

# Health Check News

Devon  
County Council

Helping you prevent heart disease, stroke, diabetes and kidney disease.

## May 2014 - Issue 3

Welcome to the third edition of the **Health Checks Devon Newsletter**.

This newsletter is issued quarterly and gives an informative update on issues relating to health checks. If you would like to receive regular copies of this newsletter, please contact: [lara.snowdon@devon.gov.uk](mailto:lara.snowdon@devon.gov.uk)

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## Health Checks News



### NHS Health Checks Year 1 Complete!

Thank you for your data returns at the end of Q4. We now have a full dataset for the first year of the NHS Health Checks Programme in Devon. In this year, 13.46% of those eligible for a health check have now been invited and 5.73% of those have received their health check. **That is a total of 33,153 health checks offered and 14,142 received.** This is a huge increase since the last quarter and a great result for the first year of the programme!

### NEW Devon Drug and Alcohol Treatment & Support

RISE (Recovery and Integration Service) is the newly commissioned service for treatment and support of people with substance misuse issues. This service works with adults across the Devon County Council area and offers a wide range of treatment options according to each individual's needs. See page 3 for further details.

### NEW Devon Community-Based Weight Management Service

Public Health Devon has commissioned a range of community-based weight management services for tiers 1 and 2. A choice of services are available for patients to choose from, offering diversity and convenience, whilst meeting NICE clinical guidance. See page 3 for further details.

### Training Dates

Health Promotion Devon will be delivering Health Checks Training in 2014/15. The following FREE training sessions are available for staff delivering health checks:

Date	Time	Venue
Fri. 27th June	09:00 - 13:00	Community Council of Devon, 3 & 4 Cranmere Court, Lustleigh close, Matford Business Park, Exeter EX2 8PW
Wed. 30th July	09:00 - 13:00	Hayridge Devon Centre, Exeter Hill, Cullompton EX15 1DJ

Further training sessions in the South and East will be booked for later in the year. Please contact [ndht.HPDTTraining@nhs.net](mailto:ndht.HPDTTraining@nhs.net)



