

March 2016

## PSNC Briefing 021/16: Update on the Health and Care Landscape

This briefing is part of a series issued regularly by PSNC to inform pharmacy contractors and LPCs of developments in the wider health and care landscape beyond community pharmacy. It builds on the Health & Care Review articles which are published on the PSNC website every week.

### NHS Chief announces plan to support ten healthy new towns

Public Health England (PHE) is supporting the creation of ten 'healthy new towns' as test sites across the country, potentially covering 170,000 residents from more than 76,000 new homes.

The [Healthy New Towns programme](#) will be using the towns as test sites to examine possible solutions for the health and care challenges of the 21st century such as obesity, dementia and community cohesion.

NHS England is bringing together renowned clinicians, designers and technology experts to reimagine how healthcare can be delivered in these places, to showcase what's possible by joining up design of the built environment with modern health and care services, and to deploy new models of technology-enabled primary care.

The ten demonstrator sites have been chosen this month (March 2016). Options to be tested at some of these sites include fast food-free zones near schools, designing safe and appealing green spaces, building dementia-friendly streets and ensuring people can access new GP services using digital technology.

Professor Kevin Fenton, National Director for Health and Wellbeing at PHE, said: "PHE is proud to have played an active role in the development of the Healthy New Towns programme and we will continue to support the delivery of high quality, healthy environments."

### Fewer adults dying from conditions directly caused by alcohol

PHE has updated the [Local Alcohol Profiles for England \(LAPE\)](#) data tool which reflects [new figures](#) relating to alcohol consumption.

The latest figures show that alcohol-related deaths such as heart disease and certain cancers, have increased from the years 2012 to 2014.

Alcohol-specific deaths however, have decreased by 3%. In both alcohol-specific and alcohol-related deaths, the rate for men is almost double that of women.

The tool has also been developed to include data on alcohol-related road traffic accidents.

The LAPE tool presents data for 23 alcohol-related indicators in an interactive tool, which helps local areas assess alcohol-related harm and monitor the progress of efforts to reduce this.

## **NHS to introduce new £600m financial incentive to improve staff health**

NHS England will fund hospitals and other NHS providers to improve the support they offer to frontline health staff to stay healthy.

Starting in April 2016, a [£600 million national incentive](#) will be offered to organisations if they offer frontline staff access to physical activity schemes, physiotherapy and mental health services, healthy food choices and winter flu vaccinations.

PHE has estimated that the cost of staff absence to the NHS to be £2.6 billion a year or around £1 in every £40 of the total budget.

Simon Stevens, the Chief Executive of NHS England, said he hoped that more employers from public and private sectors would follow the health service example.

## **Estimating the population impact of e-cigarettes on smoking cessation in England**

A research paper, [Estimating the population impact of e-cigarettes on smoking cessation in England](#), has been published in *Addiction*.

The paper draws on research to examine the public health impact of e-cigarettes on smoking cessation in the population in the year 2014.

The study estimates that 2.5% of the smokers who used an e-cigarette in their quit attempt succeeded, who would have otherwise failed if they had used nothing or used a licensed nicotine product. Additionally, it shows that 16,000 smokers are estimated to have quit who would not have done so, if e-cigarettes had not been available.

The analysis therefore led to an estimation of 16,000-22,000 additional long term quitters generated by e-cigarettes in 2014.

## **What's going on in A&E? The key questions answered**

The King's Fund has [published answers](#) to key questions relating to A&E systems in NHS England.

The questions relate to A&E and current NHS performance, waiting times, the number of people visiting, staff shortages and the impact of discharge delays on the NHS.

The publication looks at how A&E waiting times have changed over the past few years and explores the impact of different factors, while acknowledging that the causes of the problems in A&E are complex and reflect wider pressures on the NHS and social care.

## **Challenge on dementia 2020: implementation plan**

The Department of Health has published details on how the [Prime Minister's challenge on Dementia 2020](#) will be met.

The Prime Minister's challenge on dementia 2020 set out more than 50 specific commitments that aim to make England the world leader in dementia care, research and awareness by 2020.

