



Healthier Together Strategy Document 2019

Achievements from 2018

1) Education and training

- Primary care – collaboration with Wessex Local Medical committees (LMC – Helen O’Reilly) to deliver paediatric training programme based on HT clinical pathways to GPs in Hampshire and IoW – IoW (31/10/18); Portsmouth (26/3/19), Salisbury (2/7/19), Southampton (26/9/19) and Basingstoke (28/11/19). New workshops written on limp, lymphadenopathy, unsettled baby and UTI – being piloted in Dorset by Dorset primary care workforce centre.
- ED – development of ED workshops based on HT pathways (common resp presentations -bronchiolitis, asthma/wheeze and croup; gastro presentations; head injury; respiratory tract infections and mental health presentations). Piloted in Southampton and Portsmouth and being rolled out across Wessex. Workstream led by David James (UHS) and Alan Charters (Portsmouth)
- Paediatric trainees – training based on HT resources added to PREP 1 programme – delivering integrated care and population health (6/11/18). Interactive cases on feeding/unsettled baby (5/2/19) and gastro, limp and infections (6/8/19)
- NHS 111 clinicians – clinical pathways for remote assessment and safety netting sheets produced for NHS 111 clinicians on fever, cough/SOB, earache and sore throat (David James, Olie Morris, Sanjay Patel, Rhianna Lofthouse and Carol Snow). Training day delivered to SCAS NHS 111 clinicians on 30/10/18. Forms part of a wider piece of work to improve the provision of care to children by NHS 111 (HIOW STP project)

2) Parental health literacy

- Being piloted by Southern Health as part of the first time parent’s group; NHS numbers being collected on children and rate of ED presentations of children whose parents have attended workshops is being collected.

3) Strengthening of regional networks

The following networks have contributed to the content of the HT website and its implementation:

- Community provider network
- Public health network
- Maternity network (SCN network)
- Mental health network (SCN network)
- Paediatric ED network (Wessex network)

4) Website content

The following sections of the website have been updated & improved or added:

- Neonatal content – “worried that your baby under 3 months is unwell”
- Parenting tips
- NHS 111 section
- New clinical pathways and safety netting sheets – updated feeding pathways

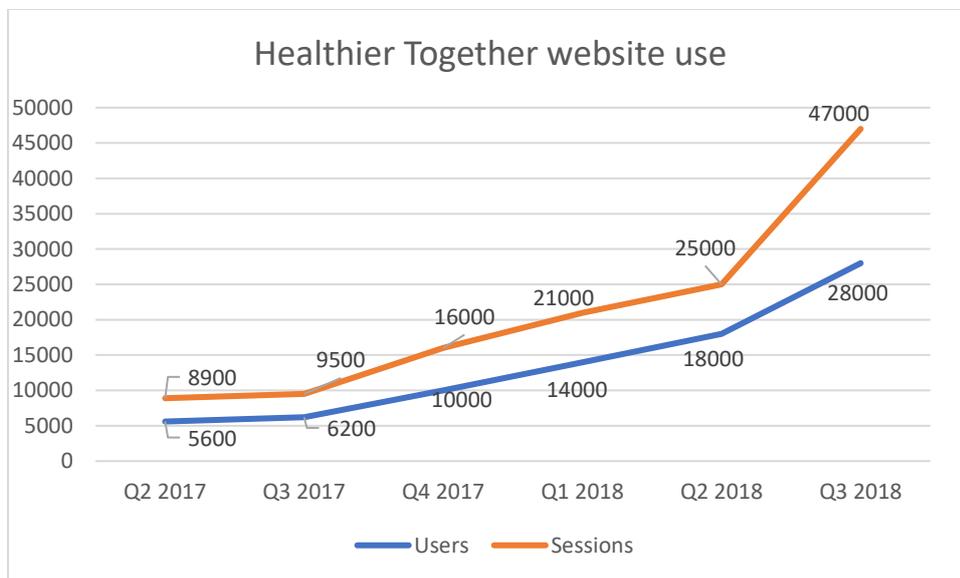
- Empirical antibiotics prescribing guidelines for community based staff – aligned with 2° care prescribing guidelines (PIER guidelines)
- YP resources – mental health
- Perinatal mental health

