

NHS Health Check: webinar instructions

The webinar will start promptly at **10am**

Please follow these simple steps to get the best experience for you and others attending this webinar:

- To hear audio dial: **0800 279 5729** Guest code **312 163 4382** (your telephone line will automatically be muted, please press ***6** if you need to unmute)
- The phone line will be locked two minutes after the start time
- Instructions on how to ask a question will be displayed at the end of this presentation
- This webinar presentation will be **recorded** and **uploaded** on to our website



Engaging Mental Health groups in the NHS Health Check Programme

The London Borough of Newham

Michael Jones
Healthy Lifestyle Commissioner

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Aim

To address the issue of ‘parity of esteem’ through locally commissioned services – that is, valuing mental health and physical health equally.

For the NHS Health Check programme, Newham developed a targeted programme to engage people with a common mental illness (CMI) within the existing eligible cohort.

The Joint Mental Health Strategy in Newham 2015-20 commits to

- **“Ensure people affected by mental health issues access routine health checks such as weight, blood pressure and cholesterol, and be supported to access those interventions currently available. Our services will also support people to access relevant health and oral health screening programmes “**

Newham Context

The London Borough of Newham has an ethnically diverse and young population with 72% of the population being from non-white groups – the largest group being south Asian (36%) .It is expected that Newham’s population will continue to increase and it has been projected that by 2026 over 400,000 people will be living in the borough.

In Newham women are predicted to have 25 years of unhealthy life before death (6 years longer than in England) and men are predicted to have 19 years of unhealthy life for before death (3 years longer than in England).

Newham has an estimated 47,000 residents with a Common Mental Illness (14% of the population)

Local Drive to increase uptake to Talking therapies and IAPT services in the borough, especially in BME groups.

Common Mental Illness Definition

Following a mapping exercise a gap was identified for patients with a CMI and access to physical health checks..

Common Mental Illness is defined in this case as a patient with a diagnosis of Generalised Anxiety Disorder / Obsessive compulsive disorder / Panic Disorder / Depression / Post traumatic stress disorder in the past 2 years.

This identified 1,758 patients with a CMI within the existing NHS Health Check eligible cohort (40-74 without an existing Long Term Condition).

NHS Health Check Programme in Newham

Model – 58/59 GP practices commissioned to deliver, covering all 8 GP clusters.

	14/15	15/16 YTD
Invites	16000	12077
Uptake	11214	8353
Invite Target	12216	10352
Uptake Target	8064	6832
Ratio	70.09%	65.99%

NHS Health Check Programme in Newham – 2

Demographics (14/15)

	Eligible Cohort	Actual Uptake
	Percentage	Percentage
Male	55.6%	48.27%
Female	44.4%	51.73%
40 to 49	65.7%	57.74%
50 to 64	30.3%	36.04%
65 and older	4.0%	6.22%
White	32.9%	31.84%
South Asian	30.3%	38.87%
Black	21.2%	22.31%
Other Ethnicity	4.9%	5.85%
Not Stated	2.2%	0.47%
Not Recorded	8.4%	1.45%

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NHS Health Check Programme in Newham - 3

Outcomes – 14/15

The outcomes data demonstrates the programme to be largely effective in meeting targets and finding people with an unidentified Long Term Condition or at high risk of one:

- 335 (2.9%) identified as high risk of developing diabetes.
- 157 (1.3%) diagnosed with diabetes.
- 164 (1.4%) diagnosed with hypertension.
- 234 (2.1%) found to be morbidly obese (BMI ≥ 40)
- 4,042 (35%) found to be obese (BMI ≥ 30 & ≤ 39) - Ethnically adjusted
- 4,768 (41%) overweight (BMI ≥ 25 & ≤ 29) - Ethnically adjusted
- 598 (5.2%) high risk CVD.
- 2,217 (19.4%) current smoker.

Methodology – How it was possible

The local authority and CCG in Newham (and across East London) commissioned the Clinical Effectiveness Group (CEG) to support the delivery of services in GP practice.

CEG have data sharing agreements with all practices in Newham and produce templates, searches and invoicing toolkits for practices to support the delivery of locally commissioned services.