The implementation plan outlines the commitments, priority actions and responsible organisations. It has four main themes:

- Risk reduction;
- Health and care;
- Awareness; and
- Social action.

This plan was developed in partnership with a range of stakeholders, including people with dementia and carers.

### **NHS England boost to end hospital referrals by post**

NHS England has [announced](#) that it has allocated £55 million to reward GPs and hospitals to make digital referrals by 2018 and end the practice of referring via post.

At the moment, around 50% of patients are referred for hospital appointments electronically. It is intended this will increase rapidly to 60% by September 2016, 80% by 2017 and 100% by 2018.

The initiative is part of an NHS wide drive to increase efficiency which includes making the best use of technology.

### **Conceptions in England and Wales: 2014**

New [figures](#) from the Office for National Statistics (ONS) show that the number of teenage girls getting pregnant in England and Wales is continuing to fall.

There were about 23 conceptions per 1,000 15 to 17-year-old girls in 2014, compared to a high of 55 in 1971.

The ONS figures also show:

- the estimated number of conceptions to girls under 18 fell to 22,653 in 2014 compared with 24,306 in 2013, a decrease of 6.8%;
- an estimated 4,160 girls under 16 got pregnant in 2014, compared with 4,648 in 2013, a fall of 10%;
- there were some 871,038 conceptions to women of all ages in 2014, compared with 872,849 in 2013, a slight decrease of 0.2%; and
- conception rates in 2014 increased for women aged 25 and over, and decreased for women under 25.

### **NHS England launches national programme to combat antibiotic overuse**

The [world's largest healthcare incentive scheme](#) has been announced by NHS England, in the form of funding to be made available to hospitals and other providers that reduce inappropriate use of antibiotics.

The scheme is aimed at hospitals, family doctors and other health service providers.

The NHS' new programme, which goes live in April 2016, will offer hospitals incentive funding worth up to £150 million to support expert pharmacists and clinicians review and reduce inappropriate prescribing.

Further payments will be made for reducing the use of specific types of drug which are used to treat a wide range of bacteria.

## Increase in scarlet fever across England

There has been a sharp increase in scarlet fever cases across England, according to the [latest data](#) from PHE.

This is the third consecutive season in which the incidence of scarlet fever has progressively risen. There has been a total of 6,157 confirmed cases since September 2015, when the new season began, with around 600 cases being notified each week at present.

PHE expects to see a marked elevation of scarlet fever cases between late March and mid-April, the peak season for the condition.

Health practitioners are informed to be vigilant and mindful of scarlet fever when assessing patients.

## MMR vaccination call following recent measles cases

Recent data released by PHE showing an [increase in measles cases in February](#) has prompted PHE to ask people to check that they have received two doses of the Measles Mumps and Rubella (MMR) vaccine and to be aware of the signs and symptoms of the disease.

Since the beginning of February 2016, 20 cases of measles have been confirmed across London and the East of England, predominantly in unimmunised adolescents and young adults, many of whom required hospitalisation.

The NHS Childhood Immunisation Programme in England routinely provides the MMR vaccine.

## 2016 Child Health Profiles

PHE has published [Child health Profiles 2016](#) to present data across 32 key health indicators of child health and wellbeing. They are designed to help local authorities and health services improve the health and wellbeing of children and tackle health inequalities.

The health profiles draw together information to present a picture of children and young people's health by local authority and Clinical Commissioning Group. They can be used to compare information locally, regionally and nationally.

There is a 4 page profile for each local authority in England which includes:

- an 'At a glance' summary description of child health in the area which highlights key findings;
- maps and charts showing how the health of the area compares to the national view and other local authorities in England; and
- a 'spine chart' health summary showing the difference in health between the area and the England average for 32 indicators within the 5 domains of the Public Health Outcomes Framework

Professor Kevin Fenton, National Director of Health and Wellbeing at PHE, said: "Not only will the profiles help set local healthcare priorities, but commissioners can reach out to high performing local authorities and share best practice."

## Health and care bodies reveal the map that will transform healthcare in England

Local authorities and other health care services have worked together to [produce 44 Sustainability and Transformation Plans \(STPs\)](#) to bring local health and care leaders, organisations and communities together.

