

NHS Prevention Pledge: Case Study

Liverpool Heart and Chest Hospital NHS Foundation Trust

Please provide a brief background illustrating why adoption of the NHS Prevention Pledge is considered important for the Trust: (include a brief overview and how this aligns with any of the Trust's key objectives, and wider sub-regional objectives)

Liverpool Heart and Chest Hospital (LHCH) is a specialist provider of heart and chest care for which it has been rated Outstanding twice, following inspection by the Care Quality Commission (CQC). Its five-year strategic plan, Patients, Partnerships and Populations, is underpinned by six core strategic objectives including, 'improving our population health' which for LHCH a key focus is prevention work to reduce the incidence of cardiovascular disease (CVD) and support achievement of the ambitions set out in the NHS Long-Term Plan (LTP) and those specifically of the CVD ambitions. Participating and adopting the NHS Prevention Pledge signifies LHCH's commitment to embedding prevention workstreams into business as usual within the Trust, to continue to improve population health across the Cheshire and Merseyside ICS.

Relevant strategies or policies: (detail any organisational policies or strategies that support your adoption of the Pledge and have helped to embed your approach; in particular, please consider any that are associated with prevention, reducing inequalities and anchor institution roles)

Patients, Partnerships and Population – LHCH strategy.

Health and Wellbeing Framework – adopted and embedded locally by LHCH.

EDIB Strategy – Equality, Diversity, Inclusion and Belonging LHCH strategy.

Core20Plus5 Framework – adopted and embedded locally by LHCH.

Key stakeholders and partnerships developed: (list departments and/or organisations involved; these may be internal or external to your Trust. Please describe examples of the mechanisms/forums used to engage with internal stakeholders and external partners)

Summary of Partners who LHCH work with regarding the prevention pledge:

Partner/Stakeholder	Internal/external	PP action	Engagement Mechanism
Health and Wellbeing team at LHCH	Internal	Live Well Work Well staff event	Bimonthly planning meetings arranged via teams to support thorough planning of these events including comms that will go out to promote event.
LUHFT	External		
Strategic Partnership Team at LHCH	Internal		
Cardiac Network, Innovation Agency, Champs, Place, Public Health.	External	C&M CVD prevention – focus on 'ABC' of prevention	Monthly C&M CVD Prevention Group meeting. Monthly CPIG group meeting.

			Weekly meetings re C&M CVD prevention Programme of work.
LFC Foundation, PCN's, HRUK, participating schools	External	Liverpool Health Families Heart and Lung Project	Bimonthly planning meetings arranged via teams to support thorough planning of the event including comms to promote the event.
Cardiac Rehab team Respiratory team Community team Strategic Partnership team	Internal	Introduction of the smoking cessation pathway	Pathway developed with the introduction of weekly group meetings. Communication across the Trust re the implementation of the pathway: Internal comms, Monthly team brief, Weekly executives, Senior nurse leaders forum.
LHCH – host service Clinical Lead – COCH Innovation Agency – PM support	Internal External External	Familial Hypercholesterolaemia (FH) service	C&M wide service. External engagement: webinars, C&M CVD prevention group, Engagement with GP's and PCNs, Cardiac Board Internal engagement: Internal comms, Monthly Team Brief, Operational Board, Divisional meetings e.g. Medicine Division Governance meeting.

Key outputs: describe a range of initiatives and actions your Trust has developed that are aligned to one or more of the Pledge's 14 Core Commitments: (include any relevant KPI's or performance monitoring data and targets)

A key initiative is the newly introduced 'Live Well Work Well' staff event aimed at promoting healthy living for staff at LHCH and LUHFT.

The event was delivered in collaboration with LHCH colleagues (Health and Wellbeing and Strategic Partnership Team) and LUHFT colleagues to provide staff with a wellness day providing:

- A health MOT – Blood Pressure (BP), Cholesterol, manual pulse, and Body Mass Index (BMI) checks
- Mindfulness and mental health support
- Cancer support and information
- Physical activity information
- Reiki and massages
- Stop smoking support from the LUHFT CURE service
- Environmental and sustainability information, including cycle to work

The event was met with much success as evidenced in the health findings and staff survey results shown below.