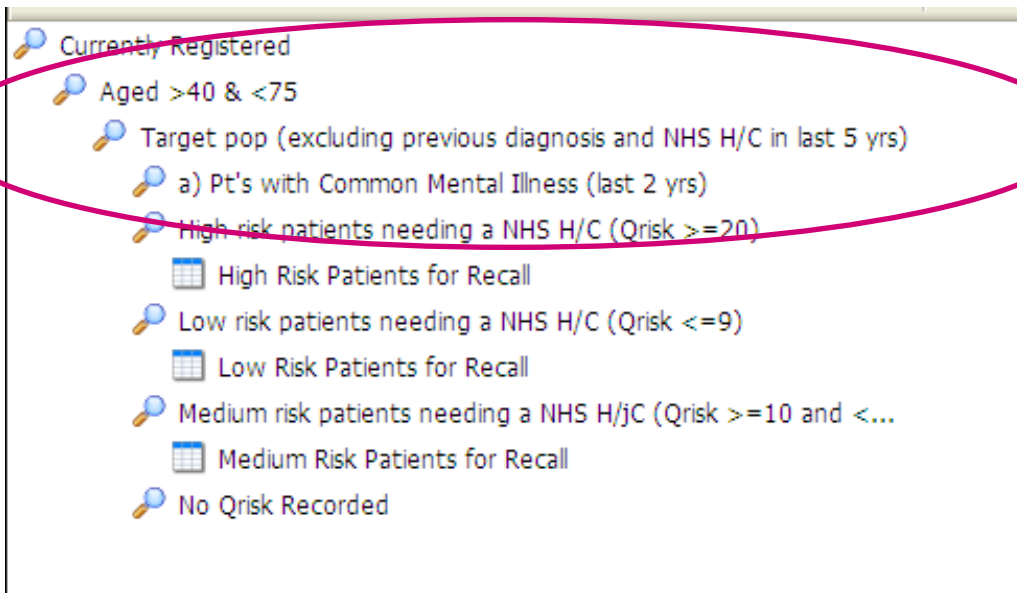
This is also made possible for all GP practices across east London using EMIS web

Via CEG the local authority can have access to with high quality data real time data and monthly reports on performance, outcomes and quality.

Methodology – 2

Via CEG, the commissioner was able to conduct searches to get exact numbers of CMI eligible patients for budget purposes, and will allow future variations and enhancements based changing needs and priorities.

CEG were able to flag to providers during the call/recall process in the NHS Health Check programme which patients triggered an enhanced rate by creating an additional search in EMIS within the existing NHS Health Check eligible cohort search.



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Financial Incentive

It was agreed that an enhanced rate of £10 per patient introduced for each Health Check completed for a patient with a CMI on top of the £35 practices already received per completed Health Check.

It was hoped the financial incentive would encourage practices to focus on these patients more, inviting them first and continuing to attempt to engage with patients should uptake prove difficult .

The intention was to avoid patients with a CMI falling between the gaps.

Practices automatically receive the enhanced rate each quarter – based on a patient with the correct CMI code receiving a NHS Health Check.

Monitoring Progress - CEG Dashboards

The Commissioner in partnership with CEG have developed 3 types of dashboards to support the delivery and on-going monitoring of the NHS Health Check programme, including the CMI enhancement.


1. Performance Dashboard (Invite / Uptake) – Monthly
2. Outcome Dashboard – Monthly
3. Quality Dashboard (% of NHS Health Check completed) – Quarterly