These are geographic areas in which people and organisations will work together to develop robust plans to transform the way that health and care is planned and delivered for their populations.

These plans will help accelerate the implementation of the [Five Year Forward View \(5YFV\)](#).

Most of the 44 areas will be led by people already working in the local health and care economies, with named individuals responsible for convening, overseeing and coordinating their STP work.

This comes as a response to the NHS Shared Planning guidance, which asked every local health and care system in England to come together to create their own ambitious local plan for accelerating the implementation of the 5YFV.

## Levy on high sugar drinks

The Chancellor of the Exchequer gave his [Budget to Parliament](#) on Wednesday 16th March 2016.

It was announced that there will be a new soft drinks industry levy to help tackle childhood obesity. The levy will be targeted at producers and importers of soft drinks that contain added sugar.

The levy will be charged on volumes according to total sugar content, with a main rate charge for drink above 5 grams of sugar per 100 millilitres and a higher rate for drinks with more than 8 grams of sugar per 100 millilitres.

The levy will be introduced in two years to give companies time to consider reformulating their products. It is hoped that the levy will encourage soft drinks companies to consider reducing the amount of added sugar in drinks they produce.

PHE has released a [statement on the announcement](#), welcoming the move to tackle obesity and other related health conditions.

## Key facts and trends in mental health: 2016 update

The fourth edition of the factsheet, [Key facts and trends in mental health](#), has been published by the Mental Health Network.

The updated publication reflects new figures, statistics and resources on the major trends and challenges faced by mental health services.

The factsheet sets out available data relating to:

- investment in services;
- trends in morbidity;
- suicide and homicide rates;
- service activity;
- use of mental health legislation;
- mental health of children and young people;
- service user experience;
- inequalities experienced by people with;
- mental health problems; and
- workforce and staff satisfaction.

## Parliamentary briefing on structure of the NHS in England

A briefing on the [structure of the NHS in England](#) has been published in the House of Commons Library.

The briefing provides an overview of the funding and accountability relationships under the new system introduced by the Health and Social Care Act 2012, and an introduction to the roles of key organisations. It discusses the following topics:

- background to funding;
- commissioning;
- access to treatment;
- regulation and accountability;
- competition and non-NHS providers;
- public health services;
- Health and Wellbeing Boards and Healthwatch;
- the future; and
- health services in Scotland, Wales, and Northern Ireland.

Key health priorities for the current Parliament such as patient safety, funding, and the integration of health and social care are also highlighted in the document.

### **New Eatwell Guide illustrates a healthy, balanced diet**

PHE has launched a new [Eatwell Guide](#), a tool which shows the revised proportions of the food groups consistent with official advice on nutritional requirements.

The guide replaces the eatwell plate and has been updated to reflect the new dietary recommendations from the Scientific Advisory committee on Nutrition's [report](#) in 2015.

The guide recommends including even more fruit, vegetable and starchy carbohydrates and even fewer sugary foods and drinks and serves as an illustrated representation of a healthy balanced diet.

PHE encourages organisations and individuals to use the Eatwell Guide to make sure a consistent message is shared across received by everyone.

### **Building the foundations: Tackling obesity through planning and development**

The Town and Country Planning Association, PHE and the Local Government Association, with support from Leeds Beckett University and local councils, have published a report, [Building the foundations: Tackling obesity through planning and development](#).

The practice-based report demonstrates innovative practice from 14 local authority areas across England and their partners on how to tackle obesity and other problems by using planning policy and in making decisions on new housing and mixed use developments.

### **First wave of NHS Diabetes Prevention Programme national rollout is announced**

The world's first nationwide diabetes preventative programme will be starting in England over the next few months.

The [NHS Diabetes Prevention Programme](#) will start its first wave, [across 27 areas](#) covering half of the English population. There will be 20,000 places available and when the rest of England follows by 2020, an expected 100,000 places will be available each year after.

Patients referred on to the programme can expect to receive personalised assistance to help reduce their risk of type 2 diabetes. Education on healthy eating and lifestyle will be provided, as well as physical exercise programmes to help lose weight.

