

## Cheshire & Merseyside Blood Pressure Annual Report 2018

### St Helens Council Case Studies

St Helens is committed to providing its population with better opportunities to 'Know their numbers' and manage their conditions, respectively, to ensure best quality of life and reduction in preventable mortality. Introduction of innovative technology is part of our strategy and has been sought to provide residents with the opportunity to identify their current health status and manage conditions on an ongoing basis at their convenience.

#### 1. Improving NHS Health Checks outcomes

NHS Health Checks offer people aged 40 – 74 a chance to understand and reduce their risk of developing heart disease, strokes, diabetes & liver disease. Key to the success of this intervention is that those engaged understand their risk, but then also doing something about said risk to improve their health outcomes.

St Helens Public Health commission the Informatica System which integrates with General Practice systems to provide practice staff with a means of identification, recruitment and assessment of eligible patients as well as providing an audit for commissioners to monitor activity and outcomes.

In general practices alone in 17/18 over 4800 NHS Health Checks were completed. Of these:

- 667 individuals had high blood pressure, 101 were placed on medication
- 476 had high cholesterol with 168 placed on a statin
- 27 new diabetics were diagnosed

Additionally, the following was also found:

- 463 new smokers
- 2203 people inactive
- 797 obese
- 1021 overweight
- 379 high alcohol

However, there was variation with respect to onward referrals, or even conversations regarding their lifestyle:

- 365 of 1039 who were overweight advised (35%)
- 180 of 805 obese referred (22%)
- 111 of 466 smokers referred (23%)
- 476 of 2205 inactive referred (21%)
- 67 of 92 Alcohol score 8+ advised (72%)
- 16 of 37 with Alcohol score 16+ referred (43%)

Seemingly, patients are less likely to be referred if they smoke, are overweight (including obese) or inactive in comparison to if they consume alcohol excessively (or abuse substances). This data is backed up by intelligence from practice staff suggesting that there is a need for motivational interviewing type training to help practitioners support patients to identify their risks and improve lifestyle habits.

To support staff in delivering these messages Health Check and Motivational Interviewing Training sessions have been arranged in St Helens. Initial sessions have received excellent evaluations from those who have attended.



## 2. Wellpoint Health Kiosks

Wellpoint kiosks record a client's blood pressure, pulse (including identification of irregular pulse), height and weight and calculate BMI. Additionally, they provide an immediate print out of results and have a facility to integrate with any appropriate client database. Validated health and lifestyle questionnaires, such as QRISK2, and health content supplied by NHS Choices is also embedded.

The kiosks were first deployed in October 2017, with one machine placed in St Helens Town Centre and the other machine loaned free of charge to local businesses for 6 weeks. Since then the Kiosk has been situated in the following locations: Coop Distribution Centre Warehouse, St Helens College, Foodpack Ltd Warehouse, St Helens Council Hardshaw Brook Depot (base for waste disposal and catering staff etc.), NGF Europe Factory, St Helens RLFC Stadium, Willowbrook Hospice Community Centre.



As of May 2018 the kiosks had been used by over 1,100 people and the following outcomes captured:

- 61.8% were overweight or obese
- 65% with high body fat
- 20.7% with high blood pressure readings
- 73% with heart rate greater than their actual age

The kiosk report then provides a prompt for the local Business Liaison Officer to raise a conversation with the respective business around improving staff health and wellbeing, with support (where appropriate) from local health services.