5) School's programme

- Collaboration between HT and Simon Says (bereavement charity) – lesson plans developed for KS2 children on anxiety, depression, self-harm and bereavement. Train the trainers programme delivered and resources being piloted in 6 schools (Autumn term 2018) – formal evaluation being conducted

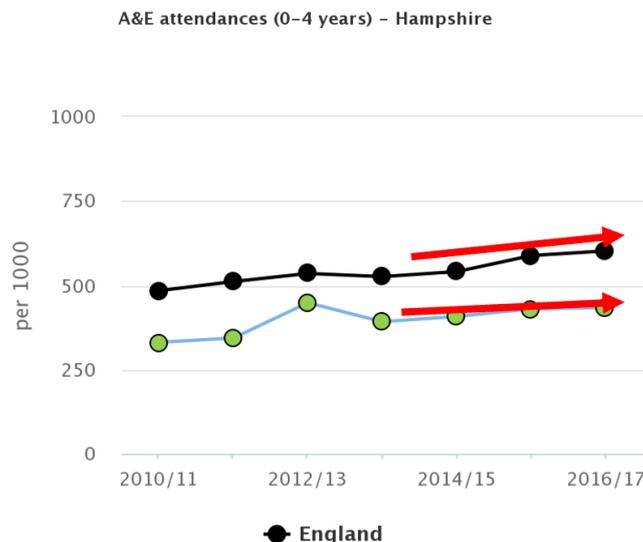
6) Evaluation of HT initiative

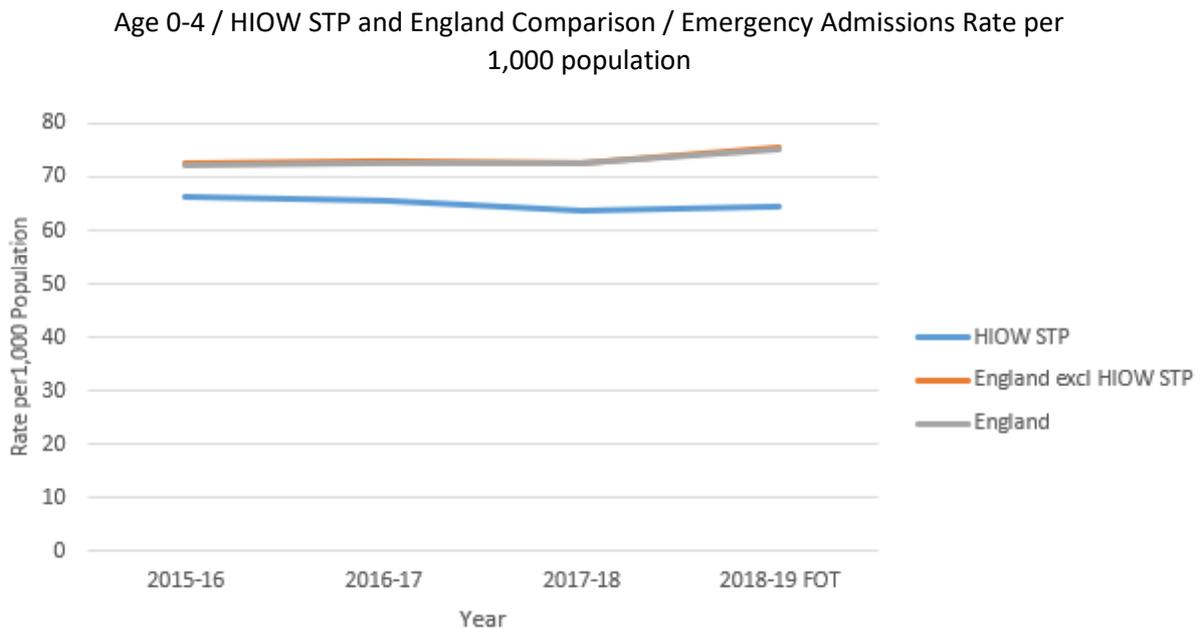
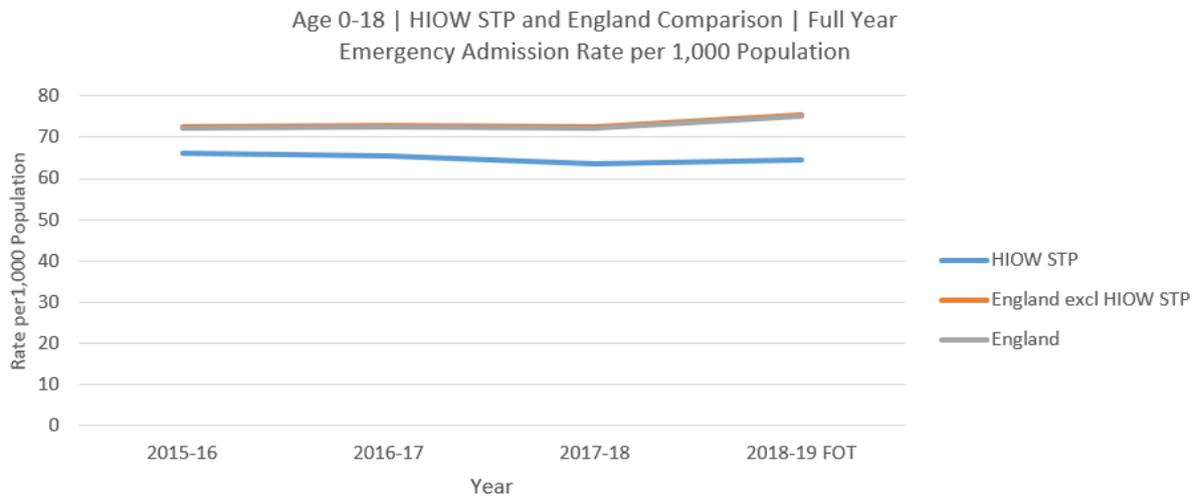
- Qualitative – formal evaluation by qualitative research team from the University of Winchester conducted on 2017/18 – published 2018 (<https://selfcarejournal.com/wp-content/uploads/2018/03/Lees-A.-9.1.1-15.pdf>)
- Quantitative – website hits over past 12 months demonstrate vast increase in website use:



