

Health Checks in Bracknell Forest

Performance Recovery Programme 2013 to 2015

Bracknell Forest Public Health Team



Introduction

The Bracknell Forest Council Public Health team was newly formed in April 2013.

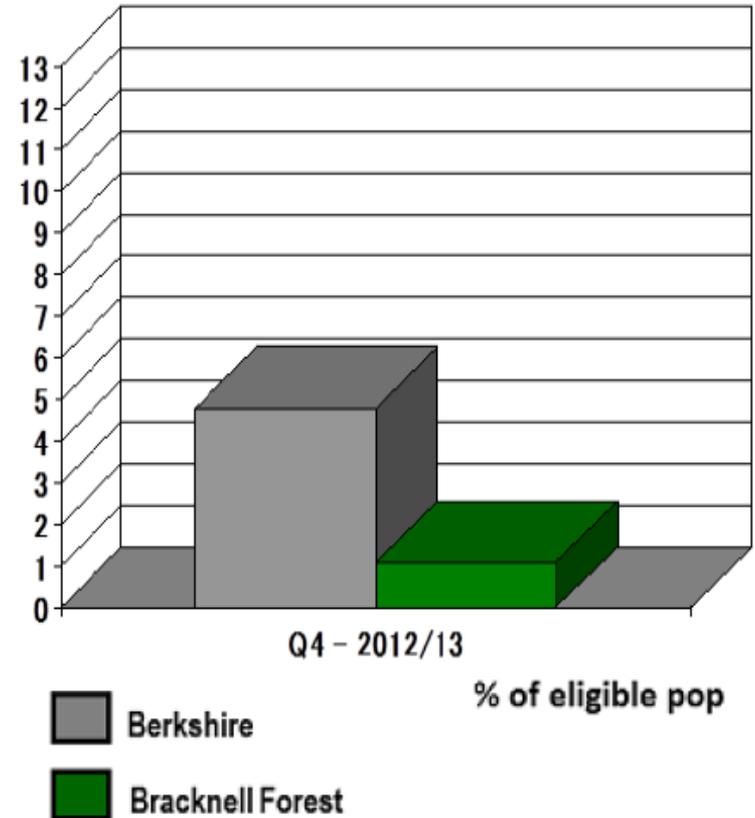
The team inherited a very poor rate of health check delivery.

A recovery plan was put in place, beginning in Primary Care and then extending to other settings.

Performance – 2012/ 2013

In 2012/13 only 365 people received a check.

This represented 1.1% of eligible population.



Primary Care

The team began intensive work aimed at 'selling' health check delivery to general practice teams.

Individual practice visits were used to co-design Health Check programmes with practice staff.

Practices could add their own variations to delivery (eg: appointed HC clinics, POCT, etc).

Primary Care

A 'Best Performer' award was introduced:

- Encouraged competitiveness
- Influenced perceived norms & values

This was over-shadowed a few GPs who were very anti health checks!

We put out a press release of the first winner, along with a testimonial from a patient...



The Delivery of NHS Health Checks in a local General Practice is winning awards. In some cases - it's also changing people's lives!

Public Health at Bracknell Forest Council are pleased to announce the latest winner of the "Best Performer" award for NHS Health Checks. The award has gone to Crown Wood Medical Centre in Bracknell. The practice had a busy summer, carrying out 353 health checks between July and September this year.

The NHS Health Check is for adults in England between the ages of 40 and 74. Those having a check are given a range of simple medical tests, which in turn tell them their own risk of developing serious illness such as heart disease or stroke. This is followed up with advice on how this risk can be reduced and referral to healthy lifestyle initiatives to help make lifestyle changes.

Dr Rao, at Crown Wood Medical Center told us:

Crown Wood Medical Centre has been a part of the NHS Health Checks programme since May this year. Through the programme we have made a number of new diagnoses of hypertension and identified some patients with diabetes. These cases would not have been picked up routinely as the

Primary Care

No change in the fee was ever made. This stayed at £20 per check as it has been in 2012/13.

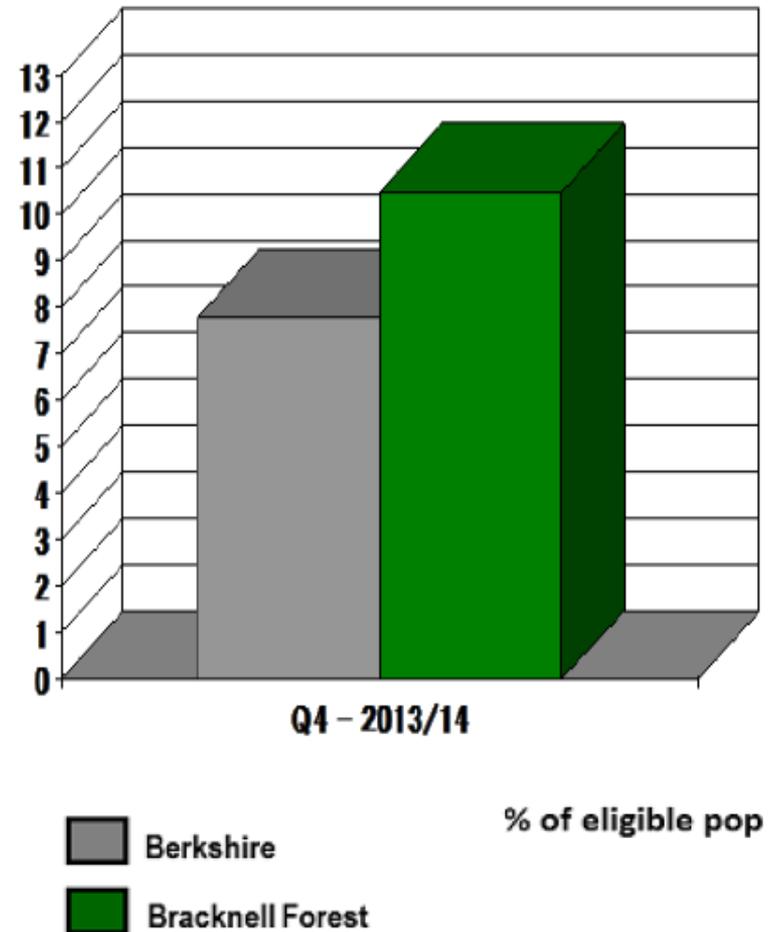
Performance in primary care continued to rise throughout 2013/14.