Performance Dashboard

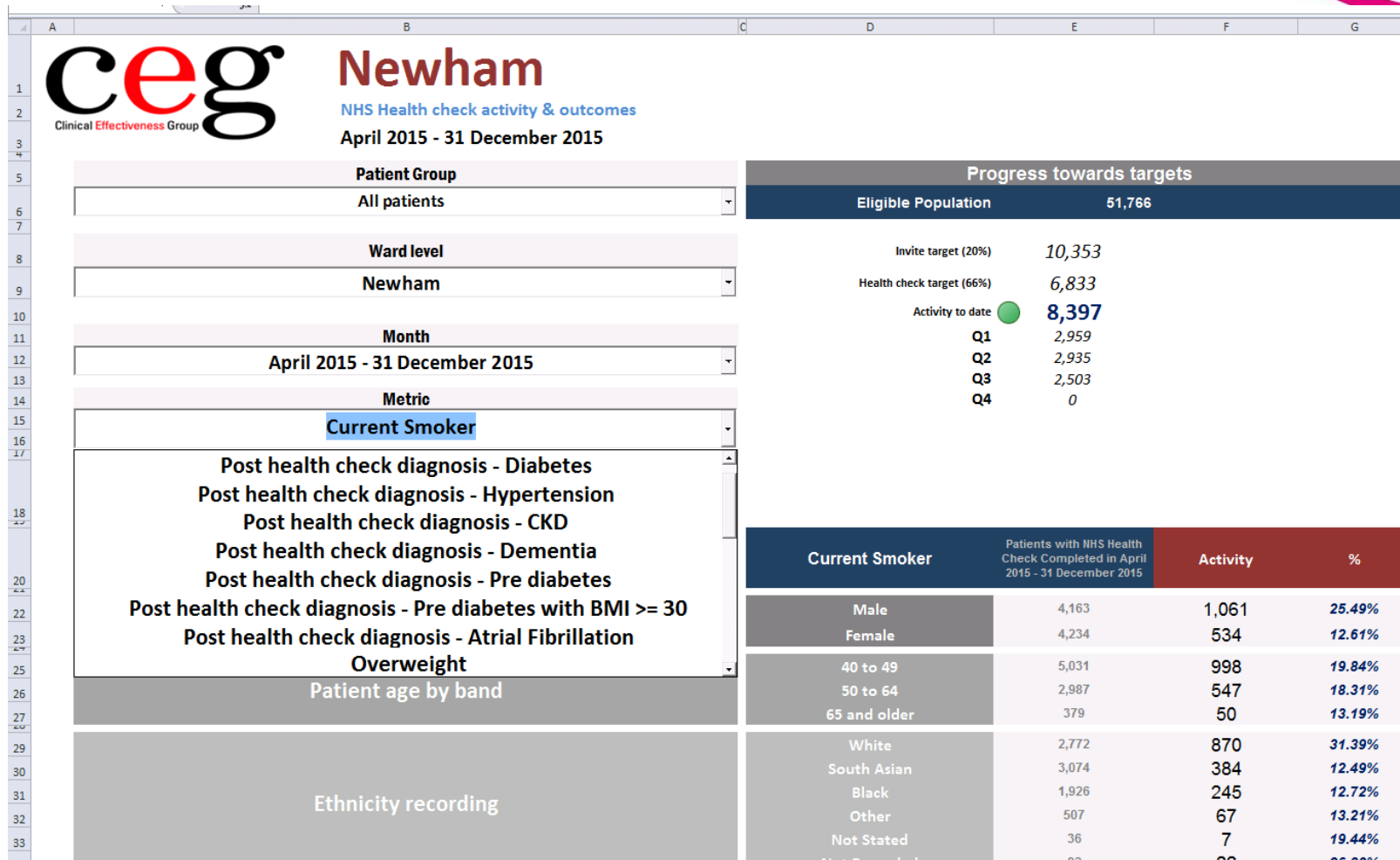
ceg Clinical Effectiveness Group		Cluster Activity - April 2015 - December 2015 NHS health checks done in GP Practice			Annual Activity Targets		Quarter 2		Quarter 3		Patients with CMI							
		Eligible Population	Target Invites (20% of EP)	Target Uptake (66% of Target Invites)	Uptake	Target Invites	Invites	Target Uptake	Uptake	Target Invites	Invites	Target Uptake	Uptake	Health checks done in GP practice April 2008 to December 2015	Health checks done in GP practice 01 April 2015 to 31 December 2015	Eligible Population: CMI at 01/04/2015	Invites	Uptake
Newham Total		51,766	10,353	6,833	2,933	2,588	3,858	1,708	2,923	2,588	3,613	1,708	2,497	70,059	8,353	1,758	494	398
Central 1																		
C1	Market Street (Dr A Orimoloye)	F84004	2,083	417	275	31	104	51	69	104	182	69	33	1,374	94	86	10	7
C1	St Bartholomew Surgery (Barking Road, Dr Patel)	F84010	1,498	300	198	41	75	260	49	75	259	49	125	2,187	251	30	17	6
C1	Newham Medical Centre (Dr Ahmed)	F84669	947	189	125	52	47	93	31	47	23	31	18	1,092	120	19	17	11
C1	Boleyn Medical Centre (Dr Chalabi & Dr MSK Khan)	F84050	1,218	244	161	61	61	127	40	61	152	40	121	1,953	287	33	10	8
C1	The Azad Practice (Dr Azad)	F84735	1,276	255	168	100	64	104	42	64	141	42	70	1,752	237	41	11	7
C1	Greengate Medical Practice (Dr Kalhor)	F84053	733	147	97	100	37	58	24	37	50	24	50	1,591	208	22	14	14
C1	Barking Road Medical Practice (Dr Olatigbe)	F84032	386	77	51	41	19	35	13	19	8	13	7	1,030	83	9	3	3
Cluster total			8,142	1,628	1,075	426	407	728	269	407	815	269	424	10,979	1,280	240	82	56
Central 2																		
C2	The Project Surgery (Dr F. Hussain)	F84124	275	55	36	80	14	59	9	14	35	9	35	1,393	174	16	12	12