Q1 = Apr-Jun, Q2 = Jul-Sept, Q3 = Oct-Dec, Q4 = Jan-Mar

- Impact on urgent care metrics – being evaluated using STP urgent care dashboard (<https://what0-18.nhs.uk/resources>) and PHE fingertips data; rates of ED presentations for children has plateaued in Hampshire, UK average continues to rise:





7) Embedding HT within wider system change

The collaborative approach promoted by the HT initiative and the clinical pathways/educational resources subsequently developed has provided the foundation for a number of regional initiatives being piloted by the children's programme of the Hampshire and IoW STP:

- Connecting care children's hubs
- NHS 111 offer for children
- Parental health literacy
- Supporting self-care and parental resilience through a digital nudge

Proposed activities for 2019

Education and training

- Continue supporting the GP education programme in partnership with the LMC. James Edelman appointed to HT / PIER education lead role (1PA) Jan 2019.
- SIM course on 'low frequency, high impact' events such as a septic child, a seizure, acute breathing difficulties etc in a GP surgery -covers acute management and decision making. Workshops already written and pre-existing faculty who have taught before – LMC to support ideally (James Edelman).
- Develop new ED workshops and pilot them (David James to lead)

- Write maternity workshops and pilot them in partnership with the Wessex maternity academy (Holly Green to lead)
- Deliver training to health visitors (in partnership with Solent, Southern Health, IoW council and Dorset Healthcare). Whole day workshops to qualified HVs and resources for delivery during preceptorship for newly qualified HVs and new starters.
- Pharmacists (training of community pharmacists in collaboration with CPSC (Debby Crockford), pre-reg and early post-reg pharmacists in collaboration with HEE Wessex (Mark Miell and Hayley Wickens) and undergraduate teaching (University of Portsmouth, Mike Vickers). To develop workshops (pilot on a group of pre-reg pharmacists), finalise them and then run train the trainers workshops.
- Develop paramedic training programme in partnership with SCAS (David James to lead)
- Podcasts for healthcare professionals – supporting the Fontanelle resources being developed by Caroline Storey (paeds trainee). Podcasts on D+V and UTI already produced. Aim to produce podcasts on all the current HT pathways. Consider whether the podcasts can be adapted for parents.