# NHS Health Checks - Year One

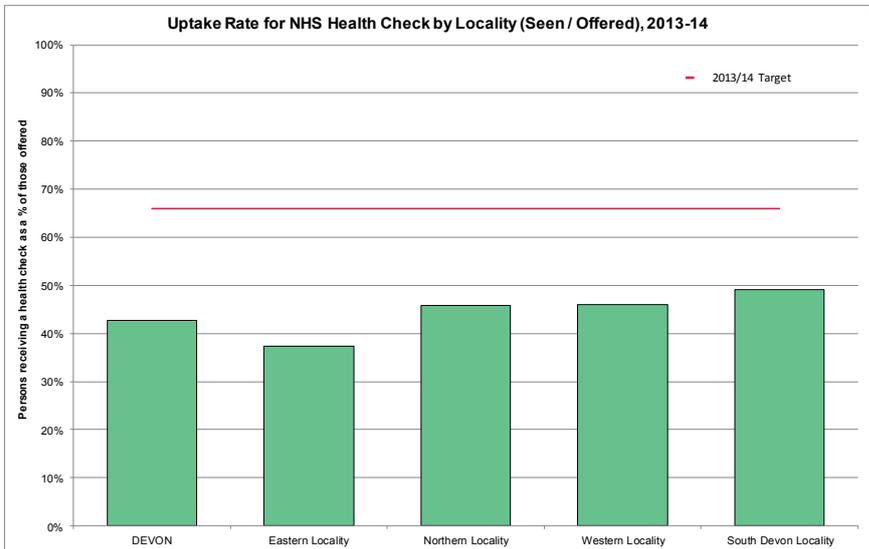
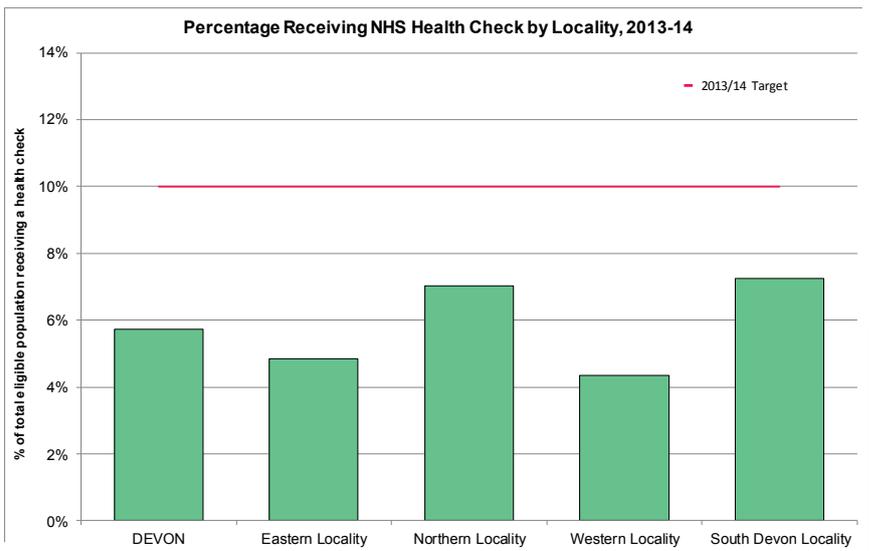
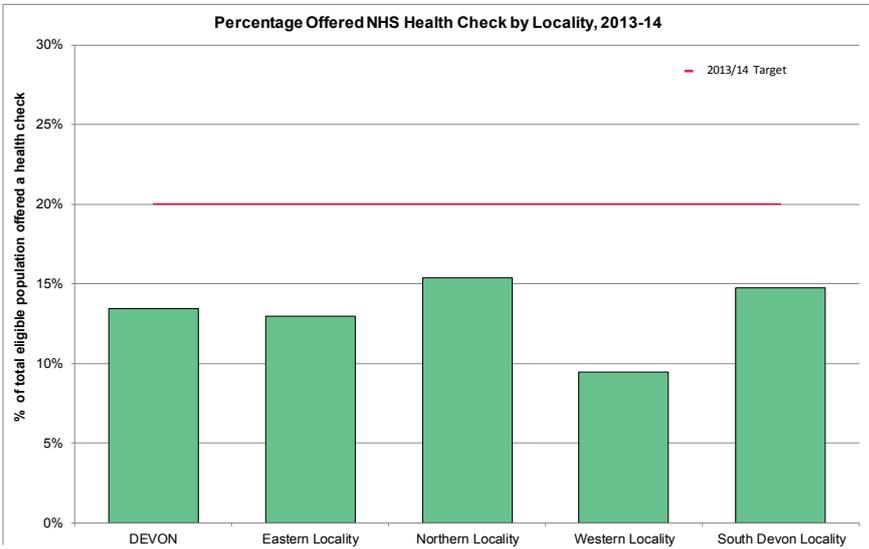
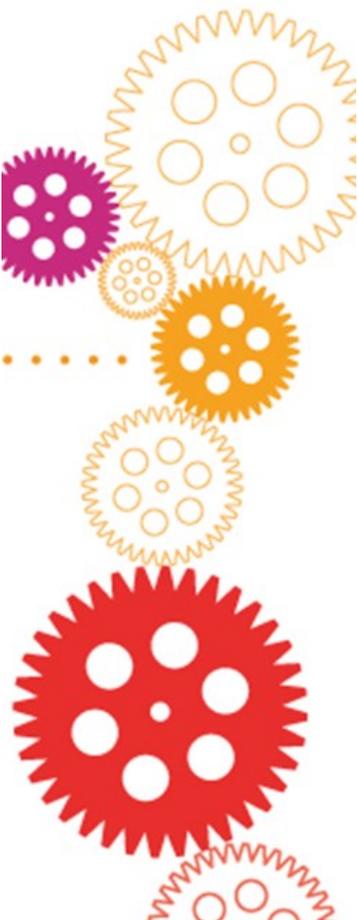
The Health Check programme in Devon started in April 2013. It is a mandatory function of Devon County Council to offer 100% of the eligible population a health check every five years (20% of the practice eligible population per annum). The current model of delivery is through GP practices and most practices in Devon have signed up to the programme. The programme started in July 2013 following a period of training and establishment of practice systems.

## Results at Year One

From July 2013 - May 2014, **33,153** (13.46%) health checks were offered to Devon residents and **14,142** (5.73%) health checks were delivered which is an **incredible start to the programme!**

## Uptake

There is a national aspiration to achieve **66% uptake** in 2014/15. In 2013/14 the uptake rate averaged at 43% across Devon, although this varied considerably across practices. If you would like to share your experience, an example of good practice, or if you require support to increase uptake in your practice, please contact: [lara.snowdon@devon.gov.uk](mailto:lara.snowdon@devon.gov.uk)



## NEW Devon Drug and Alcohol Treatment and Support



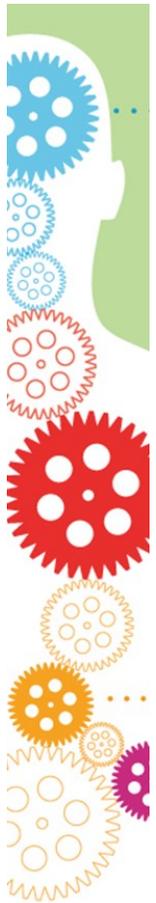
RISE (Recovery and Integration Service) is the newly commissioned service for treatment and support of people with substance misuse issues. This service works with adults across the Devon County Council area and offers a wide range of treatment options according to each individual's needs.