Once on the programme, patients will be offered at least 13 education and exercise sessions of one to two hours per session, at least 16 hours face to face or 1-to-1 in total over nine months.

The programme is run collaboratively by NHS England, PHE and Diabetes UK.

In March 2015, seven innovative ‘demonstrator’ sites from around the country were announced to take part in the initial phase of the programme. The demonstrator sites tested their local programmes and provided learning points to help co-design and implement the national programme.

## Health matters: midlife approaches to reduce dementia risk

PHE has published its [fourth edition of Health Matters](#), focussing on midlife approaches for reducing the risk of dementia.

The PHE resource provides a [guidance overview](#) on the scale of the challenge, discussing the risk factors involved and the steps that can be taken to lower the risk of dementia.

There is also a [pack of infographics](#) to help when highlighting the risks of dementia in local areas.

Health Matters is a resource for professionals which brings together the latest data and evidence, makes the case for effective public health interventions and highlights tools and resources that can facilitate local or national action.

## Community engagement: improving health and wellbeing and reducing health inequalities

The National Institute for Health and Care Excellence (NICE) has published a [guideline](#) covering community engagement approaches to reduce health inequalities, ensure health and wellbeing initiatives are effective and to help local authorities and health bodies meet their statutory obligations.

The NICE guideline is aimed at:

- Health and Wellbeing Boards, directors of public health and other strategic leads who plan, commission, scrutinise or provide local health and wellbeing initiatives in collaboration with local communities;
- Local authorities, the NHS and other public sector organisations with a statutory;
- Obligation to carry out community engagement activities;
- Commissioners of community engagement initiatives;
- Community and voluntary sector organisations; and
- Members of the public.

The guideline complements work by PHE on community engagement approaches for health and wellbeing.

## New PHE data on salt consumption levels

Results from PHE’s National Diet and Nutrition Survey [results](#) have been published.

The published report presents results of estimated salt intake in 689 adults aged 19 to 64 years in England in 2014. The report shows that the average salt consumption for adults in 2014 was 8 grams per day, a reduction from 8.5 grams in 2011.

Since the 2005/6 survey, overall salt consumption fell by 11%.

Dr Alison Tedstone, chief nutritionist at PHE, said: “Our analysis makes clear that there is a steady downward trend in salt consumption. While people are having less salt than 10 years ago, we are still eating a third more than we should.”

## Antibiotic prescribing falls since launch of financial incentives

The introduction of financial incentives in April 2015 by NHS England and PHE has seen [antibiotic prescribing fall](#) by two million, in comparison to the same period in 2014.

The data on prescribing shows:

- overall in 2015, antibiotic prescribing reduced by 5.3% compared to 2014 – a total of 2,166,489 fewer items; and
- within this total there were 480,450 fewer ‘broad spectrum’ antibiotics, reducing the use of which not only helps tackle resistance, but also reduces the likelihood of healthcare-acquired infections like C. difficile, improving patient safety.

Dr Mike Durkin, NHS National Director of Patient Safety, said: “Vaccinations make an important contribution to the fight against antimicrobial resistance as they both prevent infections in the first place and reduce the need for antibiotics.”

## Accountable care organisations explained

The King’s Fund has added a [web feature](#) on their website, which explains issues surrounding accountable care organisations (ACOs).

The feature explains what ACOs are, why they are relevant to the NHS, whether they will deliver any benefits for patients and next steps required.

## Medicines optimisation quality standard published

The [medicines optimisation quality standard](#) has been published on the NICE website.

NICE quality standards describe high-priority areas for quality improvement in a defined care or service area.

Each standard consists of a prioritised set of specific, concise and measurable statements designed to drive measurable improvements for a particular area of health or care.

There is a list of quality statements in the standard:

- shared decision making;
- patient involvement in reporting medicines-related patient safety incidents;
- learning from medicines-related safety incidents;
- medicines reconciliation in primary care; and
- structured medication review.

They draw on existing guidance, which provides an underpinning, comprehensive set of recommendations, and are designed to support the measurement of improvement.

If you have queries on this PSNC Briefing or you require more information please contact [Zainab Al-Kharsan, Service Development Pharmacist](#).