

A Healthier Future for Hertfordshire and west Essex – workstream news

Planned care workstream update

The overarching programme plan for Planned Care is structured around six themes:

- Redesign of specialty specific referral pathways – reducing unwarranted variation and cost.
- Transformation of outpatients – reducing unnecessary first and follow up appointments.
- Acute productivity – standardising care, improving services and reducing waits
- Assessment and review of service sustainability – using evidence-based services to reduce variation in outcomes for patients.
- Repatriation of appropriate activity – providing services within the STP area.
- NHSE high impact interventions – testing new ways of working, sharing best practice.

West Essex MSK First Contact Practitioner pilot

The west Essex First Contact Practitioner (FCP) pilot within musculoskeletal (MSK) started in November 2017. Extended Scope Physiotherapists (ESPs) are seeing patients with MSK problems in bespoke clinics in GP surgeries. The pilot saw patients with a range of conditions, but most commonly spinal and peripheral joint issues. Many of these patients were given advice and were then able to self-manage their conditions with a discharge rate well over 50%.

As the west Essex pilot is representing the STP in the national evaluation it is now expanding into two additional surgeries, and serving a population of 60,000. Data on key performance indicators and

patient experience will be collected and used to build a case for wider implementation. However at a local level feedback from GPs and patients has been very positive. If you would like more information, please contact anthony.hale4@nhs.net

Non Alcoholic Fatty Liver Disease (NAFLD) Primary Care pathway

Detection of early liver disease allows the timely introduction of lifestyle change or pharmacological therapy which may cure or reverse the liver damage significantly.

This pathway will allow for the staging of NAFLD in primary care, by use of non-invasive blood tests. Patients can then be categorised into low and high risk categories and managed in primary or secondary care, respectively. Patients with an intermediate score can be further stratified with an enhanced liver fibrosis (ELF) blood test and again determined as low or high risk.

The Herts Valleys and West Herts Hospital Trust pilot went live in two GP practices in August, with the new NAFLD blood set and ELF testing process.

West Essex CCG and Princess Alexandra Hospital Trust have selected practices and are setting up blood sets, the lab IT process and IT links with GP practices ready to start a pilot early in 2019.

The STP group will be looking at developing a standard abnormal liver function tests (LFT) pathway with thresholds and linking tests.



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Skin health and dermatology services

A proposal to develop an integrated skin health service across the STP has been agreed in principle, working towards implementing common evidence-based pathways and criteria. A paper went to the STP Skin Health Project Board on 7 November, before going to the Planned Care Board on 20 November and on to CEOs Board.

The project will be:

- Exploring opportunities to 'step down' activity across the system (from secondary care into community and primary care);
- Developing robust referral pathways and criteria to ensure patients are seen by the right clinician at the right time – looking to standardise these where appropriate;
- Considering workforce training needs.

We are keen to involve more GPs with interests in Dermatology in this work.

Diabetes

Latest figures show that diabetes prevalence in the Herts and west Essex population is higher than the national average and is increasing, with almost 12,000 more cases registered across the STP from the previous year.

Jenne Patel, Diabetes Quality Improvement Manager, is supporting the development and delivery of a local plan to improve diabetes service provision, as demand is set to grow by 17 per cent.

She is mapping existing work, supporting the transformation funded diabetes work programme and looking at best practice and innovations to develop an integrated model that's built on clinical leadership and engagement. The areas of interest are:

- Type 1 diabetes specialist services, including disengaged young adults
- Renal telehealth pilot extension

- The 8/9 diabetes care processes
- The NHS Diabetes Prevention Programme (DPP)
- Multidisciplinary diabetes foot treatment (MDFT) progress

An STP steering group has been set up to understand the position across our STP population and where each CCG is with its diabetes pathway and address variation.

If you would like more information, please contact Jenne.Patel1@nhs.net

The NHSE Wave 4 100 day challenge

We were singled out for national praise for our results in the NHSE Wave 4 100 day challenge to test new ways of working in three different specialities.

A new referral management system for respiratory services at West Hertfordshire NHS Hospitals Trust, to better manage secondary care referrals, saw a potential 40% reduction in unnecessary face-to-face appointments.

A general surgery pilot of a new theatre list dedicated to gall bladder removal (cholecystectomies) at Princess Alexandra Hospital saw waiting times for patients with acute gallbladder disease halved. This is also being piloted in West Herts Hospital.

And a new approach to the management of some urogynaecological conditions, initially tested in East and North Hertfordshire, aiming to reduce avoidable referrals to secondary care and ensure women start treatment at the earliest opportunity is now being trialled by Herts Valleys CCG and West Hertfordshire NHS Hospitals Trust.

While the 100 days collaborative has formally finished, there are funds to support some roll out



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of these three schemes, building on the great work already delivered.

Ore Okosi recently started as STP Project Manager for Planned Care to support the progression and roll-out of the new ways of working developed as part of the 100 Day Challenge. You can get in touch with him at ore.okosi@nhs.net

Next steps as programme director moves on

Programme director Deborah McInerney, who moved on at the end of October, said: “I’d like to thank colleagues from across the system for working with me to start to do things differently. We now need to continue the momentum to enable us to achieve the objectives we have agreed for Planned Care and make a difference to our population.”

Harper Brown, STP Director of Strategy, is now leading the Planned Care programme.

There’s more information about the [STP here](#).



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