### Services Include:

- The client will be offered an appointment within three weeks for assessment
- The service will signpost and work with other services to support the clients recovery
- Clients can access community detox and in-patient detox and rehabilitation
- Services are also available to people affected by someone else's substance misuse

### Making a Referral:

- **Email:** [rise.referral@riserecovery.cjsm.net](mailto:rise.referral@riserecovery.cjsm.net)
- **Telephone:**
  - ⇒ Exeter, East and Mid Devon - 01392 492360 (fax : 01392 213485)
  - ⇒ North and West Devon, Torridge - 01271 859044 (fax : 01271 370712)
  - ⇒ South Devon and Teignbridge - 01626 351144 (fax : 01626 366314)



## NEW Community-Based Weight Management Service



### Weight Management Services NOW AVAILABLE

Public Health Devon has commissioned a range of community-based weight management services for tiers 1 and 2. A choice of services are available for patients to choose from, offering diversity and convenience, whilst meeting NICE clinical guidance. Further information is available at: [www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/](http://www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/)

### Services Include:

**Tier 2:** a minimum of 12 weeks funded support from a choice of providers in the patient's local area. A progress summary and covering letter will be sent to the referring health professional and GP, outlining recommendations for next steps. Depending on progress and commitment, patients may be eligible for a second programme.

**Tier 1:** Hub staff will provide up to 4 phone-based support calls (depending on the patient's wishes) and send a tailored self-help guide, including local information on self-funded or free opportunities in the local community.

### Making a Referral:

Patients living within the Devon County Council boundary aged 16 and over, can be referred to these new services via the **Healthy Lifestyles Hub**, operated by Health Promotion Devon:

- **Email:** [ndht.hpd@nhs.net](mailto:ndht.hpd@nhs.net)
- **Tel:** 01884 836 024

The referral form for this new service is also available online at: <http://www.devonhealthandwellbeing.org.uk/wp-content/uploads/2014/02/Appendix-2-Minimum-dataset-for-weight-management-referrals-to-Hub.pdf>



## Lifestyle Services

Health checks can provide a great opportunity to improve your patient's health. There are a wide range of lifestyle services available for your patients in Devon. The table below gives an overview of these services including details on how to refer:

SERVICE	PROVIDER	HEALTH PROFESSIONAL REFERRAL?	SELF REFERRAL	HOW TO REFER?
Drug and Alcohol Treatment & Support	RISE (Recovery and Integration Service)			Email: <a href="mailto:rise.referral@riserecovery.cjsm.net">rise.referral@riserecovery.cjsm.net</a> Exeter, East and Mid Devon - Tel :01392 492360 Fax : 01392 213485 North and West Devon, Torrington - Tel: 01271 859044 Fax : 01271 370712 South Devon and Teignbridge - Tel: 01626 351144 Fax : 01626 366314
Online Alcohol Treatment and Support Services	Breaking Free Online		N/A	Access is available through a personalised log in. Log in cards can be obtained from Glyn Davies at <a href="mailto:gd-vies@breakingfreeonline.com">gd-vies@breakingfreeonline.com</a> or by telephone on 0161 834 4647
Specialist Stop Smoking Service	Health Promotion Devon			Email: <a href="mailto:ndht.hpd@nhs.net">ndht.hpd@nhs.net</a> Tel: 01884 836 024 Website: <a href="http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-the-devon-stop-smoking-service/">http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-the-devon-stop-smoking-service/</a>
Stop Smoking Support (GP, pharmacy and other community settings)	Various Providers			Many local GPs, pharmacies and dental surgeries have their own advisers who can help you to quit. Download a leaflet for a list of local support in your area: <a href="http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-your-gp-pharmacy-or-dentist/">http://www.smokefreedevon.org.uk/support-to-quit-smoking/quit-smoking-through-your-gp-pharmacy-or-dentist/</a> Resources: <a href="http://resources.smokefree.nhs.uk/resources/">http://resources.smokefree.nhs.uk/resources/</a>
Community-Based Weight Management Services	Health Promotion Devon		N/A	Email: <a href="mailto:ndht.hpd@nhs.net">ndht.hpd@nhs.net</a> Tel: 01884 836 024 Website: <a href="http://www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/">www.devonhealthandwellbeing.org.uk/library/prof/community-based-weight-management-programme-tiers-1-and-2/</a>
Exercise Referral Scheme	Various Providers		N/A	Website: <a href="http://www.devonhealthandwellbeing.org.uk/wp-content/uploads/2012/10/Exercise-Referral-Schemes_Devon1.pdf">www.devonhealthandwellbeing.org.uk/wp-content/uploads/2012/10/Exercise-Referral-Schemes_Devon1.pdf</a>
Get Active Devon	N/A	N/A	N/A	Physical Activity 'Finder' Website: <a href="http://www.getactivedevon.co.uk">www.getactivedevon.co.uk</a>
Dementia Support	NHS Health Check Dementia Resources	N/A	N/A	Website: <a href="http://www.healthcheck.nhs.uk/commissioners-and-healthcare-professionals/national-resources/dementia-resources/">http://www.healthcheck.nhs.uk/commissioners-and-healthcare-professionals/national-resources/dementia-resources/</a> 20 minute e-learning training package for practitioners: <a href="http://www.healthcheck.nhs.uk/increasing-dementia-awareness-training-resource/">http://www.healthcheck.nhs.uk/increasing-dementia-awareness-training-resource/</a>
Depression and Anxiety Services	Devon Partnership Trust			Exeter - Telephone: 01392 675 630 email: <a href="mailto:dpn-tr.ExeterDAS@nhs.net">dpn-tr.ExeterDAS@nhs.net</a> East and Mid Devon - Telephone: 01392 385 170 email: <a href="mailto:dpn-tr.EastandMidDevonDAS@nhs.net">dpn-tr.EastandMidDevonDAS@nhs.net</a> North Devon - Telephone: 01271 335 041 email: <a href="mailto:dpn-tr.NorthDevonDAS@nhs.net">dpn-tr.NorthDevonDAS@nhs.net</a> South and West Devon Telephone: 01626 203 500 email: <a href="mailto:dpn-tr.SouthandWestDevonDas@nhs.net">dpn-tr.SouthandWestDevonDas@nhs.net</a> Website: <a href="http://www.devonpartnership.nhs.uk/DAS.385.0.html">http://www.devonpartnership.nhs.uk/DAS.385.0.html</a>

## Frequently Asked Questions

### Q How many times can I offer a Health Check to patients?

Practices can decide how they make the health check offer to their patients (i.e. whether you invite by letter or by phone call, for example). **However, please remember to only record this offer once**, even if the initial offer is followed up by a text or phone call. Otherwise we will be over-counting and this will affect uptake!

### Q Can you send me leaflets on X, Y, Z?

The only leaflets we stock are the health check results leaflets. Details of the codes and ordering details for other leaflets are available on the Professional's Web Pages. Please contact [lara.snowdon@devon.gov.uk](mailto:lara.snowdon@devon.gov.uk) to order health check results leaflets.

### Q Is there a letter to send to patients?

A template is available on the Professional's Pages:

<http://www.devonhealthandwellbeing.org.uk/library/prof/health-checks/>

The national programme leaflet to accompany this letter is available from DH order line.

### Q Are you having any more training?

Health Promotion Devon will be delivering health checks training in 2014/15. The following FREE training sessions are available for staff delivering health checks:

Date	Time	Venue
Fri. 27th June	09:00 - 13:00	Community Council of Devon, 3 & 4 Cranmere Court, Lustleigh close, Matford Business Park, Exeter EX2 8PW
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Further training sessions in the South and East will be booked for later in the year. Please contact [ndht.HPDTTraining@nhs.net](mailto:ndht.HPDTTraining@nhs.net) to book your place!

### Q Do we have to go on training?

The specification lays down the requirements for training based on national guidance. You do not have to attend this course but we offer training to provide consistency to the programme and to provide support for staff on behaviour change and motivational interviewing to make the most of the intervention.

### Q Do we have to use point of care testing (POCT)?

This is a practice decision. On-going consumables and blood samples are included in the health check price. POCT allows a one stop visit including risk communication for certain individuals but some would still need further tests. In rural areas this may be advantageous.

### Q How many checks do I have to do?

You need to invite 20% of your eligible population per year (after excluding patients on disease registers using the exclusion read codes list on the website) and it is likely (based on national programmes) that 50% will turn up. You will be paid for checks undertaken and we are aiming for a higher take up rate.

### Q What is the web address of the Professional's Web Pages:

<http://www.devonhealthandwellbeing.org.uk/library/prof/health-checks/>