C2	Essex Lodge (Dr Higgins)	F84052	1,367	273	180	10	68	18	45	68	38	45	19	1,198	46	16	11	11
C2	Sinha Medical Centre	F84642	592	118	78	2	30	13	20	30	9	20	3	690	12	24	0	0
C2	Balaam Street Practice (Dr Al-Mudallal)	F84681	1,145	229	151	5	57	1	38	57	5	38	5	575	11	17	1	1
C2	Prime Medical Centre	F84727	454	91	60	1	23	28	15	23	13	15	13	478	42	7	1	1
C2	Boleyn Road Practice (Dr Rafiq)	F84734	853	171	113	11	43	13	28	43	6	28	6	1,602	30	38	1	1
C2	Upper Road Medical Centre (Dr Zakaria)	F84679	897	179	118	1	45	32	30	45	70	30	68	744	101	3	2	2
C2	East End Medical Centre (Dr Basu)	F84677	810	162	107	24	41	76	27	41	129	27	73	1,062	148	18	7	6
Cluster total			6,394	1,279	844	134	320	240	211	320	305	211	222	7,742	564	139	35	34
North East 1																		
NE1	Birchdale Road Medical Practice (Dr B.K. Sinha)	F84641	602	120	79	24	30	18	20	30	9	20	6	717	36	21	0	0
NE1	Plasht Medical Centre (Dr K. Mahmud)	F84088	730	146	96	11	36	32	24	36	27	24	24	535	67	18	2	2
NE1	East Ham Medical Centre (Dr Mandavilli)	F84713	256	51	34	24	13	29	8	13	46	8	42	1,095	86	4	1	1
NE1	Westbury Road Medical Centre (Dr Saidur Rahman)	F84670	776	155	102	18	39	74	26	39	64	26	62	852	154	21	7	7
NE1	Sangam Surgery (Dr P Chandra)	F84658	1,498	300	198	153	75	54	49	75	80	49	66	1,824	268	40	14	14
NE1	Dr Bhadra Surgery	F84729	658	132	87	37	33	4	22	33	13	22	13	690	54	6	0	0
NE1	Dr CM Patel	F84660	225	45	30	83	11	40	7	11	19	7	17	641	129	2	2	2
NE1	The Surgery (Dr Arsan Arshad)	F84091	993	199	131	17	50	127	33	50	31	33	31	1,047	171	10	4	4
NE1	Manor Park Medical Centre (Dr Dhariwal)	F84089	415	83	55	0	21	0	14	0	21	0	14	0	267	3	0	0
Cluster total			6,454	1,231	813	267	208	278	202	208	280	202	261	7,668	666	125	30	30