Parental health literacy

- Continue Southern Health evaluation and collaborate with Dorset Healthcare to pilot workshops in Dorset
- Produce new workshop on the infant feeding and the unsettled baby (Aude Cholet to write)
- Closer collaboration with public health teams; move from annual winter message via schools to monthly messages on relevant topics (signposting to HT website)

Strengthening of regional networks

- Development of a Hampshire 1°/2° care network – in partnership with the LMC (Julia Hempenstall). Inaugural meeting 23/1/2019
 - GPs keen to have a forum to share good practice / quality improvement in order to drive local service improvement. Also could serve an advocacy role to ensure that children have a voice in the system.
 - Keen to include a range of professionals including GPs/nurses/HVs/paediatricians/public health staff – this could be done under the umbrella of Healthier Together.

Website content

- Pregnant women section – parent info/safety netting resources have been developed; being reviewed by Wessex maternity network Jan 2019 (Holly Green leading)
- Parenting tips and child development – being drafted by Hushi Hu and Yan Cheung – for review by the Wessex community paediatric network
- Mental health resources for parents (safety netting sheets/parent info/info for young people) and clinical pathway for crisis care (David James and SCN mental health/Jonathon Prosser)
- Improve content of interactive map – in collaboration with community provider network
- Finalise new clinical pathways / safety netting sheets – eczema (written by Ella Seccombe/ Adam Fityan and being reviewed by Wessex dermatology network); faints, fits and funny turns (written by Alice Lording/Kate Pryde and being reviewed by Wessex neurosciences network); constipation (written by Mark Tighe and being reviewed by Wessex gastroenterology network) and stridor/croup (being written by David James and being reviewed by the Wessex ED network)
- Long term conditions – need to review content on asthma (chronic/poorly controlled), diabetes and epilepsy in terms of advice for community based clinicians and info for parents and young people.
- Prescribing advice section – to include information on info on prescribing infant formula, Ab prescribing and the management of chronic asthma.
- Young person's website (www.h-yp.co.uk) – content to be reviewed by young people; Dorset Healthcare overseeing

Schools programme

- If evaluation shows positive impact of the mental health teaching in schools, to expand the programme to other schools in Wessex and to expand beyond Key State 2 pupils. Will require further funding.

Embedding HT within wider regional initiatives (children's programme, Hampshire STP)

- HT project team providing continued support for the NHS 111 project and self-care digital project (funded by NHS England)
- HT project team supporting a funding bid for an early phase study to develop health literacy interventions for socially disadvantaged parents/caregivers (in partnership with the University of Winchester, Southampton city council and Southampton city CCG)
- Development of an urgent care app for parents, using safety netting content from the Healthier Together website

Securing ongoing funding for the HT initiative

Options:

- To embed HT initiative within the Children's programme of the Hampshire STP – to resource permanent staff costs (project lead and project manager) and website costs.
- To seek funding from the local delivery systems - to resource permanent staff costs (project lead and project manager) and website costs.
- To continue seeking funding through grant applications (HEE Wessex, AHSN, NHS England, Public Health England etc)

Justify the role of the HT initiative in terms of epitomising the vision of the NHS long term plan:

1. Blurring the boundaries between primary and secondary care and supporting the delivery of community-based healthcare
 - a. Pathways spanning primary and secondary care
 - b. Connecting care children's hubs
 - c. Consistent education programme across primary and secondary care
 - d. Morale – network involving community, primary and secondary care staff to improve local services for CYP (LMC collaboration)
2. Redesigning and reducing pressure on emergency hospital services
 - a. NHS 111 project – training the workforce to deliver a paediatric desk within the integrated NHS 111, ambulance dispatch and GP OOH service (Clinical assessment service - CAS).
3. Personalised care to help people gain more control of their health when they need it
 - a. Content of Healthier Together website including signposting to local services (NHS and voluntary sector)
4. Digitally enabled care
 - a. Healthier Together at Hand app – pilot funded by NHS England.
5. Increasing focus on population health, prevention and health inequalities
 - a. Parent health literacy pilot
 - b. "Supporting families from deprived communities" research project
 - c. Collaboration with public health teams – messages via schools
 - d. Mental health – education programme in schools pilot
 - e. Obesity – consistent messages with PHE; embed within schools
 - f. Antimicrobial resistance – evidence supporting impact of HT initiative on Ab prescribing in primary care
 - g. Long-term conditions – focus on asthma, epilepsy and diabetes