By the end of the year we had moved from the poorest performer in Berkshire to the best...

Performance – 2013/ 2014

A total of 3423 health checks were delivered.

This represented 10.5% of the eligible population.



Beyond Primary Care

To further improve performance we needed to go beyond traditional healthcare settings.

The aim was to reach those likely to access services through their GP.

We started by developing a new workplace Health Checks service – starting with the council...

Workplace Checks

Health Checks were delivered via Occupational Health.

Case studies from the first wave encouraged greater uptake.

Martin Bourne, BFC team manager development control, went along because of a family history of high blood pressure.

He says: "It was very convenient. You can make an appointment to suit you and spend more time discussing things than might be possible at the GP's surgery.

"I'm a bit of a coward when it comes to needles so I was pleased the blood test was a simple pin prick test.

"It was a very relaxed check-up. We chatted about various health issues and what I could do to improve my lifestyle.

"It didn't show up any major surprises but it did make me think more about my diet to make sure I get my 'five a day'.

"It was a very positive experience. I don't think anyone should be frightened of going. It will provide reassurance, prevention or further treatment."

Hayley Chapple, HR advisor, says: "I found it really helpful. I had my blood pressure, cholesterol levels and BMI checked, among other things.

"I was advised to be a little more active and the nurse explained how to get more fruit and veg in my diet in the form of smoothies.

"I was given a leaflet to take home with all my results on it. It was reassuring."



If you want to register for a confidential free workplace health check email employee.healthcheck@bracknell-forest.gov.uk or, if you don't have access to email, call 01344 352104 and leave a message.

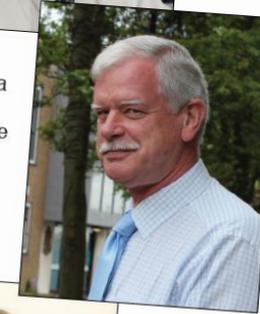
David Elmes, facilities manager, says: "I went along because it was so easy to get a quick appointment.

"I used to have high cholesterol and took tablets for some years which I stopped about two years ago. I also changed my diet during that time.

"The check showed that my cholesterol is normal now, so it was reassuring to know my lifestyle change has really made a difference to my health.

"The check-up was very relaxed. The nurse made more suggestions about my diet and as a result I've cut down on sugar.

"I'm still working up to getting more exercise, though!"



Sandra Davies, head of performance management and governance, says: "I went along to the health check because I knew I was overweight and not following a healthy lifestyle.

"I had a very relaxed chat with the nurse who gave me the information I needed to make some decisions.

"Later I persuaded my sister to start going to Slimming World and since the end of January I've lost 10kg and become more active, which has also helped reduce my stress levels.

"I've now recommended the health check to other members of my team."



Community Settings

The final piece in the puzzle was to offer health checks in community settings.

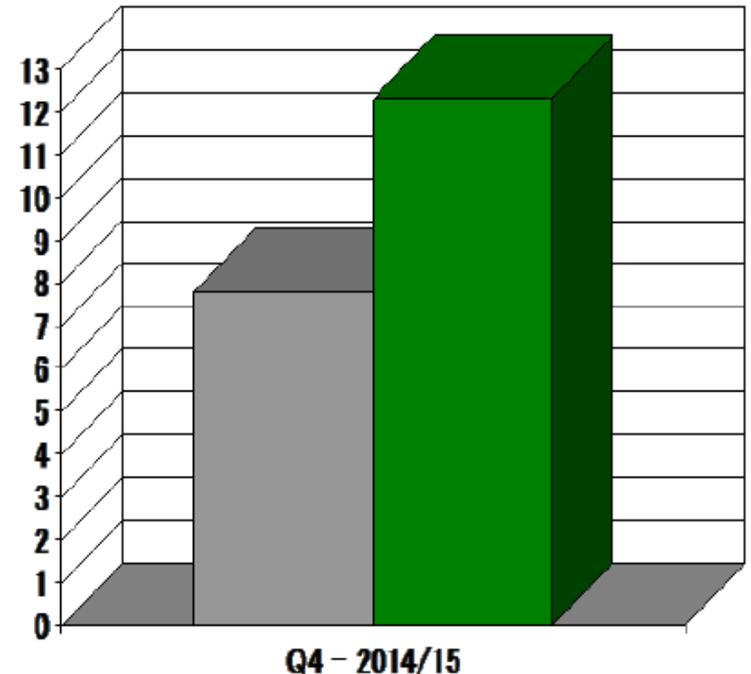
We commissioned S4H to deliver checks as part of our self care week (November)

They used a mobile clinic and also picked up referrals from other services (eg: smoking)

Performance – 2014/ 2015

A total of 4101 health checks were delivered.

This represented 12.3% of the eligible population.



 Berkshire

 Bracknell Forest

% of eligible pop

Summary

The performance improvement resulted in a national award as well as qualified Bracknell Forest for a Health Premium payment.