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Quality Dashboard 1


				NHS Health checks Quality Dashboard																	
				End of Q3 : April 2015 - December 2015																	
				Lifestyle Intervention				QRISK				BP				Wastit				BM	
		Audit C / 10				Smoking				Physical Activity											
		% AUDIT C recorded	% patients with positive AUDIT C recorded	% AUDIT 10 recorded	% AUDIT 10 indicating Harmful Levels	% Smoking Status recorded	% Current Smokers	% Given Smoking advice	% Referred to Stop Smoking Service	% Exercise grading recorded	% Exercise advice recorded	% Referred to Exercise Programme	% QRISK recorded	% BP recorded	% waist circ. Recorded	% BM recorded					
Q1-3 Average		92%	100%	86%	0%	100%	19%	94%	5%	89%	#DIV/0!	0%	99%	100%	93%	99%					
Central 1																					
C1	Boleyn Medical Centre (Dr Chalabi & Dr MSK Khan)	F84050	98%	100%	97%	0%	99.7%	17.7%	94.1%	1.7%	99.3%	0.0%	99.7%	99.3%	96.9%	99%					
C1	The Azad Practice (Dr Azad)	F84735	98%	100%	59%	0%	100.0%	18.1%	100.0%	8.0%	97.9%	0.0%	99.2%	99.6%	97.0%	98%					
C1	Newham Medical Centre (Dr Ahmed)	F84669	87%	100%	100%	0%	100.0%	16.0%	84.2%	0.8%	98.3%	0.0%	100.0%	99.2%	92.4%	100%					
C1	St Bartholomew Surgery (Barking Road, Dr Patel)	F84010	99%	100%	50%	0%	99.2%	19.7%	100.0%	6.6%	98.0%	0.0%	99.6%	100.0%	98.4%	100%					
C1	Market Street (Dr A Orimoloye)	F84004	96%	100%	100%	0%	100.0%	20.0%	100.0%	2.1%	34.7%	0.0%	100.0%	100.0%	71.6%	100%					
C1	Greengate Medical Practice (Dr Kalhor)	F84053	84%	100%	99%	3%	100.0%	18.9%	76.9%	12.6%	98.1%	0.0%	97.6%	100.0%	94.2%	99%					
C1	Barking Road Medical Practice (Dr Olatigbe)	F84032	86%	100%	97%	0%	100.0%	21.2%	100.0%	1.2%	98.8%	0.0%	100.0%	100.0%	98.8%	98%					
Q1-3 Average		87%	100%	91%	4%	97%	18%	72%	9%	87%	#DIV/0!	0%	90%	99%	78%	99%					
Central 2																					
C2	Essex Lodge (Dr Higgins)	F84052	73%	100%	55%	17%	97%	25%	69%	2%	50%	0%	55%	97%	17%	99%					
C2	Balaam Street Practice (Dr Al-Mudallal)	F84681	91%	100%	100%	13%	100%	27%	100%	0%	100%	0%	100%	100%	100%	99%					
C2	Upper Road Medical Centre (Dr Zakaria)	F84679	100%	100%	100%	1%	100%	18%	83%	17%	100%	0%	100%	98%	100%	100%					
C2	Dr S.Qureshi's Practice (Dr Qureshi)	F84727	100%	100%	100%	0%	100%	9%	100%	0%	100%	0%	100%	100%	100%	99%					
C2	Boleyn Road Practice (Dr Rafiq)	F84734	93%	100%	100%	0%	97%	21%	100%	20%	97%	0%	97%	97%	73%	99%					
C2	East End Medical Centre (Dr Basu)	F84677	98%	100%	99%	0%	100%	14%	24%	9%	100%	1%	93%	98%	99%	100%					
C2	Sinha Medical Centre (Dr AK Sinha)	F84642	46%	100%	100%	0%	85%	0%	0%	0%	54%	0%	92%	100%	54%	100%					
C2	The Project Surgery (Dr F. Hussain)	F84124	98%	100%	73%	0%	99%	28%	100%	28%	95%	0%	84%	100%	81%	99%					
Q1-3 Average		85%	100%	98%	1%	100%	17%	87%	7%	87%	#DIV/0!	0%	99%	99%	92%	99%					
North East 1																					
NE1	Sangam Surgery (Dr P Chandra)	F84658	91%	100%	96%	2%	99%	15%	100%	8%	82%	0%	99%	99%	84%	100%					
NE1	Dr CM Patel	F84660	98%	100%	99%	0%	99%	10%	100%	9%	91%	0%	100.0%	98.5%	99.2%	99%					
NE1	Plashet Medical Centre (Dr K. Mahmud)	F84088	74%	100%	95%	7%	99%	26%	89%	4%	87%	0%	97.1%	98.6%	73.9%	98%					
NE1	Westbury Road Medical Centre (Dr Saidur Rahman)	F84670	72%	100%	98%	0%	99%	14%	95%	0%	74%	0%	100.0%	98.7%	96.2%	99%					

