organisation, to improve the delivery of Health Promoting Activities.</p> <p>The benefits of adopting MECC and the application of WHO HPH self-assessment should include :- Integration of Preventative Healthcare into the organisation, improved outcomes at surgery, reduced smoking and alcohol consumption across the City. This is a Quality and a Patient Experience issue that may also improve long-term Health of our patients.</p> <p>The staff are in place to deliver these programmes, although there needs to be increased managerial support.</p>
Action Requested:	Adopt the Making Every Contact Count WHO Health Promoting Hospitals Network programmes.
Report of:	Ian Perry
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Resource Implications:	Managerial time.
Public or Private: (with reasons if private)	Public Session

References: (eg from/to other committees)	
Appendices/ References/ Background Reading	<p>Implementing Health Promotion in hospitals: manual & self assessment forms.</p> <p>http://www.euro.who.int/en/what-we-do/health-topics/Health-systems/public-health-services/activities/health-promoting-hospitals-network-hph</p> <p>The NHS's role in the public's health. A report from the NHS-Future-Forum. http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_132114.pdf</p>
NHS Constitution: (How it impacts on any decision-making)	<p>In determining this matter, the Board should have regard to the Core principles contained in the Constitution of:</p> <ul style="list-style-type: none"> ✦ Equality of treatment and access to services ✦ High standards of excellence and professionalism ✦ Service user preferences ✦ Cross community working ✦ Best Value ✦ Accountability through local influence and scrutiny

Background Details

1	<p>Health Promotion / Preventative Health</p> <p>This means many things to many people. My simple definition is helping patients to adopt and maintain healthier lifestyles with specific reference to alcohol, smoking, exercise, nutrition and obesity. This frequently requires a change in behaviour. There is some evidence, and significant national support, for programmes based on identification and brief advice that demonstrate change in behaviours. These programmes as best delivered by trained individuals. In this setting the Number Needed to Treat (NTN) to result in smoking cessation is of the order of 20 and for alcohol reduction is 8.</p> <p>Health Promotion goes on throughout the organisation in many informal settings. There are now also alcohol services, health trainers and smoking cessation services within the Trust.</p> <p>There is no strategic plan for Health Promotion that I am aware of and also no clear management framework that draws these services together to review outcomes, policies and performance.</p> <p>At present we struggle to reach CQUIN targets for smoking cessation.</p> <p>Making Every Contact Count could be used as a vehicle to increase the amount of Health promotion that is delivered through RWHT.</p> <p>The WHO Health Promoting Hospitals Network offers a toolkit that</p>
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could be used to formalise health Promotion within RWHT. If done effectively this should establish health promotion as part of the culture and also enable RWHT to badge itself as a WHO Health Promoting Hospital.

The recent migration of the Healthy Lifestyles team from the community to RWHT provides a workforce / resource that is largely funded through the Public Health services that can undertake this work.

Making Every Contact Count

In essence this programme seeks to empower all staff to speak to all patients / relatives / staff who attend the organisation and discuss health promotion issues.

A more practical approach is to empower all appropriate staff to have appropriate discussions and refer / sign-post to trained staff who are best placed to deliver brief interventions that are likely to result in behaviour change.

This will require the identification and training of appropriate staff (Champions) and the support of the smoking / alcohol and exercise programmes.

The Public Health commissioners have funded the healthy lifestyles team to train 200 Champions at RWHT.

Health Promoting Hospitals Network

The “International Network of Health Promoting Hospitals and Health Services” (HPH) was founded by the World Health Organisation – Regional Office for Europe in 1990. Its specific objectives are :-

- i) To change the culture of hospital care towards interdisciplinary working, transparent decision-making and with active involvement of patients and partners
- ii) To evaluate health promotion activities in the health care setting and build an evidence base in this area
- iii) To incorporate standards and indicators for health promotion in existing quality management systems at hospitals and at national levels

Membership of the Network is gained following the submission of a completed self assessment tool kit that addresses 5 standards, with multiple indicators or measures within each standard :

Standard 1 : Management Policy

Standard 2 : Patient Assessment
Standard 3 : Patient Information and Intervention
Standard 4 : Promoting a Healthy Workplace
Standard 5 : Continuity and Cooperation

The preventative health group has already submitted a baseline self-assessment document to the SHA as part of the Clinical Champion programme. There are some areas, particularly in terms of management policies and performance management that would need to be pursued before a formal application was at a level that is likely to be accepted by WHO.

It is to be noted that the Children Hospital Birmingham are at the point of submitting to WHO and have received positive feedback from the team in Copenhagen which will assess the application.

Healthy Lifestyles team.

The department has a Budget of approximately £2 million and consists of nearly 60WTE

staff delivering the following services :-

- Stop Smoking Service.
- Walking For Health (including a volunteer walk leader workforce)
- Food Health Service.
- Expert Patient Service (including a volunteer workforce for delivery of the program)
- Health Trainer
- Health Checkers.
- Administration support
- Health Champions (Community Volunteer workforce)

The following outcomes are commissioned by Public Health Commissioners through healthy Lifestyles team:-

- Train and support 200 front line workers/ community members
- 13,500 Health Checks
- 8,800 Health Trainer interventions
- 2,043 4 week smoking quitters (including 90 pregnant clients)
- 1,500 clients improved physical activity
- 1,500 clients reduce physical activity
- 2,000 clients achieve 5% weight loss (including 100 new mothers)
- 6,000 clients achieve improved mental wellbeing