

The Hertfordshire NHS Health Check Programme in Community Pharmacies

The NHS Health Check programme aims to improve the health and wellbeing of adults aged 40-74 years through the promotion of early awareness, assessment, and management of the major risk factors for cardiovascular disease (CVD) – risk factors that are associated with premature death, disability and health inequalities in England ([Best Practice Guidance 2019](#)).

Up to half of CVD may be preventable through lifestyle changes, therefore support for lifestyle change is a key component of the NHS Health Check.

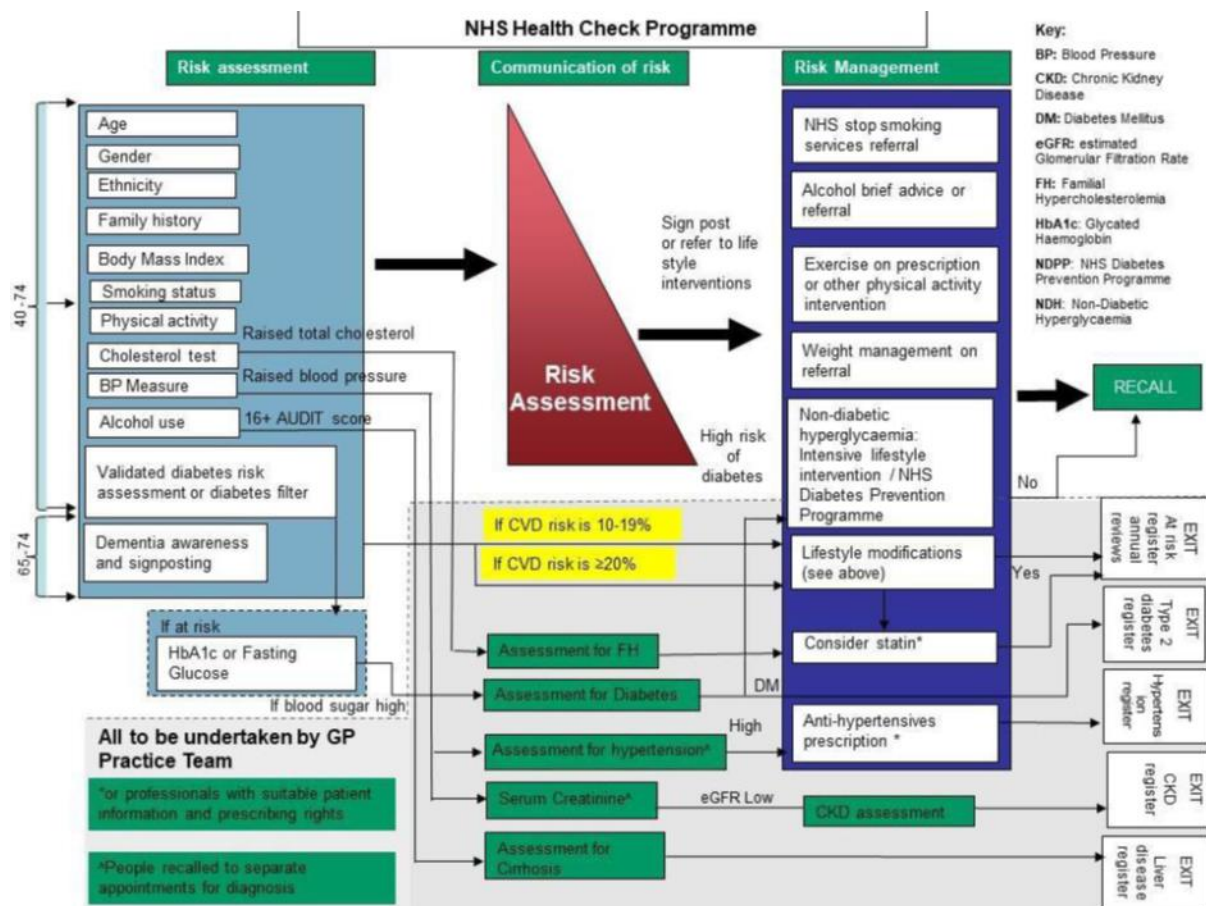
Public Health England (PHE) and Hertfordshire County Council support the prioritisation of Health Checks that invites those most at risk first and considers the needs of those with protected characteristics. This is in keeping with the Equality Act 2010.

The objectives of the NHS Health Check programme are to:

- Identify and invite the population eligible for a Health Check;
- Assess an individual's risk of coronary heart disease, stroke, diabetes and kidney disease;
- Through a face to face consultation, communicate the level of risk to the individual in a way they understand;
- Manage the risk with advice and/or interventions (i.e. motivational interviewing and goal setting, medication, referrals or signposting) as appropriate;
- Provide information and raise awareness of dementia with all individuals and the availability of memory services to individuals aged 65 and over;
- Recall and reassess risk after 5 years.

The NHS Health Check programme is only cost effective and clinically effective if the programme being delivered is of high quality and every NHS Health Check delivered is complete, preferably as a single appointment, and followed through to reduce risk. Public Health Hertfordshire's focus will be on ensuring that Health Checks delivered as part of this contract are of the highest quality and demonstrate continuous improvements.

It is important that there is robust data collection for the programme so that effectiveness can be evaluated, and we can be assured that every individual is receiving the best possible preventative intervention. **Figure 1 Overview of the vascular risk assessment and management programme**



(See page 20, [NHS Health Check best practice guidance - October 2019 \(updated March 2020\)](#))

2. SERVICE OUTLINE

2.1 In summary, the Community Pharmacy commits to:

- Identifying & inviting their target number of eligible patients (all of whom must be registered with a Hertfordshire GP)
- Prioritise invitations to patients according to potential risk of cardiovascular disease.
- Meet their target for the number of Health Checks to be provided to eligible patients per pharmacy which is a minimum of 20 and a maximum of 40 (with a possible increase in agreement with Public Health)
- Use Point of Care Testing equipment to assess the patient's (non-fasting) total cholesterol and HDL cholesterol, and HbA1c if required
- Assess an individual's risk of coronary heart disease, stroke, diabetes and kidney disease
- Use QRISK2 (or its updates) to calculate the individual's 10-year cardiovascular risk
- Use the Heart Age tool to calculate and inform an individual's own relative risk
- Communicate the level of risk to the individual in a way they can understand through a dedicated face to face consultation
- Manage the risk with advice and/or interventions (i.e. motivational interviewing and goal setting, medication, referrals or signposting) as appropriate
- Provide the individual with the results of the NHS Health Check and a summary of agreed actions using the results booklet provided by Public Health

- Provide the individual with the means of evaluating the service they have received; again, using the results booklet provided by Public Health
- Provide information to raise awareness of dementia to all individuals and the availability of memory services to those aged 65 and over
- Complete the NHS Health Check template provided by Public Health on PharmOutcomes (or its updates)
- Results will usually be sent automatically by PharmOutcomes to the patient's own GP practice. Where on the rare occasion, an automatic email is not generated by PharmOutcomes, the pharmacy must send the results to the GP practice by secure email
- Ensure that patients with identified risks are counselled on the importance of following up with their own GP practice in a timely manner
- Pharmacies are encouraged to liaise with their local GP practices to identify patients who might otherwise not be invited for an NHS Health Check. A template letter that GPs may use to invite patients for a Health Check will be provided
- A template letter for community pharmacies will be provided.

The proposed remuneration for providing this service is £35.00 per completed Health Check. The LPC has provided a detailed cost analysis for any pharmacy wishing to consider providing this service.