Outcome Dashboard - 1



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Outcome Dashboard 2



Newham

NHS Health check activity & outcomes
April 2015 - 31 December 2015

<div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Patient Group CMI (2 years) </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Ward level Newham </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Month April 2015 - 31 December 2015 </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Metric Current Smoker </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> High CVD Risk (QRISK >= 20%) on Statins High CVD Risk (QRISK >= 20%) with BMI >= 30 AUDIT C AUDIT C +ve AUDIT AUDIT indicates Harmful levels <b style="background-color: #007bff; color: white; padding: 2px;">Smoking status recorded </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Current Smoker </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Patient age by band </div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;"> Ethnicity recording </div>	<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> Progress towards targets </div> <table style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #003366; color: white;"> <td style="padding: 5px;">Eligible Population</td> <td style="padding: 5px; text-align: right;">51,766</td> </tr> <tr> <td style="padding: 5px;">Invite target (20%)</td> <td style="padding: 5px; text-align: right;">10,353</td> </tr> <tr> <td style="padding: 5px;">Health check target (66%)</td> <td style="padding: 5px; text-align: right;">6,833</td> </tr> <tr> <td style="padding: 5px;">Activity to date ●</td> <td style="padding: 5px; text-align: right; font-weight: bold;">8,397</td> </tr> <tr> <td style="padding: 5px;">Q1</td> <td style="padding: 5px; text-align: right;">2,959</td> </tr> <tr> <td style="padding: 5px;">Q2</td> <td style="padding: 5px; text-align: right;">2,935</td> </tr> <tr> <td style="padding: 5px;">Q3</td> <td style="padding: 5px; text-align: right;">2,503</td> </tr> <tr> <td style="padding: 5px;">Q4</td> <td style="padding: 5px; 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text-align: center;">59</td> <td style="padding: 5px; text-align: right;">31.72%</td> </tr> <tr> <td style="padding: 5px;">50 to 64</td> <td style="padding: 5px; text-align: center;">98</td> <td style="padding: 5px; text-align: center;">37</td> <td style="padding: 5px; text-align: right;">37.76%</td> </tr> <tr> <td style="padding: 5px;">65 and older</td> <td style="padding: 5px; text-align: center;">7</td> <td style="padding: 5px; text-align: center;">1</td> <td style="padding: 5px; text-align: right;">14.29%</td> </tr> <tr style="background-color: #444;"> <td style="padding: 5px;">White</td> <td style="padding: 5px; text-align: center;">140</td> <td style="padding: 5px; text-align: center;">66</td> <td style="padding: 5px; text-align: right;">47.14%</td> </tr> <tr> <td style="padding: 5px;">South Asian</td> <td style="padding: 5px; text-align: center;">83</td> <td style="padding: 5px; text-align: center;">11</td> <td style="padding: 5px; text-align: right;">13.25%</td> </tr> <tr> <td style="padding: 5px;">Black</td> <td style="padding: 5px; 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Outcome Comparator

Outcome	% All	% CMI
Diabetes	1.7%	1.7%
Pre-Diabetes	4.4%	3.1%
Hypertension	1.7%	1.7%
QRISK <20%	3.6%	2.1%
Overweight	35.5%	33.3%
Obese	36.3%	33.7%
BMI <40	2.6%	6.2%
AUDIT 10	40.4%	36.8%
Harmful Drinking	0.9%	2.4%
Current Smoker	19.0%	33.3%