Staff survey results:

Questions	Description	Results
1	How would you rate today's event	67% rated the event as excellent
2	Were you treated with courtesy and respect?	100% answered 'YES'
3	Where you provided with enough information?	97% answered 'YES'
4	Has your health awareness been raised in relation to prevention?	97% answered 'YES'

5	Do you think today's event was useful?	100% answered 'YES'
6	Would you like to see the event run regularly?	100% answered 'YES'

Health check findings:

1. BP findings

- 19% of staff identified with a high BP (>140/90mmHg)

2. Cholesterol findings – cardiocheck POCT

- 10 staff identified as having TC:HDL ratio >4.5mmol/l (very high)
- 66 staff identified as having TC >5mmol/l

3. Pulse Checks

- 26 staff identified as having pulse rates > 80bpm with 2 staff >100 bpm
- 2 staff identified as having irregular pulses

4. BMI Checks

- 29% of staff had a BMI >30 putting them into the obese category
- 42% were classed as overweight

5. Staff demographic information

- **Staff residency:** 57% of staff who attended lived in Liverpool, 19% Warrington, 11% Knowsley – all areas of high deprivation with high prevalence of CVD.
- **Gender/age:** 137 females attended and 35 males, females aged 50-54 were the more frequent attenders followed by males aged 40-44.

The event identified a high prevalence of high BP, cholesterol and high BMI prompting GP follow-up or lifestyle changes to address these CVD risk factors.

Communications: (share any examples of the types of internal and/or external communications used to engage your Trust's stakeholders and how this may have had an impact on awareness, implementation and maintaining momentum)

Internal comms to promote the staff event:

'Live Well, Work Well Event 2022' - You Matter

Every day we look after the health and wellbeing of our patients and that's only possible because of the outstanding work of each and every one of you. We often find ourselves so busy looking after everyone else, this is a reminder that it's important we look after ourselves too.

Your health and wellbeing group and strategic partnership are pleased to announce a wellness day dedicated to you, where we can all benefit from:

- A health MOT
- Knowing our numbers
- Gaining an understanding of our general health

Why is this important?

The event is focused on improving staff health from a cardiovascular disease (CVD) prevention perspective and will encourage healthy living and raising the awareness of preventing CVD. Information will be available on smoking cessation, alcohol advice, mental health support. In addition, there will be the opportunity for staff to have a range of

opportunistic diagnostic tests to identify high risk factors for CVD: blood pressure checks, manual pulse checks, Cholesterol checks and more.....

When & Where

- Wednesday 7th September, 10am-3pm
- Location: LHCH Staff Hub
- Target group: LHCH and LUHFT staff – all welcome

This is a great opportunity to have a health check in work as we know being able to get into your GP may not always be easy.



Post event internal comms:

Live Well, Work Well Thank You

It was great to see hundreds of you attend our first 'Live Well Work Well' event yesterday, delivered by your health & wellbeing group and strategic partnership team.

Thank you to everyone who helped to make the day happen and those who provided health checks, wellness sessions and information.

Your health and wellbeing really does matter and we look forward to running future events focussed on your wellness.



Governance, Reporting & Monitoring: (please describe how you are currently monitoring and reporting on progress, plus any key metrics demonstrating impact)

A Prevention Pledge tracker has been developed to support identification of actions to facilitate LHCH adopting all commitments and to monitor action progress. The tracker is reviewed and updated monthly by the Strategic Partnership team and wider MDT. A quarterly progress report is provided to the Board of Directors, Executive and Senior Leadership team (clinical and non-clinical) via Operational Board, weekly Executive meeting and Board of Directors forum thus demonstrating a robust governance structure.

The 'Live Well Work Well' event forms part of the quarterly progress report.

Overcoming barriers & key learning: (describe any blockages / barriers you have faced in developing and implementing key actions to support adoption of the Pledge, plus any enabling factors; in particular, any learning that would be helpful for Trusts early in the adoption process)

Improving population health is a core strategic objective for LHCH with a focus on CVD Prevention and therefore we have not been met with many 'blockages/barriers' associated with actions we have implemented to support adoption of the pledge. However there have been several key enabling factors that have been of huge benefit:

- Understanding existing organisational structures and their roles and objectives e.g. in the case of LHCH strategic partnership team linking in with health and wellbeing team, mental health, EDIB lead, cardiac rehab team to deliver joint initiatives that work for all teams so as not to duplicate and further to build working relationships
- Communication has been key from an organisational perspective and having a robust governance process helps to monitor pledge progress and also provide stakeholders and partners with context and rationale for why prevention is important.
- Collaborate with different provider colleagues where possible again to avoid duplication, build working relationships and this also helps with peer support and the generation of ideas.



Future aspirations for this work:

Signing up to all 14 of the PP commitments by March 2023.

The PP has supported LHCH in developing a robust CVD prevention workplan for 2023/24 and supported working with different partners both internally and externally to the organisation.

Lead contact for Trust: Katie Fitzsimmons Katie.Fitzsimmons3@lhch.nhs.uk
Date: 28.12.2022