Outcome		All % by Gender	CMI % by Gender
Diabetes	Male	2.5%	2.5%
	Female	1.0%	1.2%
Pre-Diabetes	Male	4.9%	3.4%
	Female	3.9%	2.9%
Hypertension	Male	1.7%	2.5%
	Female	1.6%	1.2%
QRISK <20%	Male	6.5%	5.0%
	Female	0.9%	0.0%
Overweight	Male	41.5%	33.6%
	Female	29.6%	33.1%
Obese	Male	34.1%	34.5%
	Female	38.4%	33.1%
BMI<40	Male	1.2%	3.4%
	Female	3.9%	8.1%
AUDIT 10	Male	40.6%	29.4%
	Female	40.2%	41.9%
Harmful Drinking	Male	1.4%	4.2%
	Female	0.3%	1.2%
Current Smoker	Male	25.5%	42.0%
	Female	12.6%	27.3%

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Quality Improvement Mechanisms

10% Performance Hold-Back

- 10% held back based on practice and cluster meeting invite and uptake targets
- Promote partnership working between clusters / subcontracting arrangements

Bi-annual Quality reconciliation

- From 16/17 introduction of a 6 monthly quality reconciliation based on the new quality dashboard.
- Practices which consistently underperform will face financial penalties

Was it Successful?

The enhancement has been running since July 2015, however the latest data suggests that by introducing an enhanced rate for CMI the uptake has not changed significantly.

	2014-15 (to equivalent Date)	2015-16 (To date)
Eligible patients with CMI (01/04)	1638	1761
Health Check completed	451	456
Percentage	27.50%	25.90%

Invites:494/456

Uptake: 398/360

Why wasn't it successful

- Lack of awareness from practice staff (Contract monitoring is attended by GP not practice managers / HCAs)
- Value of enhancement wasn't sufficiently attractive
- Practices are already meeting and exceeding invite and uptake targets

What was successful - The Outcomes

- Early evidence suggest lifestyle outcomes from the CMI cohort are worse than for the general Health Checks population
- Currently no bespoke CMI lifestyle services commissioned by the CCG or LA
- GP Coding

Building the case for change

16/17 Contract Variation

- Remove invite / uptake enhancement
- Continue to monitor outcome data from CMI cohort
- Introduce a Mental Health screening tool – PHQ9 or HADS
- Establish referral pathways into services or follow-up GP appointments
- Contract monitor practices on utilisation and outcome of the screening tool

Questions

You can raise a question by:

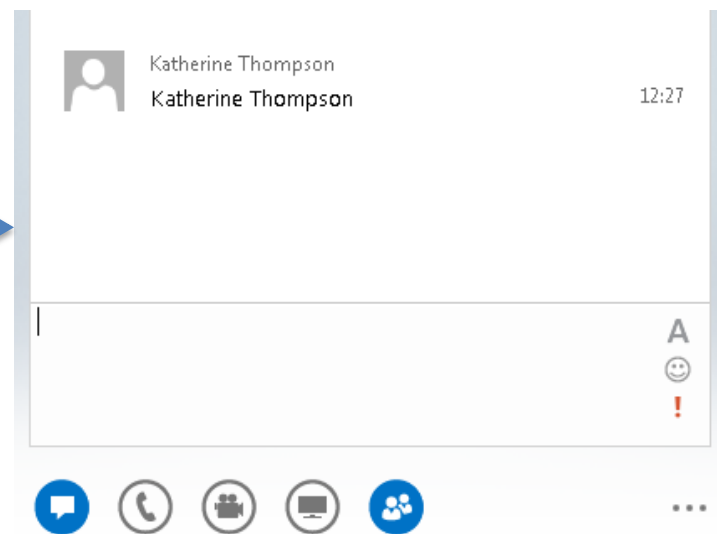
1. clicking on the speech bubble icon



2. typing your question into the text box and pressing enter, it will look like this →

3. the chair will ask the question on your behalf

4. you can also raise a question when the chair invites questions from colleagues on the phone. You will need to **unmute** your phone by pressing *6



Thank you

Thank you for attending this webinar.
A feedback survey will be distributed shortly.

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